

**MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**METHODOLOGICAL CHARACTERISTICS OF THE MECHANISMS  
OF USING THE MOBILE APPLICATION IN SUPPORTING THE POPULATION OF  
OUR COUNTRY TO WALKING IN THE METHOD OF SCANDINAVIAN WALKING***Mirzokhid M. Azizov**Doctoral student (DSc)**Institute of Physical Culture and Sports**Tashkent, Uzbekistan**E-mail: [mirzohid.azizov@bk.ru](mailto:mirzohid.azizov@bk.ru)***ABOUT ARTICLE**

**Key words:** Nordic walking, healthy lifestyle, general rules, technique, initial training, physical training, functional training, digital technologies.

**Abstract:** This article talks about the importance of the “Skan.Xod–2” mobile app in using healthy Nordic walking techniques to make the most of your free time.

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**INTRODUCTION**

In present time, in order to improve the quality of education, a number of scientific and practical works are being carried out by many of our scientists in the organization of education based on innovative ideas and foreign experiences. Pedagogical software tools for teaching various subjects, in particular, electronic textbooks and manuals, simulators, automated teaching technologies and electronic information resources, have been created in foreign countries and are widely used today to improve the quality of education.

Unprecedented work is being carried out in our country in this regard, including the order of the President of the Republic of Uzbekistan dated August 14, 2018 "Education of young people to be spiritually, morally and physically perfect, raising the quality of their education system to a new level about measures" of the DP 3907, to ensure the implementation of the Decree No. DP-5924 of January 24, 2020, to ensure the meaningful use of the population's free time, the wide implementation of a healthy lifestyle and healthy Scandinavian We have developed this mobile application for teaching walking. [1,2]

The analysis of the scientific and methodological literature of local and foreign scientists shows that there are many scientific studies devoted to the problems of physical education in the field of health, in particular, G.V. Julin, I.A. Koshbakhtiyev, D.D. Sharipov, L.I. Lubishov, T.S. Usmankhodjayev and others.

Analysis of age characteristics in physical fitness of elementary school students O.V. Goncharova, V.I. Lyakh, V.A. Ermakov, A.N. Kainov, T.G. Sulimova, A.Yu. Farrakhova, I.G. Dukalsky, V.P. Guba, A.A. Gujalovskiy and others works were implemented. [3,4]

The purpose of the research is to strengthen the level of comprehensive harmonic development and training, using a special mobile program, to improve the health of the population of our country and use their leisure time effectively.

Tasks of the research:

Learning the characteristics of Scandinavian walking training and to assess the level of health, morphofunctional condition and physical fitness of the population of our country.

Basing the method of using the Scandinavian walking tools with the help of a mobile application in the free time of the residents of our country.

Development of a classification of Scandinavian walking tools based on the influence of the population engaged in Nordic walking on the development of physical qualities.

Improving the effectiveness of physical and functional training indicators using a mobile application in the application of Scandinavian walking to the population of our country.

## **RESEARCH METHODS**

The methods of research: analysis and generalization of scientific and methodological literature; pedagogical test; medical and biological methods; pedagogical experiment; methods of mathematical statistics.

Research organization: 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.

Taking these problems into account, we created and implemented the mobile program "Skan.Hod - 2" for elementary school students to practice Nordic walking in their spare time using a mobile communication tool.

## **RESEARCH RESULTS AND ITS DISCUSSION**

Statistical comparisons between CG and EG at the beginning of the pedagogic study showed no differences in pre-test status. "Skan.Hod-2" mobile program, which teaches Scandinavian walking to people who practice Scandinavian walking, has a certificate of official registration of the program created for electronic computers. This certificate was registered by the Intellectual Property Agency under the Ministry of Justice of the Republic of Uzbekistan under the number DGU 12768.

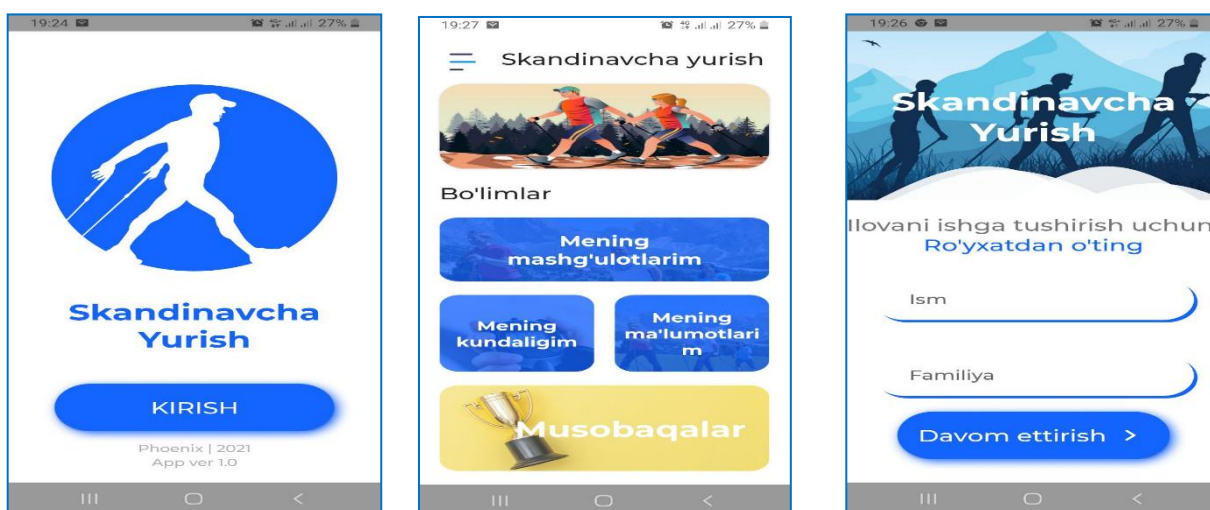
**Field of application** - this mobile program is designed to teach the Nordic walking technique and increase the level of physical fitness of elementary school students during extracurricular time based on modern technologies.

### General classification of "Skan.Hod - 2" mobile program

This program consists of five parts:

1. My training
2. My diary
3. My data
4. Competitions

Each part is structured in its own way, and many conveniences have been created for the practitioner. (1 picture)



### 1 picture. Login, registration and home pages of "Skan.Hod-2" mobile program

**My trainings** - When you enter this section, you'll see 9 months of training. Each month consists of 12 sessions, each session consists of 3 parts: introductory, main, final.

**Introduction part:** consists of 15-20 minutes and includes: theoretical information; consists of a video clip on Nordic walking and general development exercises.

The general development exercise section is divided into 2:

The preparatory part consists of Scandinavian walking, walking in a changed direction, breathing exercises, walking with wide steps and warm-up exercises and includes 3-4 minutes.

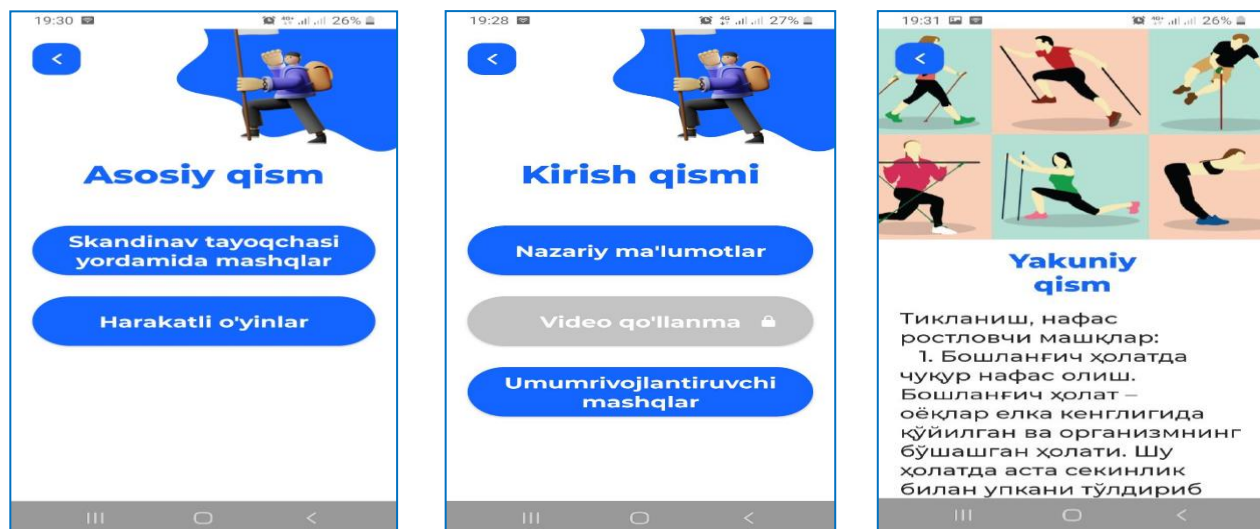
Barbell Exercises - This section includes three barbell exercises for each workout. A written explanation of each exercise is followed by a video or presentation.

**The main part:** consists of 20–25 minutes and includes: special exercises using a Nordic stick; action games, Nordic walking.

Scandinavian walking - the main part ends with a Scandinavian walking. Participants are encouraged to walk a certain distance in each session (except for the first 5 sessions). Participants have the right to choose the direction of walking according to their wishes. Depending on the

condition of the road (rock, asphalt, sand, snow, ice, etc.), they should replace the three parts of the stick. (2 pictures)

**The final part** consists of 3-5 minutes and includes the following breathing exercises: deep breathing in the starting position. Initial position - legs are shoulder width apart and the body is in a relaxed position. In this position, breathe slowly filling the lungs, after a few seconds, exhale slowly;



**2 pictures. Home pages of the introduction, main and final part of the daily training of the "Skan.Hod-2" mobile program**

**My diary** - this section consists of a diary containing 108 exercises.

This section includes: subjective indicators (health, mood, appetite, sleep, desire to exercise, etc.) and objective data (walking, training duration, etc.) filled with characteristics of daily training loads (kilometers, time duration, etc.).

**My data** - this section consists of such parts as height, walking speed, age scale, optimal stick length. This section is for practitioners to determine the length of Nordic walking sticks. When the user enters their height, the stick length is automatically generated. It is calculated according to the following formula: human height x 0.68 (within  $\pm 5$  cm).

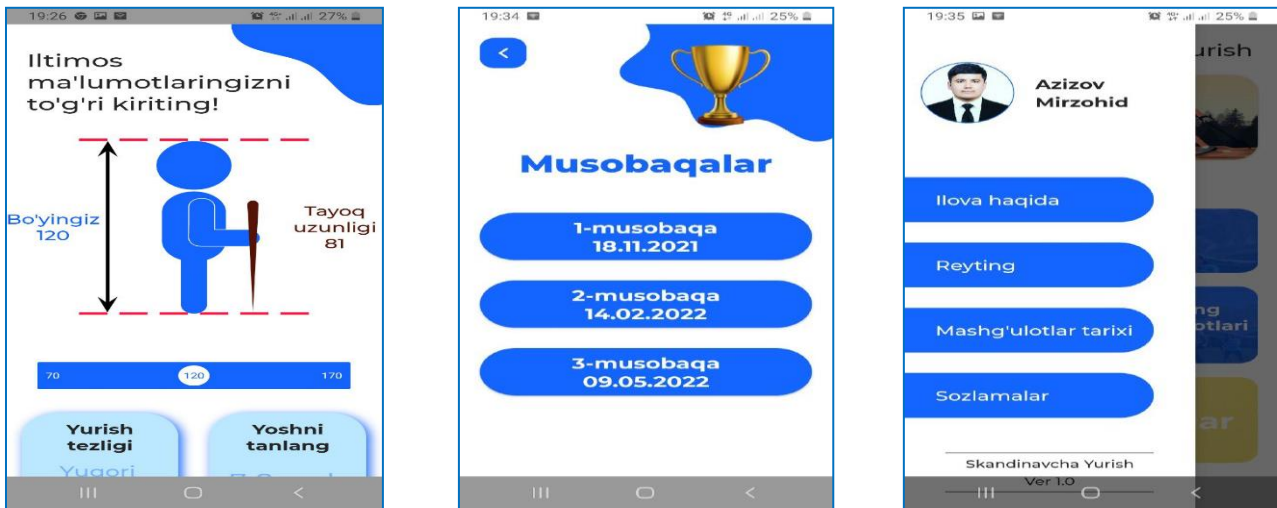
**Competitions** - this section identifies the extent to which training loads affect children participating in Nordic walking. Competitions are organized in 2 directions:

**Long-distance** (competing a specified distance in a competitive manner);

**Demonstration** (assessment of Scandinavian walking technique);

To participate in the competition, all groups of the population, who have the Nordic walking technique, and all registered participants are allowed. (3 pictures)

**Settings** – In this section, the user's general information can be placed and changed again. The main task of the settings section is to store the user's personal data. This information is used to determine the rating of the participants.



**3 pictures. Home pages of my data, competitions and settings of the mobile program "Skan.Hod-2".**

**Field of application** - this mobile program is designed to teach Nordic walking techniques and evaluate physical fitness of elementary school students on the basis of modern computer technologies.

## CONCLUSION

The results of the research on the organization of a healthy lifestyle among the population of our country and the use of free time, using the Scandinavian style of walking, made it possible to note the following conclusions:

1. According to the results of the study and analysis of the scientific methodical literature, today it was found that the use of this Scandinavian walking through a mobile application is used by older people to strengthen their health. Lack of literature based on sufficient scientific research on physical development of children and strengthening the level of readiness was revealed during the research process.

2. Nordic walking has a positive effect on the overall development of the population. There is almost no risk of injury during training. Scandinavian walking ensures the work of muscles (up to 90%) compared to normal walking. The whole body is involved in the movement, it was observed that the most important muscles of the legs, abdomen, buttocks, back and arms are active during exercise.

3. Thanks to special sticks, the load falls on the muscles of the upper shoulder girdle, which helps to reduce the load on the leg muscles. In addition, it serves to improve the functioning of the cardiovascular system, reduce excess weight, prevent depression, increase physical performance and strengthen health, comprehensive physical development and increase the level of physical fitness.

4. This situation determines the necessity and urgency of developing the methodology of Scandinavian walking lessons using digital technologies, taking into account the climatic and

geographical features of our country. It serves to strengthen the health of the population of our country, comprehensive physical development and increase the level of physical fitness.

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