



**SCIENTIFIC AND METHODOLOGICAL BASES OF STANDARDIZATION OF LOADS IN
PHYSICAL TRAINING AND MASS SPORTS HEALTH TRAINING**

Mukhametov Akhmad Mukhametovich
Tashkent Financial Institute
Department of "Physical Culture and Sports" Docent

Annotation

In this article, we will talk about the importance of normalizing loads in physical education and mass sports-wellness training.

Keywords: Physical Culture, Sports, Physical Education, Physical Development, physical preparation, physical education, youth, recreation, sports training, exercise.

Аннотация

В данной статье речь пойдет о важности нормирования нагрузок в занятиях физической культурой и массовой спортивно-оздоровительной тренировкой.

Ключевые слова: физическая культура, спорт, физическое воспитание, физическое развитие, физическая подготовка, физическое воспитание, молодежь, отдых, спортивная подготовка, физические упражнения.

Annotatsiya

Ushbu maqolada jismoniy tarbiya va ommaviy sport-sog'lomlashtirish mashg'ulotlarida yuklamalarni normallashtirishning ahamiyati haqida so'z yuritiladi.

Kalit so'zlar: Jismoniy tarbiya, sport, jismoniy tarbiya, jismoniy rivojlanish, jismoniy tayyorgarlik, jismoniy tarbiya, yoshlar, dam olish, sport mashg'ulotlari, mashqlar.

Introduction

The modern way of life requires a radical renewal and development of reform education and personnel training in socio-economic, political, spiritual and cultural spheres. Therefore, by developing the education system at the level of modern requirements and on the basis of the experience gained, the growing younger generation will be actively involved in the life of society, fully mature and highly spiritual, education of perfect people is one of the priorities of our state.

Taking into account the modern demand, school programs in all disciplines have changed, including physical education, high-level requirements have been put before the students. In order to meet the requirements of this program, students are engaged in educational work at school and at home in order to gain knowledge of course, in order to perform such a great mental loading work, one must be



energetic and healthy. It's no secret that a healthy child will perform all tasks at a high level of quality, he will have free will, aspiration, curiosity.

Results and Discussion

One of the priceless drugs is physical exercises. To this end, Abu Ali Ibn Sina was the first to scientifically substantiate that "to a person who is regularly engaged in Physical Education, there is no need for medication."

The effectiveness of physical education training depends on the versatility of the normalization of physical loads used in training. Proper use of loads in the process of physical training and sports training contributes to physical development, physical training and the growth of sports results. Great attention will be paid to the issues of normalization of loads in sports, especially in sports of high results, professional sports. And in physical education and mass sports practice, in most cases, not enough attention is paid to this.

From the first years of our independence, great attention has been paid to issues of ensuring high sports results in our country, developing professional sports, raising the sports status of Uzbekistan in the world arenas. Currently, Athletes from such sports as boxing, wrestling, athletics, weightlifting and Oriental Solo Wrestling have a strong place in the World Cup. This is primarily due to the conditions created in our country for the development of physical education and sportstirishga, modern sports facilities, sports infrastructure, organization and management of sports economy, innovations in the organization and management of physical education and sports organizations, entrepreneurship, investment and innovation in sports, and secondly, a sharp increase in the number of sports enthusiasts, the orientation of parents' children, issues such as physical education and Sports Promotion are of particular importance.

Based on the above ideas, the relevance of the research topic can be based on the following.

First of all, physical loads can not be respected in mass physical education and sports-wellness classes. This will lead the students to a low level of independent exercise in their spare time with physical education and mass sports, or to get tired of training as a result of overloading. This leads to the need for research and analysis of physical loads in physical education classes conducted with students.

Secondly, today in the theory and methodology of physical education, special attention is paid to the issues of maintaining and strengthening the health of the population of the main direction. Their health, mind and vision in creating a harmonious generation that we aim for the role and importance of physical education and sports in the development of the human body in terms of medical, biological and social pedagogical features requires scientific and planned co-operation with the issues of justification.

Therefore, it is important that the reforms carried out in our country on the formation of a harmonious generation are carried out on the basis of modern conditions created for physical education and mass sports, that each student's personal interest in physical education and mass sports should be taken into account, that the development of physical education and sports in this

The level of study of the problem: in our country, physical education of the population, especially



students, some aspects of their involvement in mass sports, as an independent subject, scientifically-theoretically and fundamentally, is studied to a certain extent.

In the period of the last years of independence, a number of decrees and decisions of the head of our state were expressed in the socio-political, economic, spiritual and educational development of society, in the first place, to take into account the human factor, to attach great importance to its free and comprehensive development as an object and subject, including physical development.

In all periods of human development, the issues of physical education and physical perfection are in the forefront of social life experience. The role of mass physical education in the maintenance and strengthening of human health, the proper use of its results in the scientific and methodological aspect has been given special importance by the researchers. Also At R.Khalmukhamedov, R. Matkarimov, T.Usmankho'jaev, R.Selomov, A.Sadigov, M.Omarov, C.Umarov and other modern pedagogues made their own expression in scientific research.

Scientific novelty of the work

➤ The amount of loads used in the process of physical education and mass sports and their scientific, scientific basis;

➤ Technologies for the development of physical loads used in the process of physical education and mass sports activities of students;

scientific, theoretical and practical recommendations for the provision of physical loads used in the process of physical education and mass sports activities of students were developed.

Conclusion

In higher educational institutions, the use of scientifically and methodically based physical loads in the process of independent engagement of students with physical education and mass sports increases the effectiveness of physical training sessions, improves the level of students' health, ensures their adaptation of the organism to large physical loads, focuses on labor productivity and physical perfection.

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