

## WELLNESS OF THE PHYSICAL DEVELOPMENT OF CHILDREN AND ADOLESCENTS AND MEASURES AIMED AT IT

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**Annotation:** this article is about the influence of factors of the external environment in the physical development of children and adolescents, the mental and physical health of children. On the fact that in schools, as well as in kindergartens, the development of physical education standards in the relay grid is carried out, of course, taking into account the features of the physical development of children and adolescents .

**Keywords;** psycho-emotional, population, pediatricians, preventive, environmental

Content of the article: this article provides brief information on the study of the influence of external environmental factors on the physical development of children and adolescents, on the recovery of children both mentally and physically. It is briefly described about conscious physical activity aimed at maintaining and strengthening health, namely, the science of physical education, the organization of sports in accordance with the age of the child. Physical development in children and adolescents is the growth and formation of the child's body, including the pace, stages and critical periods of its maturation, hereditary characteristics, individual variability, maturity and connection with factors of the internal and external environment. Indicators of physical development are anthropometric data, the rate of change in their growth process, harmonious development, calendar and biological age ratio, constitutional features. Assessment of the physical development of the child population is an important criterion in a medical examination, first for pediatricians, and secondly, for general practitioners and, of course, teachers. In recent decades, there has been a worsening trend in indicators of physical development, especially in ecologically unfavorable agricultural and industrial areas . As a result, pathological changes in the systems and apparatus of internal organs can develop, as well as incorrect changes in the psycho-emotional sphere. These disorders in children begin to manifest themselves clearly with an increase in loads associated with the educational process at school. The hard work on mastering serious subjects was supplemented by such a science as physical education, which takes care of strengthening health and maintaining the body against the background of an increase in the volume of theoretical knowledge by the Ministry of Education and science. A decrease in the child's motor activity due to physical developmental disorders can exacerbate changes in internal organs. Physical education is a conscious physical activity aimed at maintaining and strengthening health. The development of physical education standards in schools, as well as kindergartens, should of course be carried out taking into account the features of the physical development of children and adolescents. In the field of physical education, modern sports, which are currently aging at an accelerated pace, occupy special attention. Children are admitted to popular, beautiful, showy and very popular sports such as Figure Skating, artistic and rhythmic gymnastics as soon as they turn 4 years old. Sports sections, first of all, are aimed at achieving results and raising young athletes to the heights of sports. Strict discipline in sports, sometimes comparable to military discipline, helps to develop an athlete's goal and teamwork. Many hours of training involve years of heavy load. Unfortunately, this greatly harms the health of the child. But parents send their children to sports clubs for health reasons. It should be noted that chronic muscle fatigue leads to cerebral hypoxia, since all oxygen is aimed at restoring muscle tissue. As a result, the attention of such children will be indifferent to the educational process at school. Sports injuries are also a significant complication.

Children do not know the danger well and therefore easily perform complex exercises, and sometimes dangerous elements. Asymmetric Sports cause irreparable harm: tennis, badminton, hockey, fencing, etc. They affect the musculoskeletal system, form scoliosis. In sports sections, as a rule, there is no game form of activity, which is the norm for children under 6 years of age. However, many coaches believe that the sports section is not a kindergarten or school, and as a result does not follow the norms of physical education. It is very important to combine the work of coaches with pediatricians. The doctor should examine the child to understand whether he is ready to increase his physical activity, that is, first of all, determine the level of physical development of the baby. And then conduct regular examinations, which should be aimed not only at monitoring physical development, but also at determining the normal functioning of important life support systems, such as cardiovascular, respiratory and nervous. Any hidden health problems, of course, can disappear with age if the growing body is not subjected to sufficient stress. For example, the puberty period, when there is an imbalance in the development of almost all organ systems. Naturally, this leads to a deterioration in adaptation processes, a decrease in performance and a slowdown in recovery reactions after training and competitive loads. Sports training aimed only at achieving results can aggravate the condition of a young athlete, including the possibility of a death from cardiac arrest. Thus, each age period is characterized by certain anatomical and physiological characteristics, on the basis of which it is necessary to solve the issues of organizing the agenda, care, upbringing, nutrition, organization of the educational process, measures to prevent diseases, preventive measures, as well as the organization of the children's agenda. as well as wellness methods and forms related to physical education and sports. Many authors say that for a general assessment of the physical development of a child, it is enough to observe changes in 4 main anthropometric indicators. The bulk of the research confirms that the change in physical development indicators of children and adolescents in relation to standard indicators depends on the degree of natural-climatic, ethnic, atrophytic conditions and anthropogenic load. The literature studied confirms the need to develop and regularly review regional standards for the physical development of children at different periods of life. Monitoring of regional standards for the physical development of children in critical periods of development should be taken into account by pediatricians and specialists in the field of physical education and sports when planning activities with children and dosing physical activity, as well as when choosing sports and sports. The first years should be aimed at the general physical fitness of children, a gradual increase in loads. This is the best way to play sports. Monitoring the state of health of young athletes should be carried out continuously by a pediatrician. It is the doctor who is aimed at training healthy athletes who can give teacher-trainers physiologically based recommendations on increasing the number of loads so that their volume and intensity contribute to the development of a healthy body, success is achieved.

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