

EFFECTS OF PHYSICAL EXERCISES ON THE HUMAN BODY

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Abstract

In this article, as a result of the impact of physical exercises on the human body, anatomical changes, i.e., the strengthening of the functions of bone and muscle tissues, the effect on the central nervous system, and the positive and negative effects of physical exercises on the internal organs of the system are explained.

Keywords: physical, exercise, tissue, bone, muscle, system, nerve, feature, positive, sport, size, strength, activity, tone, heart, movement, organism, routine, trained, strength, functional.

Physical exercises are specially selected actions to increase the level of physical development of a person. Regular and consistent physical exercises form the basis of physical education. Physical exercises included in the practice of physical education (on the basis of movements and actions taken from a person's work, life, military activity - running, jumping, throwing, lifting stones, swimming in water, etc.) gymnastics, athletics, weightlifting, movement and sports games, sports tourism and so on. Physical exercises selected on a scientific basis improve the activity of all movement organs, increase work capacity. Types of physical exercises require accurate and precise classification. Then it is possible to achieve the desired effect from them. Physical exercise is the main means of physical education, and historically it has been divided into groups in the form of gymnastics, games, sports and tourism, and used as a means of the educational process. Physical exercise is understood as a different set of voluntary movement activities that meet the requirements of the laws of physical education and are performed consciously. Such movement activities as gymnastics, games, sports, tourism exercises were historically systematized, methodically collected and filled. The emergence of physical exercise is historically indicated in a number of textbooks (A.D. Novikov, B.A. Ashmarin, etc., 1966, 1979) as corresponding to the period of the primitive

collective system. The objective reason for the emergence of physical exercise was considered to be the primitive man's hunting in order to fill his belly, and the formation of consciousness as the subjective reason. Primitive man, who did not know how to use primitive weapons, chased his prey until he was exhausted. With this, the hunter's organism felt the need for great physical training. Those who did not have sufficient physical training became the prey themselves. Accordingly, with the passage of time, primitive people began to go hunting in groups. Hunters began to use primitive weapons: a stone, a stone-enriched spear, a well covered with wood, etc., and social consciousness began to form. The elders of the tribe, who could not participate in the hunt, began to train the youth to throw a stone at a target, to strengthen its impact, and with this, the elements of the education process, which is the basis of education, began to be formed. Later, throwing, running, jumping to catch up or escape began to be practiced. This is considered the period of formation and formation of physical exercises and elements of physical education. To this day, these exercises are used as the main means of physical education in the style of modern athletics, gymnastics, sports games, individual wrestling, tourism and other types of sports.

The increase in types of physical exercises was also influenced by human labor. It is known that work requires a certain level of preparation and development of human body (movement) qualities such as physical strength, endurance, quickness, and agility. In educational practice, a person mainly exercises more actions that he uses in his work. In the development of physical exercise, religious ceremonies, games on holidays, dances, consciously performed voluntary actions in military activity and industry serve as tools. Natural laws of the nature of physical exercise I.M. Sechenov and I.P. It is revealed in Pavlov's scientific world views. Voluntary action, according to Sechenov, is controlled by consciousness and reason and is directed to a goal. Pavlov revealed the physiological mechanism of movements and scientifically proved that the movements are related to the collecting properties of the cortex of the brain and that they arise with the active participation of the first and second signal systems, conditioned and unconditioned reflexes. Content and form of physical exercises. Exercise, like all events and processes, has its own content and form.



A set of mechanical, biological, psychological processes that occur during physical exercise creates the content of physical exercise, and their influence develops the ability for movement activity. Also, the content of the exercise includes a set of its parts, for example, acceleration of the body in the long jump, jumping in the air, links of falling to the ground, and the tasks to be solved during the exercise, as well as theoretical knowledge and practical movement skills about the functional changes that occur in the body as a result of the exercise. All these elements make up the overall content of physical exercise. The form of physical exercise can be seen in the consistency of their internal and external structure. The internal structure of the exercise includes the skeletal muscles involved in the performance of this activity, their contraction, elongation, twisting, etc., biomechanical and biochemical connections - energy consumption, cardiovascular, respiratory, nervous control, and other includes processes in organs, their interdependence. The connection and coordination of biological, mechanical, psychological and other processes during exercise is different in running exercises, but in lifting weights, the internal structure is different. The external form and external structure of the exercise is characterized by the appearance of the exercise, the time taken to perform the movement or the standard of effort and the intensity of the movement. The form and content of physical exercises are interrelated and complement each other. A change in content results in a change in form. Content is more important than form. For example, the manifestation of the quality of speed at different distances causes the running technique to be different (step size, frequency, body position, etc.). Form influences content. The physical qualities that are manifested for a specific movement affect the competence in performing this physical exercise. Therefore, the strength of the swimmer and the strength of the gymnast and the weightlifter differ from each other. Achieving rational consistency of the form and content of physical exercise is one of the main problems of the theory and practice of physical education. This problem is partly related to movement skills and abilities, as well as physical qualities. Exercise technique The concept of technique can be studied from a pedagogical or biomechanical point of view. From the pedagogical point of view, it is accepted to call the movement activity selected for the easy and effective solution of the movement task as a physical exercise technique. Effectiveness is expressed by the most rational influence on the body of students.



In conclusion, it can be noted that the heart of a trained person has such strength. It is safe to say that it is not always possible to take into account all the hidden forces of the heart, not only in people who practice sports, but also in people who have never been involved in sports or who have just started sports. If we exclude cases such as severe organic damage of the heart, progressive weakening of the heart muscles as a result of incurable chronic diseases, even a diseased heart can improve its functional activity due to the correct use of physical therapy and proven drugs of official medicine. It can surprise people by restoring it better than when it was used.

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