

HIGHER EDUCATION INSTITUTION TECHNOLOGY FOR THE DEVELOPMENT OF PHYSICAL QUALITY OF ENDURANCE IN STUDENT GIRLS

Ergasheva Ozoda Asqar kizi

Fergana State University Faculty of Physical Culture

Teacher of the Department of Physical Culture

Email: ergasheva@pf.fdu.uz

Annotation: this article talks about the organization of the technology for the development of the capabilities of the glycolytic mechanism of endurance and its peculiarities in the training of students in athletics in higher education institutions.

Keywords: women's sports, load capacity, severity standards, endurance ability, super critical speed, phosphocreatine mechanism, anaerobic mechanism, glycolytic mechanism, normalization technology.

Physical education and sports are of great importance in making the younger generation grow up to be physically healthy mentally mature. The emphasis on the development of physical education and sports in our republic is considered at the level of Public Policy. At the initiative of our president, special attention is paid to the implementation of medical and social measures in the process of giving a specific name to our country every year and adopting a state program on this basis, is an important factor in the protection of human interests. The New Year 2016 will be called "The Year of a healthy mother and child" in our country, and the practical measures being implemented in the framework of this program are also highly recognized internationally, no doubt we encourage young people to strive for an optimistic spirit based on creative activity in our fields [1].

In order for women group students to become qualified pedagogical personnel and healthy mothers in the future to meet state standards, there are specific important aspects of the sport of athletics in search of solutions to problems of physical and functional training [3].

Creating training technologies that rely on scientific knowledge conclusions under the guidance of teachers of the current problems of the field of Physical Culture in the framework of educational programs of the Faculty of Physical Culture, being able to show our skills at prestigious sports competitions and competitions, always striving for research, is a contribution of student youth to the prosperity of the motherland.

In order to improve the health of women in our society, to develop practical and professional training in accordance with state educational standards, it is impossible to achieve the goal set without optimally determining the size of exercise. The physical load inherent in the women's organism as well as the planned volume of loading and optimization corresponding to the level of training, age of severity norms are the main criteria that determine the laws of physical education and determine the relevance of this topic.

The purpose of the study: educational direction "women's sport", statistical examination of physical load and its mechanisms of action, functional changes in the body associated with endurance ability in a group of 21.47 student girls, substantiation of training technology as a problem solution. The following research tasks have been set for the development of endurance abilities based on the scientific examination of the physical and functional state of the female organism of the student:

1. Testing the functional fitness of women before, after the physical load and after a three-month training series.
2. Mathematical-statistical processing of Test results as well as analysis of the features of functional adaptation of the female organism.

The time spent by a person on being able to run without lowering the intensity of movement is considered one of the criteria for endurance. At the base of this criterion, endurance is measured in direct and indirect ways. For example, the practitioner is advised to run at a certain speed, and the time spent until the decrease in the same speed intensity is a direct method. The direct method is not always used in the practice of educational institutions. Therefore, in most cases, an indirect measurement method of endurance is used, that is, the time spent on running 400, 800, 1000 meters and so on over a long distance [2,3,4,7].

Determined by the functional capabilities that are manifested in the process of exercises of a cyclical nature that require endurance in those involved, as well as the appropriate motor skills, the degree of mastery of the running technique, on the other hand, are determined by the aerobic and anaerobic capabilities of the body.

This generalized feature of "vegetative" exercise vision provides a favorable opportunity for the phenomenon of "positive displacement" as the body's breathing possibilities are less specific. N.I. Physiological manifestations, mechanisms of fatigue and endurance in running 200-400 meters, belonging to nearby power zones, according to Volkov, will be similar in many ways [3,4]. athletics ' 400 metres run is known as extreme critical speed due to absolute acceleration. When running at an extremely critical speed, the body's demand for oxygen exceeds the aerobic capabilities of the practitioner, and in such a situation, movement continues at the expense of the anaerobic mechanism [2,4].

Increasing anaerobic capacity is solved in two ways:

1. Increasing the functional capacity of the phosphocreatine mechanism (loading lasting 3-8 seconds);
2. Improving the glycolytic mechanism (loading lasting 20 seconds to 2 minutes).

Appropriate acute cyclic exercises are used as a means of improving glycolytic mechanisms. When determining the solution of research tasks, methods of examination were used in the following order. In September of the 2023-2024 academic year, in an experimental group of 20 people, the following physiometric indicators of student-girls (pre-physical loading, immediate and post-training Series cases of arterial blood pressure (using a tonometer instrument N.S. In the Korotkov method in the shoulder artery), the number of heart contractions, the capacity of the lungs for Vitality (using the Axis, air spirometer instrument), the number of breaths per minute (countably), as well as 400 m. to the running test was carried out, mathematical processing was carried out on the noted significant indicators (Table 1).

Problem solution: Faculty of Physical Culture, women developed the technology of individual normalization of physical load in the process of running at a distance of 400 meters to develop the glycolytic mechanism of the body:

1. Running intensity 90-95 from the limit speed %;
2. During the training process, short runs are selected according to the duration of 20 seconds to 2 minutes;
3. Since the rest interval is determined by the dynamics of glycolytic processes, the duration of intervals is gradually reduced according to the end of the work (5-8 minutes between the first and second runs, 3-4 minutes between the second and third runs, 2-3 minutes between the third and fourth runs);
4. Passive rest is strictly observed between rest periods.

For student girls who are just engaged in this loading exercise, a total of 2-3 series of runs were planned in each session, as well as other tools with a slightly wider effect.

Table 1.

Test and physiometric measurement parameters performed in the student girl group

Test and physiometric controls	\bar{X} n = 28			δ n = 28			\bar{X}_{+m} n = 28			t- <u>СТЮДЕНТ</u> <u>measure</u> , p = 0,05 when,		
	I	II	III	I	II	III	I	II	III	Calculated <u>I-II</u>	Calculated <u>II-III</u>	coefficient in the table .
400 metres run (seconds)	-	106,2	99,8	-	5,44	4,96	-	1,03	0,95	-	4,14	2,05
Arterial blood pressure, - <u>svstolic</u> - <u>diastolic</u> (<u>mm.</u> mercury column)	126,2	156,1	150,2	12,31	11,42	10,81	1,42	1,97	2,02	4,02	2,78	2,05
	74,1	82,4	81,2	3,57	3,21	3,02	1,50	1,99	2,12	4,44	2,32	2,05
Number of heart contractions	72,4	113,4	104,2	3,00	2,72	2,80	1,32	1,48	1,41	3,00	2,55	2,05
Lung living capacity (ml)	2727,2	3060,0	3140,0	324,8	371,2	380,5	28,19	31,12	32,00	3,23	2,10	2,05
Number of breaths, minutes/times	17,8	30,4	27,2	2,94	2,11	2,10	0,77	0,62	0,58	7,22	6,04	2,05

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