

**MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**METHODOLOGY FOR MONITORING THE GENERAL PHYSICAL  
FITNESS OF SCHOOLCHILDREN DOING NORDIC WALKING AGED 10-19 YEARS  
OLD****Mirzokhid M. Azizov***Doctoral student of (DSc) the Researcher**Institute of Physical Culture and Sports**Chirchik, Uzbekistan**E-mail: [mirzohid.azizov@bk.ru](mailto:mirzohid.azizov@bk.ru)***ABOUT ARTICLE**

**Key words:** school, Nordic walking, educational process, health improvement, school. physical education and sports, skeletal muscles, healthcare, Nordic walking, measurement tools, control tools, monitoring.

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**Abstract:** This article shows the advantages and benefits of using Nordic walking in the educational process of a secondary school. Nordic walking is an accessible type of physical activity that allows all students to be involved in the process of learning and health improvement, regardless of age and medical health group.

**INTRODUCTION**

Currently, in secondary schools there is an important issue of the possibility of including students who have health limitations in the physical education lesson. On average, about 20% of school students have restrictions on physical activity during physical education lessons. So, for example, in a ski lesson, teachers are faced with the issue of involving schoolchildren who have restrictions or exemptions from physical activity in the lesson process. This also applies to the Athletics section.

Decree No. DP-6097 of the President of the Republic of Uzbekistan dated October 29, 2020 "On approval of the concept of development of science until 2030" aimed at ensuring and monitoring the implementation of the tasks specified in this decree in various areas, and Decree No. DP-6099 dated October 30, 2020 "Healthy "Decree on measures for wide implementation of lifestyle and further development of mass sports", Decision no. DP-4063 of the head of our state dated December 18, 2018 "On measures to prevent non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population", November 3, 2022 "On the system of

personnel training and scientific research in the field of physical education and sports" to ensure the implementation of the decision No. DP-414 and the decision [1,2].

### **THE LEVEL OF STUDY OF THE PROBLEM**

The analysis of the scientific and methodical literature on the topic showed that a number of scientists of our republic T.S. Usmanhodzhaev, I.A. Koshbakhtiev, Sh.Kh. Khankeldiev, R.S. Salamov, L.Z. Kholmurodov, I.I. Saidov and A.A. on the problems of physical education and rehabilitation in CIS countries. Gujalovsky, I.G. Dukalsky, T.G. Sulimova, V.P. Guba, O.B. Seregina, V.A. Ermakov, A.N. Kainov and others are using the results of scientific research. A.A. Poletaeva on walking in the Scandinavian way, N.T. Stanisky, A.V. Volkov, E.A. Zemba, N.T. Stansky, A.A. Alekseenko, V.A. Koloshkina, O.B. Nikolskaya, T.V. Meskevich, T.E. Starovoytova, A.S. Radchenko, N.I. Privoznikova, I.A. Kubanov, E.V. Many researches have been carried out by Chistyakova et al.

### **THE PURPOSE OF THE RESEARCH**

Taking into account the individual capabilities of the population, the main means of health and rehabilitation is to determine the level of physical fitness, develop exercises that are suitable for all age groups of the population, rehabilitate diseases and increase the level of physical fitness.

### **ORGANIZATION OF RESEARCH:**

About two thousand residents from different regions of our Republic participated in the pedagogical research. All participants of the study were divided into three groups: young, middle-aged and elderly. The number of participants in all three groups was the same.

### **RESEARCH RESULTS AND ITS DISCUSSION:**

In connection with the above, the problem arises of including students of all categories in the educational process, both by age and health status.

Nordic walking (walking with poles, Nordic walking) is a type of physical activity where the active use of poles specially designed for this is added to the usual walking habitual from childhood and a certain training methodology is applied. Nordic walking is both an effective and safe type of physical activity; it can solve the problems of general development and health promotion for schoolchildren.

The first person to use walking with poles in her physical education lessons at school was Finnish teacher Leena Jaaskelainen. Back in 1966, she called walking with poles "the sport of the future."

During school, children must reach their potential not only mentally, but also physically. However, most students lead a sedentary lifestyle due to the large volume of academic workload, which results in exhaustion of the nervous system and a weakening of the protective functions of the children's body.

In these conditions, a physical education lesson becomes the only opportunity to improve health and help a young body develop harmoniously and comprehensively. It is very important that physical education classes are as useful, comfortable and safe as possible.

It has been proven that Nordic walking exercises have a positive effect on all 12 systems of the human body, while remaining absolutely safe. Nordic walking is constantly being studied, and more than 400 scientific articles have already been published on the positive effects of Nordic walking. Below are the most well known facts for your information:

- energy consumption during Nordic walking is up to 46% more than during regular fast walking
- the cardiovascular system is trained better (by 22%)
- during Nordic walking, about 90% of a person's muscles are used
- regular Nordic walking exercises help reduce pain in the neck and back.
- walking with poles reduces the load on the hip, knee and ankle joints by 26% compared to normal walking without poles
- Nordic walking classes help improve posture

As a professional instructor of the International Nordic Walking Federation (INWA), as well as an instructor of the Russian National Nordic Walking Association (RNWA) for this type of physical activity, last winter I first used Nordic walking in my physical education classes as part of ski training classes. During the classes, I noted the positive impact of Nordic walking on students of different age groups and health status.

Nordic walking is simple: the student walks at a pace that is comfortable for him and actively pushes off with poles. Movement becomes more active without much effort, and as a result of these simple movements, 90% of the body's muscles are trained and 46% more calories are burned than with habitual walking. As a result, endurance develops, mood improves, the student gains pleasure from movement, and the brain is saturated with oxygen.

Thus, the use of Nordic walking during physical education classes eliminates the presence of those not involved in the educational process. This school year, we began to use Nordic walking in ski lessons immediately before the lesson itself, and also as the main exercise for children with health limitations.

The main advantages for introducing Nordic walking into the physical education lesson plan at school are:

- Proven effectiveness of walking with poles for those exercising

It is known that during Nordic walking, energy consumption increases up to 46% compared to normal fast walking. This means that those who walk with poles have increased endurance and the body is better able to resist diseases; the condition of the body as a whole improves. Nordic walking

is part of therapy for diseases of the heart and musculoskeletal system, and is also effective in the fight against excess weight and teenage depression.

- Walking with poles is safe for those exercising

Poles also provide excellent support and shock absorption, so children with poor health can take part in Nordic walking classes.

- You can exercise in any weather

Nordic walking classes can be done outdoors in absolutely any weather conditions (except for thunderstorms), which makes Nordic walking a universal physical activity.

- Anyone can practice walking with poles

Nordic walking is suitable for children with any level of physical fitness, which is a good reason for students to unite.

- Prospects

Now Nordic walking is one of the newest areas of physical activity that has received constantly growing recognition in Russia.

To evaluate students when practicing Nordic walking, the following standards are proposed for secondary school students from grades 1 to 11. The standards were developed on the basis of data obtained from the competitive experience of the Russian National Nordic Walking Association (RNWA) and personal observations during numerous classes with groups of the population (see Fig. 1).

<b>Standards for Nordic walking. Distance 400 meters.</b>				
<b>Class</b>	<b>sex</b>	<b>Grade</b>		
		<b>5</b>	<b>4</b>	<b>3</b>
1 class	Boys	5:10	5:30	5:50
	Girls	5:30	5:50	6:10
2 class	Boys	5:00	5:20	5:40
	Girls	5:20	5:40	6:00
3 class	Boys	4:50	5:10	5:30
	Girls	5:10	5:30	5:50
4 class	Boys	4:40	5:00	5:20
	Girls	5:00	5:20	5:40
5 class	Boys	4:30	4:50	5:10
	Girls	4:50	5:10	5:30
6 class	Boys	4:20	4:40	5:00
	Girls	4:40	5:00	5:20

7 class	Boys	4:10	4:30	4:50
	Girls	4:30	4:50	5:10
8 class	Boys	4:00	4:20	4:40
	Girls	4:20	4:40	5:00
9 class	Boys	3:30	3:50	4:10
	Girls	3:50	4:10	4:30
10 class	Boys	3:10	3:20	3:40
	Girls	3:20	3:40	4:00
11 class	Boys	2:50	3:10	3:30
	Girls	3:30	3:50	4:10

**Fig. 1. Recommendations for children with poor health from a special medical group.**

### 1. Group "A"

For all age groups, only the correct movement technique is assessed; for primary school children, there is no full phase composition of movement with sticks, only dragging or natural walking is used.

1.1. 1-4 class. Walking with and without poles, at a distance of 200 meters, the teacher evaluates the correctness of the movement performed.

1.2. 5-9 class. Walking with poles with gentle push-off for 500 meters, correct walking technique is assessed.

1.3. 10-11 class. Walking with poles, intensive push-off 600 meters, correct walking technique is assessed.

### 2. Group "B"

For this medical group, teaching the correct walking pattern, including the use of Nordic walking poles, is relevant. For all age groups, starting from primary school, it is first necessary to evaluate the technique of moving without poles.

2.1. 1-4 class. It is necessary to walk 60 meters while observing physiologically correct walking.

2.2. 5-9 class. It is necessary to walk 100 meters while observing physiologically correct walking.

2.3. 10-11 class. It is necessary to walk 150 meters while observing physiologically correct walking; it is possible to use the technique of "dragging" sticks.

With a high degree of confidence, we can conclude that Nordic walking can become an incentive for schoolchildren to engage in physical education, arousing their keen interest and curiosity. A lesson using walking with poles can be made as informative and rich as possible if you and your students think about a new route, organize a competition or a hike.

In addition, the inclusion of Nordic walking in the educational process can expand (diversify) the physical training program for students in secondary schools as a whole.

### CONCLUSION:

Today, the deterioration of the health of the population of our country, especially cardiovascular diseases, excess weight, nervousness, and various chronic diseases, puts a number of demands on specialists working in the field of sports.

Although the Nordic walking sport is one of the most important sports in developed countries today, it is important to use the latest innovative technologies to popularize this sport in our country.

Increasing the level of physical development and general physical fitness of the population, as well as the use of new innovative technologies in the effective use of free time of all segments of the population, and the use of special methods in the popularization of Nordic walking, will allow maintaining and strengthening human health, which is the most important and dearest to everyone today.

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