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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**PHYSICAL EDUCATION AS A FACTOR OF INCREASING MOTOR  
ACTIVITY IN CONTRACT-AGE YOUTHS****R. N. Egamberdiev**

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E-mail: [uraganrus@inbox.ru](mailto:uraganrus@inbox.ru)**ABOUT ARTICLE****Key words:** Physical culture, exercises, endurance, prizes, physical activity, classes.**Received:** 09.11.23**Accepted:** 11.11.23**Published:** 13.11.23**Abstract:** Recently, there has been a process of decline in the physical fitness of pre-conscripts, a significant part of them cannot fulfill regulatory requirements, as a result of which an increasing number of young men are not sufficiently prepared for service in the Armed Forces. Therefore, in the field of physical culture and sports, the process of developing and implementing various methods that promote the development of physical abilities and increase the level of human health into the practice of physical culture and health work is intensively underway.**INTRODUCTION**

At the present stage of development of society, the improvement, preservation and strengthening of the health of young people is acquiring important national importance. According to research conducted With cadets of a general educational institution for special purposes, an insufficient amount of exercises is observed; comprehensive tests have not been developed that characterize the integral level of special physical and technical readiness.

A necessary condition for the harmonious development of the personality of young men of military age is optimal motor activity. In recent years, due to the high educational load at school and at home and other reasons, most students have a deficit of movements in the daily routine, insufficient motor activity, causing the appearance of hypokinesia, which can cause a number of serious changes in the body of young men.

Research by hygienists shows that up to 82-85% of the daytime, the majority of young students are in a static position - sitting. The increased stress of the day causes inappropriate reactions in them;

students often experience symptoms of fatigue, and sometimes overwork. Education in physical education lessons takes up 32% of the total daily motor needs of students, and everyday spontaneous movements account for 18-22%. Even all this together cannot fully satisfy the needs for movement. On days when the schedule includes physical education classes, students feel a deficit of physical activity of up to 40%, and on other days - up to 80% of the daily norm.

A sedentary position at the table affects the functioning of many systems of the body of young men, especially the cardiovascular and respiratory. With prolonged sitting, breathing becomes less deep, metabolism decreases, blood stagnates in the lower extremities, which leads to a decrease in the performance of the entire body and especially the brain: attention decreases, memory weakens, coordination of movements is impaired, and the time of mental operations increases.

The only measure to prevent and eliminate the negative consequences of hypokinesia is to expand the motor activity of students of military age, increase the intensity of physical exercises, the motor density of physical education classes, the widespread use of games and exercises of a sports nature in the air, especially aimed at developing general endurance, which provides significant health-improving and general strengthening benefits. Effect.

Under the influence of muscle activity, the harmonious development of all organs and parts of the central nervous system occurs. At the same time, it is important that physical activity is systematic, varied, intense enough and does not cause overwork. Physical exercise has a beneficial effect on the formation and development of such functions of the central nervous system as strength, mobility and balance of nervous processes. Mental work requires the mobilization of muscle efforts, since numerous signals from working muscles activate the activity of the brain, forcing it to work intensively and clearly. Optimal physical activity is a necessary condition for the harmonious development of the individual. Physical exercise promotes good functioning of the digestive organs, helping digestion and absorption of food, activates the activity of the liver and kidneys, and improves the functioning of the endocrine glands.

Constant physical exercise helps increase skeletal muscle, strengthen joints, ligaments, growth and development of bones. Thus, students of conscription age by doing physical exercises strengthen their health and receive diversified physical development.

During the physical training of pre-conscription age boys, it is necessary to know in sufficient detail about the morpho functional characteristics of the body systems of adolescents, as well as the specifics of their physical performance in order to build an optimal educational and training process, to achieve both health-improving and sports results.

The period of pre-conscription age is a period of rapid development of feelings and emotional experiences. At this age, the process of forming life plans and self-awareness is most active, and the need for interpersonal communication intensifies.

Young men of high school age are a special age and social group.

Its important features are: incompleteness of morpho-functional development, psycho-emotional instability, increased reactivity and sensitivity to the action of various environmental factors and conditions, social immaturity. The boundaries of the teenage period are quite arbitrary and in life there are significant individual variations in both the pace of development and the timing of the onset of certain characteristic features of this period. The teenage period, in its uniqueness and pace, differs sharply from all other stages of a person's life. Its manifestations are intensive growth, increased metabolism, and increased activity of the endocrine system.

During this period, a clear predominance of excitement is noted in the behavior of adolescents, which is why reactions in strength and character often do not correspond to the stimuli that caused them. A broad generalization of excitation appears, expressed in additional basic reactions of accompanying movements of the arms, legs and torso (which is especially pronounced in boys).

Sharp disturbances in autonomic functions, palpitations, and vascular disorders are indicators of increased subcortical influences and a weakening of the tone of the cerebral cortex. This also manifests itself in increased emotionality.

During puberty, a weakening of all types of internal inhibition is observed. Therefore, great attention must be paid at this age to the education of consciously controlled inhibition of reactions.

By the end of this period, harmonious relationships between the cortex and subcortical sections are established. The period of restructuring of the body, associated with great stress, requires a cordial and caring attitude on the part of the surrounding adults. It is the underestimation of the seriousness of the situation during the period of maturation that is the cause of a large number of severe conflicts between adolescents and parents, and between adolescents and teachers.

Today's teenagers have decreased physical performance. If in the previous decade there was an acceleration, now, on the contrary, there is a deceleration: the number of teenagers with low weight and an asthenic type of build has increased.

At pre-conscription age, the improvement of movements (walking, running, jumping, throwing) and motor qualities (speed, agility, flexibility, strength and endurance) continues, the development and maturation of the peripheral parts of the nervous system ends, the rate of development of skeletal muscles accelerates, muscle strength increases, and jumping ability

It should be noted that the development of the body's motor qualities is not simultaneous. The increase in speed properties depends on the state of the central nervous system and increases noticeably from 7 to 16 years (1.5 times). Dexterity changes noticeably at the age of 7-10, the ability to move the body in space increases from 4 to 17 years, and the accuracy of hitting the target increases at primary school age. Muscle strength increases most significantly from 11 to 16 years, endurance to static efforts (hanging, emphasis) - at 14-16 years (boys).

In pre-conscription age, the emphasis is on developing speed qualities and dexterity of movements. With a long-term deficit of movements, the development of prepathological conditions is possible, which manifest themselves in a decrease in the general nonspecific stability of the body, rapid fatigue when performing physical activity, low functional activity of internal organs, a lag in the development of motor qualities, and changes in physical development.

The analysis of passing the standards “reflected the real picture of the level of development of physical qualities, such as endurance, speed, strength. In boys, speed and strength qualities are developed to some extent better than in girls, but in general the indicators are unsatisfactory.

Physical education of adolescents and young men is carried out in a specific environment, the factors of which are both socio-economic and environmental conditions. Therefore, the physical condition of children, on the one hand, can be considered as a result of the influence of these conditions, and with the targeted influence of physical education - as a result of counteracting negative environmental conditions.

Physical education for adolescents should also take into account their needs for self-knowledge and search for meaning. Such a choice can be made only by analyzing adolescents' physical performance and mental states that manifest themselves in the process of testing various methods of physical improvement.

The process of education in high school age is the most difficult, since this age is characterized by intense changes in the anatomical, physiological, mental and mental development of the child, which entail changes in his behavior.

Children experience rapid mood swings, high mobility, and an excessive desire for independence, which leads to instability of behavior.

The main place in the structure of morbidity among adolescents aged 15-17 years is occupied by diseases of the respiratory system, trauma and poisoning, and diseases of the nervous system. It is alarming that during school the number of healthy children decreases by 4-5 times and does not exceed 20-25% of the total number, as a result of which 50-60% of school graduates have certain restrictions in choosing a profession. The state of health of young conscripts and the increase in the number of conscripts unfit for medical reasons for military service are of great concern. Only 20% of the total number of young men have a level of health that allows them to serve in the army. The state of health of young conscripts and the increase in the number of conscripts unfit for medical reasons for military service are of great concern. Only 20% of the total number of young men have a level of health that allows them to serve in the army.

The analysis of literary sources over the last decade allows us to conclude that the physical fitness of pre-conscription and conscription-age boys tends to further deteriorate.

Recently, the physical readiness of the young replenishment of the Armed Forces has worsened by 2 times. In general, 30-40% of conscripts have a low level of professionally significant physical qualities and military-applied motor skills. There is a steady trend of new recruits entering the troops with poor health, low levels of physical development and physical fitness.

The study found that almost half of the military personnel fail to meet control standards for the military sports complex (MSC). The worrying thing is that every fifth conscript is underweight. Often the weight was 20-30 kg below normal.

The process of physical development is influenced by a wide variety of factors: chronic somatic diseases of childhood, gynecological diseases, nutritional disorders, social and hygienic, climatic and environmental conditions, heredity and many others.

Thus, young men of pre-prescription age differ sharply in their originality and pace from all other stages of a person's life. At pre-prescription age, the improvement of movements (walking, running, jumping, throwing) and motor qualities (speed, agility, flexibility, strength and endurance) continues, the development and maturation of the peripheral parts of the nervous system ends, the rate of development of skeletal muscles accelerates, muscle strength increases, and jumping ability

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