

SHORT DISTANCE RUNNERS IN THE PROCESS OF PREPARATION OF THE ROLE AND EFFECTIVENESS OF EXERCISE CHIGALYOZDI

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Light athletics - walking, running, jump and throw, as well as, ko'pkurash on exercise at accumulating the most popular sport of the types one. Physical education in the system of light athletics species diversity, convenience and practical feature, the participant on the body of any sided effects display and sog'lomlashtiruvchi direction because of the leading position it occupies. This sport is the type of the popularity of the scientific public, the attention of the draw. In them sports an indication of how to improve about the question appear it will. To work with the fitness phenomenon of attention focus, the main activities before the body of the functional systems to improve the help which will initial training to exercise the need was born.

The topic of relevance. Short distance runners in chigalyozdi workout efficiency despite, the present day many athletes in their sport activity the beginning, chigalyozdi to exercise attention give. This is the sport with the involved efficiency decrease and injuries to an increase of out comes. In recent years, sport type, and the athlete 's physiological characteristics considering taking without, most effective chigalyozdi and be stretched to exercise, work out, them on up to and chigalyozdi of exercise doing when away to give the physiological processes of the scientific study of the necessity on understanding the appearance of is.

Chigalyozdi exercise - training in the process very speed with a strong first place took and especially sports achievements, level has increased and the reason for its importance even increased go.

“Non est ad terms perfectionem” (perfection limit not) says the side of his disciples saidto us, each of you always in our work and our achievements to improve and strive. Well, the maximum level at the results you achieve to do chigalyozdi exercise yaxshilanmaydi? This question modern science and sport in the answer it gives.

The research purpose. Light weightlifters for optimal chigalyozdi of exercise itself that is specific to determine.

Research tasks: chigalyozdi exercise of the theoretical basis of the analysis to; athletes chigalyozdi to exercise the methodological approach of the analysis to; ta'secret executive of a factor the essence determine.

The results of research analysis and results. Chigalyozdi of exercise, the theoretical basis in the field out to go and research the following thesis to the formation of lead come. Action of two types, is divided: the joints of the movement during occur that dynamic work and a position in the store stay in to static action there is. This thesis is ofthe correct muscle of the work description to come out that say we can.

The muscles work that - the body and its parts to be tried and the condition kept to stand in and the body in all the physiological processes of coordination through term to ensure the process is. Every different muscle groups with each other and with interact in complex and various mechanical forces

- gravity, inersiya and other forces on effects bound. (Dubrovskiy V. I., Smirnov V. M. 2002). Dynamic work and muscle static work between difference to distinguish the show should, because this two approach: the effects of harakteri, term spending energy and the final results on completely different.

Dynamic work - this body or her particular part of the movement to bring, as well as, certain labor movements perform to skeletal muscle periodic reduction and relaxing with the description is based on the muscle of a type. Dynamic work during physiological reactions of reduction power and the frequency, working the muscle on the size, the people of preparedness level, the work of the fulfilled of the body position, the environment conditions related (Anoxin p. k., 1975).

Static work - this is the body or separate parts to hold stand, as well as individual labor movement performance for skeletal muscle continuous reduction with description is based on the muscle of a type. Static work during, dynamic work contrast contrary, oxygen consumption and blood minute volume in a very little amount to grow is observed. This with along, heart rate, blood pressure, breath of the take rate and total peripheral blood vessel resistance is a significant level increased. Static work during the heart-blood vascular system of the physiological reactions of muscles contraction of the chamber, the strength and the duration depends on. (Romanenko V. D., 1975).

Exercises in carrying out before the body heating during, especially, working the muscles in the temperature increase should. The muscles of the temperature increase their blood with the supplied also increases. Thus, oxygen is more energy with provides you. Muscle large amount of oxygen you consume will. Peace is the case, the total oxygen consumption by about 1/3 part of the muscle on comes. This with along, heavy work during muscle 10-15 times more oxygen consuming to be can. The muscles of the temperature increase due to their viscosity decrease, elastic, the increase also is important. This while the action more quickly to fulfill motivate. The muscles and tendons of the elastic increase, training in the process of injury risk reduces.

The body temperature increased breathing to get to the center of the qo'zg'aluvchanlik increases, this breath to get the institution to function in a positive impact it will make. Policy of the temperature increase with a number, the nervous system, the nerves-muscles between the excitement of the transfer, the speed increase would go to that I have addedit without chigalyozdi exercise through the body temperature to increase the factors of all the importance of it becomes apparent. (Neat N. G., 1967)

B. a. Ashmarin style according, to them itself appears which the influence which additional factors that prevent get to group control and the experimental division.

Research directly with athletes training in the process out did not go and research during the following factors into account were taken:

- 1) the athletes' behavior actions;
- 2) mashg'ulot o'- check-in passengers in terms of (temperature, wind, and others);
- 3) external to the character ko'ra' toe'lajak activity preparation level (the skin color, face, sweating, the next actions performed with increasing of the character).

Control tests of 1998 in V. I. Lyax the offer is made, the elasticity check toe'citizens of the two tests consists toe'become, its purpose, the body qizdiruvchi workout from then tendons and muscles of the preparation level of assess was. On that note it is worth, the comparison usual chigalyozdi exercise with out being carried, this is usually the following own into takes: slow at a pace 6-8 minutes until running, URM complex, then a special running of exercise and a multiple speed running. Exercise performance duration is on average 30-35 minutes.

Standard chigalyozdi exercises and dynamic chigalyozdi exercise between the data in comparing, dynamic chigalyozdi of exercise at low - temperature conditions in training for more effective that you will determine. Also, the athletes of the heart to pump, blood pressure and control of the test

results on information it shows, the standard chigalyozdi exercise training is the main part in the downloads complete to acceptable conditions provide does not.

Conclusions. Research that has shown, standard chigalyozdi exercise training is the main part in the downloads complete to optimal conditions does not provide. In their turn, dynamic and static chigalyozdi exercise any kind of weather, weather conditions suited to come in, as well as, athletes of work activities to improve to both serve will. Same same weather conditions in standard chigalyozdi exercise with compared, the results are worse were. That noted, it should be, of man, of every kind of physical work (downloads) for energy spend and body heating also of exception is not. Do this to the body and not grow weary you need. This is the reason for, chigalyozdi of exercise in the performance of both a general part which ran sessions kostyumini (preferably wool) and cool in the day and wind resistant suit to be put on should.

Individual chigalyozdi exercise program concluding the following into account to take recommended are: athletes age; weather conditions; the organism of the individual characteristics; used for exercise and the amount of change; better utilized the exercise chigalyozdi exercise of the content to add; training is the main part specified tasks into account, take; this chigalyozdi exercise the effectiveness of the track go to; working out the method is flawed correct.

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