

THE IMPORTANCE OF MORPHOFUNCTIONAL PROPERTIES IN PHYSICAL EDUCATION

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Annotation

The purpose of this article is to determine the role and importance of morphofunctional properties in physical education and to suggest ways to develop them. Physical education is an important process aimed at strengthening human health, developing physical qualities and improving motor activity. Taking into account the morphofunctional properties of the organism in the process of physical education increases its effectiveness. For their development, it is necessary to pay attention to special exercises, proper nutrition and recovery processes. Therefore, it is advisable for each person to develop a physical exercise program, taking into account his morphofunctional properties.

Keywords

physical education / physical qualities / physical qualities / physical development / success / modern approaches / coaching activities.

MORFOFUNKSIONAL XUSUSIYATLARNING JISMONIY TARBIYADAGI AHAMIYATI

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Annotatsiya

morfofunkSIONal xususiyatlarning jismoniy tarbiyada tutgan o' rni va ahamiyatini aniqlash hamda ularni rivojlantirish yo' llarini taklif qilishdir. Jismoniy tarbiya inson salomatligini mustahkamlash, jismoniy sifatlarni rivojlantirish va harakat faoliyatini takomillashtirishga qaratilgan muhim jarayondir. jismoniy tarbiya jarayonida organizmning morfofunkSIONal xususiyatlarini hisobga olish uning samaradorligini oshiradi. Ularning rivojlanishi uchun maxsus mashqlar, to' g' ri ovqatlanish va tiklanish jarayonlariga e' tibor qaratish lozim. Shu sababli, har

bir inson o'z morfofunktsional xususiyatlarini inobatga olib, jismoniy mashqlar dasturini ishlab chiqishi maqsadga muvofiqdir.

Kalit so'zlar

jismoniy tarbiya/ jismoniy sifatlar/ jismoniy fazilatlar/ jismoniy rivojlanish/ muvaffaqiyat/ zamonaviy yondashuvlar/ murabbiylik faoliyati.

The rapid growth of scientific and technological progress has led to significant changes in people's living conditions. Maintaining children's health in difficult social, economic and environmental conditions is one of the most urgent problems facing humanity today.

Physical education is an important process aimed at strengthening human health, developing physical qualities and improving motor activity. The morphofunctional properties of the organism play a leading role in this process. The purpose of the study is to determine the role and significance of morphofunctional properties in physical education and to suggest ways to develop them.

The study of the processes of growth and development of children, especially in the adverse climatic and geographical conditions of the Northern region, is not only of theoretical importance for the anthropology and anatomy of youth, but also of purely practical importance for the study of man as the most important component of productive forces - the reserve of the working population and for maintaining the health of the younger generation. In recent decades, biomedical anthropology has received a new impetus in its development, the main principle of which is an individual-typological approach, which allows solving the problems of preventive medicine.

Morphofunctional features include the structure of the human body and its functional capabilities. These features depend on the following main factors:

- Genetic factors
- General physical activity
- Nutrition and environmental conditions
- Age and gender differences

The effectiveness of physical education largely depends on the morphofunctional features of the organism, which directly affect the development of muscles, the cardiovascular system, the respiratory system and the nervous system.

The relevance and scientific novelty of this work is determined by the fact that the phenotypic variability of the child's organism based on age-sex differentiation of morphofunctional development in different regions of the Bukhara region has

not been sufficiently studied by means of a comprehensive multi-criteria assessment.

The influence of morphofunctional features on physical activity is as follows:

Muscular system. Physical training increases the volume and strength of muscles, activates energy processes in them. Exercises increase the overall endurance of the organism and contribute to the effective functioning of muscles.

Cardiovascular system. Regular physical activity strengthens the heart muscle, improves the circulatory system, and helps regulate the heart rate. Athletes and exercisers have an increased heart rate and a more efficient circulatory system.

Respiratory system. Exercise increases lung capacity, improves the depth and rate of breathing, and optimizes oxygen delivery.

Nervous system. Physical education contributes to the strengthening of the nervous system, the development of coordination of movements and an increase in psychological resilience.

The obtained assessment of individual-typological characteristics of the growth and development of children of primary school age can be used in the development of regional medical-biological programs aimed at strengthening and maintaining the health of the younger generation. Timely knowledge of the morphofunctional characteristics of children allows health care and education workers to develop requirements for the selection and suitability of children for school education, the dose of the load performed during training in sports schools. In addition, the data obtained can contribute to the management of the training process and the prediction of sports results.

The data obtained allow them to be used as regional normative material for individual and population assessment of the physical health of children in the Bukhara region, which is necessary in the practical work of physiologists, teachers, psychologists, pediatricians, valeologists and trainers of specialized sports schools.

Methods for developing morphofunctional characteristics in physical education.

The systematization of training is carried out as follows:

- Cardio exercises - help strengthen the cardiovascular and respiratory systems.
- Strength exercises - are important for increasing muscle mass and bone strength.
- Flexibility exercises - expand the amplitude of movement and prevent injuries.

Healthy eating principles are essential to maximize the body's functional capabilities. A balanced intake of protein, carbohydrates, and fats helps with muscle growth and energy supply.

It is important to ensure and monitor that recovery and rest are an integral part of an athlete's performance. Proper sleep and recovery are also important for athletes to achieve high results.

“The characteristics of energy and, accordingly, the level of physiological functions of various vegetative systems of the body are determined by the current characteristics of skeletal muscles at each age stage of development. Without the necessary amount of physical activity, a growing organism cannot accumulate the systemic energy necessary for normal life and resistance to stress. Thus, an optimal level of physical activity is necessary to increase biological reliability and form the body's reserve capabilities. Unfortunately, these fundamental conclusions have not been correctly reflected in the development of modern Nordic medicine. Studying the effect of various methods of physical activity on the growing organism of Nordic children allows us to more effectively solve the problems of the correct dosage of physical activity in order to increase the efficiency of children and strengthen their health. In conclusion, it should be said that taking into account the morphofunctional characteristics of the organism in the process of physical education increases its effectiveness. For their development, attention should be paid to special exercises, proper nutrition and recovery processes. Therefore, it is advisable for each person to develop a physical exercise program, taking into account his morphofunctional characteristics.

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