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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**A SPECIAL EXERCISE PROGRAM THAT PROMOTES A SAFE,
HEALTHY LIFESTYLE FOR LIFE****Bakhrom Bakhtiyorovich Musayev***Ph.D., Professor, Vice-rector for scientific affairs and innovations**Uzbekistan State University of Physical Education and Sports**Chirchik, Uzbekistan**E-mail: b.b.musayev@gmail.com***ABOUT ARTICLE****Key words:** physical training, physical education, sport, training.**Received:** 04.01.24**Accepted:** 06.01.24**Published:** 08.01.24**Abstract:** The results of the research carried out by us are theoretically and methodologically based on the opinions of scientists and practicing trainers of our republic in the field of physical education and sports training theory and methodology. The analysis and research tasks were provided quantitatively and qualitatively.**INTRODUCTION**

Relevance of the topic. The importance of a healthy lifestyle in the conditions of society on a global scale is increasing more and more. Today, in the modern world, there is a trend related to the formation of health care and movement activities, and the improvement of its main indicators. Most of the people try to give up bad habits, eat right, and engage in various sports that allow to protect not only physical, but also mental health. The question of whether this is the need and aspiration of modern society or all this is the result of propaganda remains controversial. Therefore, today there is a need to organize the management of physical education training loads among the population on a scientific basis.

According to a number of experts, stretching exercises are better for women than other types of physical activity, they include flexibility, coordination, flexibility and beautiful movements. The basis of their etirofiche, healthy stretching exercises is the principle of biological expediency, which depends on the specific characteristics of the structure of the female body.

This principle corresponds to moderate loads, in which their integrity and dynamism should be observed when performing exercises. The holistic nature of any exercise is achieved by involving many joints and muscles in the movement. In the genes, it was found that during the exercises

conducted using stretching exercises, participants perform smooth, circular, spring-like movements with great pleasure, because such movements are characteristic of motor skills, and they also cause certain functional changes in it.

Scientists who have conducted scientific research in this field believe that as a result of stretching, positive changes occur in the state of the body:

1. The bone system is strengthened;
2. The tendency to depression, hypochondria decreases;
3. Digestion improves;
4. Antibiotic processes slow down;
5. Physical and intellectual work capacity increases;
6. The risk of heart disease is reduced;
7. Sleep improves.

The variety of stretching exercise complexes allows for a creative approach to their selection and selection of series of exercises with the necessary direction of movement.

The introduction of more general developmental exercises using bending (head, body), swings, sit-ups allows to develop mobility in the joints; changing the picture of movement - helps to develop the qualities of speed. The use of dynamic stretching exercises develops movement coordination, movement memory, cardiovascular and respiratory systems, increases the flexibility of ligaments and tendons, improves muscle flexibility, increases the amplitude and freedom of movements.

Stretching exercises performed at a high speed in a dynamic and ballistic mode, as well as involving large muscle groups, train the heart and accelerate lung ventilation. A series of exercises performed by changing body positions improves blood circulation in the cerebral vessels and improves the function of the nervous system.

The active work of the abdominal press muscles affects the work of the gastrointestinal tract, normalizes its motor secretion function.

Also, in the works (...) it is recognized that the program of using stretching exercises, along with the general strengthening of the whole organism of the participants, improves the morphofunctional systems, especially the systems that are naturally loose or prone to minor injuries in life and less resistant to overloads. implies special strengthening.

The purpose of the research is to scientifically substantiate the mechanisms of public health implementation based on the set of actions of physical education aimed at improving health.

Tasks of the research:

formation of positive attitudes towards healthy physical education, habituation of a healthy lifestyle;

meeting the needs of physical improvement, regular health-oriented physical activity;

acquisition of methodological knowledge and skills on the independent reliable use of physical activity types for health protection and strengthening;

independent development and improvement of mental and physical abilities, qualities and personal characteristics;

The object of the study is training aimed at improving the health of the population, which increases the social efficiency of organizations providing physical education services.

The subject of the research is training in gymnastics. theoretical and methodological foundations of professional and pedagogical preparation of students in gymnastics.

RESEARCH METHODS

The research used methods of analysis and generalization of scientific and methodical literature, analysis of pedagogical experience.

Implementation of programs involves the resolution of intermediate tasks, and at the final stage - evaluation of the level of achievement of program goals (Fig. 1).

It is related to the provision of training in the fitness programs in accordance with the methodological basis of the fitness programs, the goals and tasks set in this program, and the contingent of participants, the laws of adaptation to physical loads, taking into account the chosen direction. 'liq.

The technological basis of the implementation of health programs involves the construction of a system of physical education and sports training aimed at the goal-oriented solution, taking into account the physiological and psychological-pedagogical basis of the program tasks.

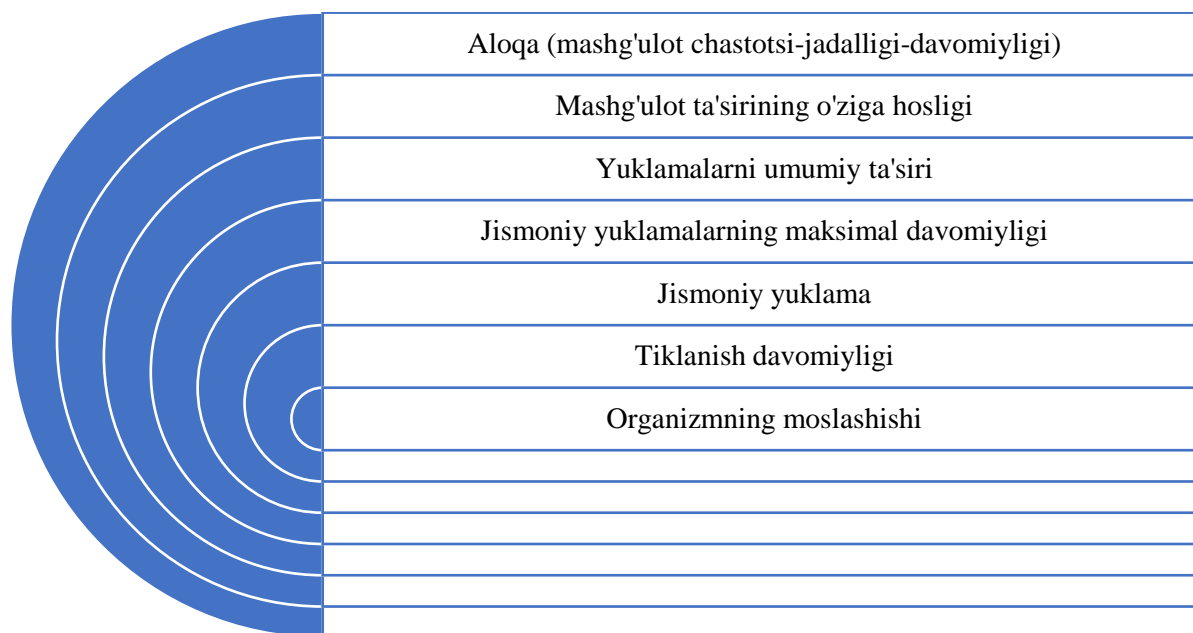


Figure 1. Stages of implementation of health programs

1. Adaptation of the organism occurs in two stages: the initial stage is fast, but the adaptation is not always perfect, and the next stage is perfect - long-term adaptation. The stage of rapid

adaptation begins with the impact of stimuli on the organism and can be carried out only on the basis of physiological mechanisms that have already formed. Long-term adaptation occurs during the regular and long-term impact of a stressor (stimulus) on an organism that has changed environmental conditions. The main conditions of long-term adaptation are the sequence and continuity of the impact of the extreme factor. In general, it develops on the basis of rapid adaptation many times and is characterized by the fact that as a result of the accumulation of a constant amount of changes, the organism acquires a new quality - flexibility.

2. The duration of recovery of the body's functional systems after loads of strength and agility and after loads of endurance and coordination of movements differ from each other, therefore it is appropriate to take them into account when creating physical education and sports rehabilitation programs (Table 1).

The rest interval (interval) between exercises is determined by the amount of physical load. They should ensure full recovery of working abilities to the initial level or to the supercompensation (replenishment) (super recovery) phase. Exercise in the non-recovery phase is allowed for fitness exercisers, as middle-aged people have limited adaptations. The greater the training load, the longer the rest interval should be. 48-hour rest in 3 training sessions with the use of medium loads (30-60 min.) ensures full recovery of duties. In small loads (15-30 min.), recovery of performance is completed in a few hours, since training can be carried out 5-6 times a week.

Table 1

Duration of recovery processes after high training loads

Direction of development of physical qualities	Impact on systems		Size of recovery downloads	Recovery period
	Vegetative	Nerve-muscle apparatus		
Movement speed	small	big	medium	24-36 hours
Fast durability (lactate)	big	medium	big	48 hours
Maximum power	big	maximum	big	48 hours
Instant power	medium	big	medium	24-48 hours
Endurance (aerobic)	max	medium	big	48-72 hours
Endurance (glycolytic)	goods	medium	maximum	48-96 hours
Actions coordination	max	small	small	6 hours

3. In order to achieve a healing effect, the physical load should be sufficiently continuous. This applies to individual exercises, conditioning sessions and training cycles. The speed and duration of health-improving loads and the interaction between the health-improving effect, in particular, are related to which functional system, physical quality is developed in the priority direction. So, a small amount of repetitions of near-maximal contractions for a few seconds once a day will increase muscle strength. Such a load, even at high speeds, does not have a sufficient effect on increasing the capacity of oxygen removal and oxygen recycling systems, and therefore cannot change the level of endurance development.

4. The maximum duration of physical load depends on its intensity. So, with a much lower speed, the download should be much longer, or vice versa. The general maximum duration of physical training for which a significant training effect is manifested is 10-16 weeks for aerobic (endurance) training and 8-10 weeks for anaerobic (fast-strength) training. The optimal duration of training to achieve very high functional performance (sports results) can only be discussed on the basis of comparative analysis data of different groups of people, which are amateurs who have been practicing for several weeks to several years. may be athletes or elite athletes. Such a comparison does not reveal to what extent the differences are determined by training duration (and order) and to what extent they are genetically predetermined.

5. The relationship between the frequency, intensity and duration of fitness training with different groups of people differs significantly in different goals and types of training. The implementation of fitness programs can give a uniform response: 1) in relatively short daily intensive training; 2) in training 2-3 times a week with low intensity.

6. A specific feature of the training effect on the leading physical quality. An example of the manifestation of this phenomenon can be shown that the development of muscle strength has little effect on the level of endurance and vice versa. Speed-strength training greatly develops a person's ability to move, and little or no development of the functional systems that determine his endurance. Endurance training only increases its level with little effect on the functional systems that regulate muscle strength. Or, on the contrary, endurance is almost not developed when exercising muscle strength. Therefore, for the development of this physical quality, it is necessary to use exercises and routines that meet the level of its development and greatly load the functional systems that help to develop it effectively. In particular, the execution of various exercises is not applied uniformly and loads the three main energy systems of muscles working in harmony: phosphate (lactate), lactate and oxygen. Regulating the intensity of exercises occurs at the expense of their amplitude, elements, the speed of execution of movements, and the combination of high and low intensity movements. All this allows you to individualize the training process.

7. It is established that objective data on the general effect of loads on the body (weekly, monthly cycle of training) and its recovery level can be obtained by counting the pulse in the lying position every morning after waking up. The fact that the heart rate does not exceed 2-4 beats/min testifies to the good tolerance of its vibrations to loads and the complete recovery of the body. And large indicator fluctuations indicate excessive stress, which in turn requires immediate load reduction. The program must have a positive result - at least a 20% increase in control indicators when implementing at least 60% of the program volume.

Taking into account these principles, achieving a health-improving effect from physical education and sports training in health-improving programs indicates that its implementation is a multi-stage process. Also, it is appropriate to present each stage in the sequence of the following stages: development-restoration-support-reinforcement".

Development stage - adaptation to a new level of functional capabilities, physical or sports training. Intensive training on the principle of the negative effect of loading, which creates deep biochemical and functional excitations that cannot occur in a one-time training, helps this.

The recovery phase begins with the end of the impact of loads (although recovery accompanies the entire exercise). At this stage, significant changes occur in the body, leading to supercompensation.

The support phase has the goal of normalization of functional capabilities to the extent achieved. Trainings are held 2 times a week with great intensity, starting from the stage of implementation of health programs.

Consolidation stage - to consolidate the achieved level of adaptation and create conditions for moving to the next stage. At this stage, the speed of loading is 140 beats/min according to YUQCH. or 150 strokes/min., or 160 strokes/min., 170 strokes/min., or 180 strokes/min. and is retained based on the level of the higher level; classes are held 3 times a week.

The duration of the stages is not uniform. According to the signs of decreasing the time allocated to the stage, they can be placed in the following order (color): 1) development stage; 2) support stage; 3) consolidation phase; 4) recovery stage.

Taking into account the position of leading specialists in physical education, including rehabilitation physical education, each phase begins with a phase of supercompensation that occurred in the previous phase, when the participants have a high potential for movement. Therefore, much higher loads can be applied to increase the level and ensure the duration of the supercompensation phase. Thus, training is carried out according to the type of negative impact of loads at each stage, and there is a positive impact of loads between the stages.

On the basis of the principles of recuperative physical education and the information presented in this section, the methodological and technological basis of recuperative physical education and

sports training will be developed. Also, taking into account the size and intensity of physical load, the basic, additional and non-traditional means of physical education and sports will be scaled up to solve the tasks of the main rehabilitation program step by step. Then, taking into account the stages intended to achieve the goal of health programs within the selected direction, the organizational conditions for conducting a group of appropriate training for each of the 4 levels are determined. As for the stages of physical training and sports training in health programs, their number depends on the duration of implementation of health programs, the level and importance of goals and tasks, the health potential of the used physical education and sports tools, methods, and technologies. determined according to In turn, the duration of health programs implementation and stages are determined by the direction of the program, individual characteristics of students, deviations in the state of health, training conditions, etc.

A complex system consisting of basic, additional and non-traditional means of physical education and sports is developed to form the training content at each stage of fitness programs. Separate development of these complexes for each stage, their content is formed due to the combination of specially selected standard physical training and sports equipment, taking into account the health programs and the direction of each stage of its implementation. It is possible to form a set of tools at each stage of health programs without being tied to a standard set.

Describing the stages of implementation of fitness programs in physical education and sports, it is worth mentioning separately that the tasks and content of the first stage are significantly different from its other stages. Thus, for each stage, a set of tools for health programs is assigned.

CONCLUSION

The results of the scientific research carried out by us studied the volume and intensity of loads in the health-training physical education training processes carried out among the population, not only for different individuals, but also for one individual in terms of his activity activity on different days of the week and during the day. It was also observed that, along with gender differences and individual characteristics, it is necessary to change based on the specific characteristics of professional activity in terms of the state of the organism, living conditions and order, daily workloads.

Analytical review of special programs shows that as a wellness program, it sets special requirements for future health among young people. It is important to improve the physical quality of sports based on gymnastic training, to know the technical movements of sports, to be able to use special exercises in gymnastics and athletics at home, possible injuries during training, physical and to master the methods of preventing psychological extremes and to learn and develop the psychomotor skills necessary for successful acquisition, to be able to use gymnastic exercises, to

master work, practical actions, to have the methodological skills of a pedagogue-coach was determined.

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