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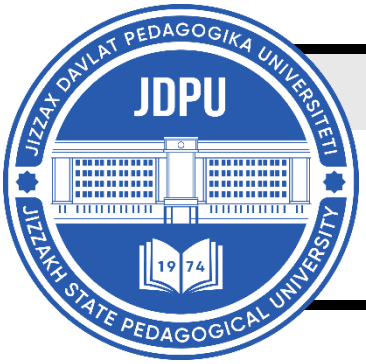

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PROBLEMS AND THEIR SOLUTIONS IN THE SELECTION PROCESS OF ATHLETES IN THE SPORT OF TAEKWONDO

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ABOUT ARTICLE

Key words: Ecto morph, meso morph, endo morph, process, training, athlete, strength and weakness, nervous process, choleric, dynamism, sanguine, phlegmatic, ability, physiological, psychophysiological, president, result.

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Abstract: This article is about the fact that athletes conform to the norms of each sport in terms of their body structure, and their selection is considered one of the most important processes, as well as the study of their physiological structure. In taekwondo and other types of sports, the methods of selecting boys and girls in terms of body structure and appearance are of key importance. By determining the general sports ability of a young athlete, we made sure of these things, that is, competitive activity does not negatively affect his success in sports in a stressful situation. We know that the state of the nervous system plays a big role in this. in one case, emotional loading helps to increase readiness for mobilization, and in another case, it decreases it. therefore, it is necessary to evaluate the temperament or the client, the type of nervous systems, the level of strength development, mobility, restraint of nervous processes, pressure.

INTRODUCTION

29.07.2022 of the President of the Republic of Uzbekistan in order to popularize taekwondo (WT) as an Olympic sport, improve the system of selecting athletes from among young people, and ensure that our national teams achieve high results in prestigious sports competitions Decision No. PQ-337 was adopted.The following are the main directions of development of taekwondo (WT) sport (hereinafter referred to as taekwondo) in 2022-2024: wide promotion of taekwondo among the population, identification and selection of talented

athletes, including sportswomen and sorting (selection) and establishing a new system of training them as professional athletes, such as improving breathing, memory and concentration, and training the vestibular apparatus by raising interest in the "Poomsee" direction of taekwondo in preschool children to carry out health improvement works, as well as to implement appropriate measures to launch the "Kids Taekwondo" project in cooperation with the Korea International Cooperation Agency (KOICA) in preschool educational institutions in the future. Young people in need of social protection development and implementation of the program "Taekwondo (WT) for all" in the regions for foster children of orphanages, children of large families to practice taekwondo. etc. Taekwondo (WT) wider development program in 2022-2024.

Taekwondo Association of Uzbekistan (WT) has been tasked with completing the construction of the Taekwondo Academy by September 1, 2023. The following are the main tasks of the Taekwondo Academy: from October 1, 2022, the laboratory of the problems of scientific-methodical and medical-biological support of athletes at the Faculty of "Taekwondo and sports activities" at the National University of Uzbekistan named after Mirzo Ulugbek was organized and its activities were financed from extra-budgetary funds of the university. Decision of the President of the Republic of Uzbekistan, dated 29.07.2022 No. PQ-337.

METHODS AND MATERIALS

As in all single combat sports, the modern taekwondo WT sport, which is currently developing, has a number of problems that still cannot be solved in many lower layers. Solutions to such problems have been found by powerful experts from developed countries and today. Correct problems are very common, and many problems can be over looked as a result of a single oversight in each training process. Over time, uncorrected mistakes as a result of this negligence can make the result and the work done useless.

First of all, the child's (anthropometric) indicators are considered, that is, attention is paid to the body structure of a child who has just started playing sports.

According to the structure of the body, it is divided into 3 types:

1. Ecto morph
2. Meso morph (model body)
3. Endo morph

1. Ecto morph - people with this body type are thin by nature, the supporting bones are thin, long and fragile. Metabolism (process) is fast. as well as being resistant to loading, enduring long-term intensive training, and the quality of will is well formed. The following

sports are recommended for people with this body type. The body structure was suitable for volleyball, basketball, swimming, taekwondo and other sports.

2. Meso morph - in people with this body structure, it corresponds to almost all sports in terms of body structure. This body is also called model body. It is universal in terms of length and weight. height and weight are always proportional to each other in people with mesomorph body structure. Difficulties in gaining weight and losing weight are rare. Metabolism is moderate. it is also load-resistant, resistant to long-term intensive training, and the quality of the will is well formed.

3. Endo morph - people with this body structure have a slightly lower than average metabolism and a greater tendency to accumulate body fat. It cannot be said that it is well adapted to loading and intensive training. You may see a little less mobility than people with the rest of the body structure. It could not be said that it is not suitable for sports that require a lot of effort. because even with this body structure, there are only a few who achieve high results in many sports competitions. Individuals with more of this body structure are more likely to do well in weightlifting and body building sports.

Talent (ability) lies on the basis of any structure of ability, including in sports, which has a natural, biological basis and has stability I.Pavlov's studies of his students and followers allow to understand the laws of the development of natural abilities, the nervous system and its properties in studying the basis of the typology of nervous activity. According to his determination, the property of different nervous systems of people not only acquires their character, willfulness, but also develops their abilities, skills and qualities.

The main typological properties of the human nervous system include:

- strength and weakness, they express the level of endurance of the nervous system in relation to long-term exposure to the stimulus, as well as to strong, albeit short-term stimulation;

- mobility and immobility are manifested in such a way that the reconstruction of the reaction to changing excitation in the nervous system passes quickly;

- reveals the interrelationship (balance) of inhibition and excitation of nervous processes according to restraint or lack of restraint - characteristic, their strength and mobility;

- in the form of dynamism and excitement, the last function of the cerebral cortex, it is manifested in the speed of formation of temporary nerve connections.

The combination of such features of nervous systems gives many typological groups. that's why four of them were taken as a basis.

- type of strong restraint - the activity is smooth, without jumping. Decreases in fatigue activity are rare;

- type of restraint - does the work well, it requires strong uniform spending, long-lasting and methodical stress, has high endurance;

- type of incontinence - characterized by periodicity (cycle) in movement: a strong rise of the nervous system, then it weakens and the activity decreases;

- weak type - in the state caused by stress, hyperresponsibility increases and work capacity decreases.

The characteristics of the nervous system that distinguish it from others are the physiological basis of the client (temperament), which describes the dynamics of the psychological processes of a person.

A choleric or curious client (there is restraint according to the type of nervous system) is an openly impulsive, irritable, easy-going and quick-tempered type. He is characterized by periodicity and experience in his work. He has the ability to give work with special energy, he is interested in it, he feels his strength increasing, he is ready to overcome and overcome obstacles and indeed difficulties on the way to the goal. But after using the power, it begins to decline, because after he has completed more than before, after which he says he can't do anything, he works or repeats. Choleric has a strong will. thus, it is characterized by high excitability, leading its activity to a state of great tension.

A sangivnik (cheerful) client is a strong, restrained type. The nervous system is well balanced and mobile. this old man will be a member of a good, healthy, cheerful society in every way, but he will show his ability in such a way that when there is interesting work, that is, it should be something that constantly arouses his interest. Sangivnik is able to adapt to changing conditions in his mobile activity, quickly gets along with those around him or finds a language, he is enterprising, he does not feel that he is not free with new people. In the team, such types are cheerful, cheerful, quick to start new work, and have the ability to follow. Sensation arises easily and changes easily, which testifies to the mobility of nervous processes. In dangerous situations, heart-wrenching emotions quickly overcome. His usual state is in the spirit of optimism. The greater or greater mobility of the nervous processes helps the mind to change quickly, attention - it changes attention easily or gently and takes on a new one.

Phlegmatic or idle client. In relation to the excitability of nervous processes, it is characterized by sufficient restraint of the excitation and inhibition processes. And this is a meek, restrained person, diligent, hardworking and self-sacrificing person. Phlegmatic people remain docile even in difficult situations due to the restraint of nervous processes

and the inactivity of some of them. It will not be difficult for the phlegmatic self to restrain itself from a sudden increase in the existing strong inhibition and restraint in the process of arousal. He does not like to be distracted by small things, so it is possible to perform a long-lasting and methodical effort that requires a moderate amount of effort. I. Pavlov showed the high level of endurance of such types. Even phlegmatics can solve problems that are difficult enough for the task of nervous activity after completing a large task, but they require a high degree of mobility of nervous processes.

Melonholic (sad) customer. The melancholic client is distinguished by a weak capacity for work, while weakness is known not only in the process of excitation, but also in the process of inhibition. He is afraid of new conditions, situations, new people, he is shy and loses himself in communication with people and therefore remains in his shell. phlegmatic is difficult to internalize (the highest form of the manifestation of the process of inhibition), but it can be very sensitive to external stimuli, which helps it to successfully adapt to living conditions. However, for the profession, it is necessary to work at the level of mental and physical capabilities (pilot, cosmonaut, diver, firefighter and, finally, a high-class athlete).

According to later confirmation of the researchers, it can be an innate talent or ability, it can be defined physiologically in the same way (strength, mobility and restraint of nervous processes), but from the point of view of the psychological characteristics of a person, it is always the same. How much is it worth?

French researcher Maurice came to the conclusion that each typological group has a certain work ability. According to his information, a strong and nervous type is capable of developing a large number of kilogramm, its ergogram gradually decreases, which testifies to the resistance of the nervous system with great force. the strong but inferior type is also able to produce a large number of kilograms, but the decreasing part of its ergogram is short and characterized by rapid failure of the nervous system. The nervous type (according to Maurice's expression, "quietness is typical") is not capable of prolonged work, but has the ability to resist with great force during the ergogram decline. the most low and idle physical abilities are idle and undersized types, in which the ergogram ends with a sudden decrease.

Other researchers focus on the weak type and the high-strong type on the low performance of the muscles. In nervous types, fatigue is short, the symptom of fatigue is early compared to strong restraint, but after a slow rest, the working capacity increases, in some cases it exceeds the initial state. In terms of muscle performance, the restrained type resembles a state between strong braking and weak type.

RESULTS AND DISCUSSIONS

Having determined the general sports ability of a young athlete, we made sure of these things, that is, the competitive activity does not negatively affect his success in sports in a stressful situation. We know that the state of the nervous system plays a big role in this. In one case, emotional loading helps to increase readiness for mobilization, and in another case, it decreases it. Therefore, it is necessary to evaluate the temperament or the client, the type of nervous systems, the level of strength development, mobility, restraint of nervous processes, pressure.

To determine the state of the nervous system, various methods are used - observation, questionnaires, tests.

The observation method is widely used in real life practice and the famous Danish artist Herluf Bidstrøn vividly expressed this in his paintings, in which he depicted the reaction of people of different temperaments or customers to the resulting disappointment in four characters - the slouchy hat. We observe anger, rage, aggression in the first case; in the second case - carelessness, lack of interest, lack of any emotionality; thirdly - open melancholy; fourthly - cheerful, joyful laughter.

Precisely by using the method of observation, it is possible to evaluate the temperament (the client) in a sufficiently positive manner in the manifestation of the main characteristics of the nervous system in different situations.

For this, the following method can be used, in which the nervous systems are evaluated on a five-point system based on the degree to which each feature is reflected (5 points - a high level of manifestation of the feature; 1 point - a low level). Below is an abbreviated summary of the method of showing the nervous system according to its main indicators.

Indicators of the power of the nervous system by excitation:

1. Regardless of the level of preparation for it (for example, during exams, control starts), it preserves the action made with unity and confidence in difficult and responsible situations.

2. Not to distract the movement of other instigators.

3. The ability to repeat complex or difficult and dangerous exercises.

4. Be determined to master the exercises.

5. They achieve higher results in competitions than during training.

6. Not giving up learning a complex exercise.

7. To be in a state of "combat readiness" before the start.

8. The quality of the exercise does not decrease at the end of the training.

9. Accepting failure as a motivating factor in further endeavors.

10. It is necessary to actively seek to participate in competitions with strong rivals.

Indicators of the strength of the nervous system by braking:

1. A standard dynamic of activity and mental state.

2. Calmness and concentration of thoughts in the situation of observation.

3. To be patient and persistent in performing difficult exercises.

4. Not showing external signs of excitement before the competition.

5. The ability to quickly gather thoughts while performing the exercise.

6. Ability to remain calm and composed in various situations.

7. Not to allow quick bitterness and anger in close relationships.

8. Not allowing to break the usual schedule on the days of the competition.

9. Spending the rest time carefully and without haste.

10. To express one's opinion clearly; fluent speech, not in a hurry.

indicators of the mobility of nervous processes

1. The ability to quickly switch from one type of activity to another.

2. Not having a tendency to get stuck in learning the individual components of the exercises.

3. Prefer speed and speed-strength exercises during training.

4. Especially stimulating exercises and techniques can be performed without interest.

5. There is a significant interest in the external appearance of emotional experiences (positive and negative).

6. Quick to get along with people.

7. Speech, fast, sometimes slurred speech.

8. Quickly adapts to new conditions of activity.

9. He starts to do the exercise quickly, gets involved in the work faster.

10. Rich and diverse in meaningful movements or gestures of facial muscles.

Each trait or trait is summed across all indicators to determine the level of expression. The maximum score for each feature is 50 points, the minimum is 10 points.

Making a diagnosis: a total of 30 points and above for each feature is evaluated as a sufficient expression of the manifestation of this feature; the young athlete differentiates his strength, composure and nervous processes by their mobility; less than 30 pointsThe aggregate characteristic is evaluated as underexpressed, that is, it distinguishes the athlete as idle, restless, nervous processes are inactive (predominance of excitation). Questionnaire (questionnaire) - contains a set of questions and answers, in which the nervous system is assessed not only by the psychological manifestation of the characteristic of the body, but also by combining various characteristics (for example, strength and

mobility). Therefore, after each answer, it is indicated what or what characteristic can be associated with the manifestation of the affirmative answer. You are invited to answer the following questions ("yes" or "no"):

1. Attention to training (strength, restraint).
2. Ability to withstand pain (strength).
3. Unlimited interests, including sports (strength, mobility).
4. The role of a leader or guide in dealing with friends and relatives (power).
5. The role (or lack of action) of the one who is being controlled in being with friends and relatives.
6. Emergency replacement of friends (inactivity).
7. Stability of habituation (strength, immobility).
8. Strict execution of the daily routine (strength, restraint).
9. Discipline (restraint).
10. The one who keeps the mood together (restraint).
11. Frustration that does not last long after failure (power, lack of control).
12. Impressiveness (vacuity, lack of restraint) when watching movies and reading books.
13. Tendency to exaggerate one's strength (intemperance).
14. Tendency to reduce one's strength (indolence, lack of restraint).
15. Sleeping soundly regardless of daily events (strength, restraint).
16. Rapid acquisition of new types of movement activity (dynamism).
17. Rapid transition from sleep to alertness (mobility).
18. Ability to quickly adapt to new conditions (dynamism, mobility).
19. Being equal to the type of activity you want (strength, restraint).

The answers to each of their questions are defined not by one or two, but by two or four properties of the nervous system. If it does not give the answer "yes" when assessing the manifestation of the psychological characteristic of mobility, then the answer is "yes" when assessing immobility and vice versaarises by itself. Thus, after the analysis, one can think about some psychophysiological features, which will be confirmed or not confirmed by another assessment method.

CONCLUSIONS

The analysis presented above is more clearly revealed, if an observation is included, then it is evaluated by its characteristic or property. Therefore, the assessment of the main features of the nervous system is carried out according to the following scoring system: 1,2 - emptiness, immobility, lack of restraint; 3,4- strength, mobility, restraint.

It is used in the laboratory to assess the size and properties of the nervous system, as well as in the practice of selection in sports. But many studies of these methods have led to the conclusion that in order to be selected in sports, a higher level of performance and a more rapid approach to information is necessary.

For this, many indicators or different measuring instruments have been studied and the reaction time has been chosen, because, it is the only simple and accurate indicator that drives those systems, which underlies the reaction being studied. In addition, this indicator is widely used in sports practices for various regional purposes. As a result, it is possible to evaluate the principle of the latent period based on the methodology, which, according to the opinion of most researchers (L. Volkov, 1998; Lyakh, 1999; Kursevich, 1999), gives the opportunity to divide the subjects into certain technological groups.

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