
Normalization of Loads in Physical Education and Sports

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Abstract: In the practice of educational institutions, the independent involvement of students in physical education and mass sports is not given enough attention in the case of the opposite, there are no circles of interest to them, classes are conducted for all on the basis of the same program. Therefore, in these exercises, there is no emphasis on setting loads and coordinating them with the body of the engaged person. Bunch student interest is not taken into account, student initiatives are not supported. These in turn reduce the interest of students in physical education and mass sports. As a result of this, low activity occurs in student activities, and as a result of low activity, various diseases develop in their body, immunity decreases, students will not have access to information about physical loads.

Key words: Culture, Sports, Physical Education, Physical Development, physical preparation, physical education, youth, recreation, sports training, exercise.

The modern way of life requires a radical renewal and development of reform education and personnel training in socio-economic, political, spiritual and cultural spheres. Therefore, by developing the education system at the level of modern requirements and on the basis of the experience gained, educating the growing younger generation as mature and high-spiritually competent people who actively participate in the life of society is one of the priority directions of our state.

Taking into account the modern demand, school programs in all disciplines have changed, including physical education, high-level requirements have been put before the students. In order to meet the requirements of this program, students are engaged in educational work at school and at home in order to gain knowledge. Of course, in order to perform such a great mental loading work, it is necessary to be energetic and physically healthy. It's no secret that a healthy child will perform all tasks at a high level of quality, he will have free will, aspiration, curiosity.

One of the priceless drugs is physical exercises. To this end, Abu Ali Ibn Sina was the first to scientifically substantiate that "to a person who is regularly engaged in Physical Education, there is no need for medication."

Health's "health" is a phrase from many factors. In the period of economic policy of the Republic of Uzbekistan, the structure of the physical education system should be based primarily on taking into account the climatic conditions and ethnic conditions of the Republic.

On the second hand, the main factor of "Health" is physical preparation. Practice in this matter has a great experience. They are aimed at improving the results of performing various exercises, forming movement skills and skills, increasing movement activity, raising the quality of teaching movement techniques and training the qualities of physical activity.

The development of the scientific and theoretical basis of physical loads in the process of physical education and mass sports activities of students, theoretical and practical and recommendations on the use of physical loads in the process of physical education and mass sports activities of students is a topical issue for today's specialists.

The effectiveness of physical education training depends on the versatility of the normalization of physical loads used in training. In the process of physical education and sports training, the correct use of loads, physical development, physical training and sports it serves to increase the results. Great attention will be paid to the issues of normalization of loads in sports, especially in sports of high results, professional sports. And in physical education and mass sports practice, in most cases, not enough attention is paid to this.

Normalization of loads is a specific diagnosis of physical education and mass sports. Therefore, physical training, physical development, gawda Constitution, level of health, sports experience, physical education and personal interest in sports are taken into account, the method of training, if the norm of exercise is selected, the performance of students ' physical training was studied and analyzed. Bunda used "Alpomish" and" Barchinoy " health tests

From the first years of our independence, great attention has been paid to issues of ensuring high sports results in our country, developing professional sports, raising the sports status of Uzbekistan in the world arenas. Currently, Uzbekistan's athletes from such sports as boxing, wrestling, athletics, weightlifting and Oriental Solo Wrestling have a strong place in the world arena. This is primarily due to the conditions created in our country for the development of physical education and sportstirishga, modern sports facilities, sports infrastructure, organization and management of sports economy, innovations in the organization and management of physical education and sports organizations, entrepreneurship, investment and innovation in sports, and secondly, a sharp increase in the number of sports enthusiasts, the orientation of parents ' children, issues such as physical education and Sports Promotion are of particular importance.

The national values and spiritual heritage of our people on physical education have served as a source of strong spirituality for the peoples of the East for centuries. Despite the totalitarian system for many years, the Uzbek people's cultural values and traditions on physical education were preserved. The physical education of the younger generation, which has been growing since the early years of independence, the study of our invaluable national and cultural heritage created by our ancestors in strengthening their health is becoming one of the important and priority tasks of the state policy.

In the theory and methodology of physical education, special attention is paid to the normalization of physical loads. It was noted that the loads correspond to the age, gender, physical training of students. It has also been studied by researchers that there is no benefit to the body from too light exercise, and vice versa, heavy exercise can harm the body.

But studies in the process of study, as noted, carried out in the process of sports activities associated with the display of high results. According to them listed the highest, high, close up, average and low levels to give the loading. Of particular importance are the functional indicators of the organism, such as breathing, heart palpitations, external signs of fatigue, when giving loads. Heart rate is the main indicator when giving loads.

In the practice of educational institutions, the independent involvement of students in physical education and mass sports is not given enough attention in the case of the opposite, there are no circles of interest to them, classes are conducted for all on the basis of the same program. Therefore, in these exercises, there is no emphasis on setting loads and coordinating them with the body of the engaged person. Bunda student interest is not taken into account, student initiatives are not supported. These include physical education and mass sports of students reduces interest. As a result of this, low activity occurs in student activities, and as a result of low activity, various diseases develop in their body, immunityitet decreases, students will not have access to information about physical loads.

Based on the above ideas, the relevance of the research topic can be based on the following.

During mass physical education and sports and wellness classes, physical loads are not given priority. This will lead the students to a low level of independent exercise in their spare time with physical education and mass sports, or to get tired of training as a result of overloading. This leads to the need for research and analysis of physical loads in physical education classes conducted with students.

Today, in the theory and methodology of physical education, special attention is paid to the issues of maintaining and strengthening the health of the population of the main direction. It requires scientific and planned co-operation on the issues of justification of the role and importance of physical education and sports in the development of their health, consciousness and thinking in the creation of a harmonious generation, which we aim at, in terms of the medical, biological and social pedagogical characteristics of the human body.

In our country, the reforms carried out on the formation of a harmonious generation are carried out on the basis of modern conditions created for physical education and mass sports, attention is paid to the personal interest of each student in physical education and mass sports, in this regard, the development of physical education and sports is important primarily due to the need

In our country, physical education of the population, especially students and youth, some aspects of their involvement in mass sports as an independent subject, scientifically-theoretically and fundamentally, are studied to a certain extent.

In the period of the last years of independence, a number of decrees and decisions of the head of our state were expressed in the socio-political, economic, spiritual and educational development of society, in the first place, to take into account the human factor, to attach great importance to its free and comprehensive development as an object and subject, including physical development.

In all periods of human development, the issues of physical education and physical perfection are in the forefront of social life experience. The role of mass physical education in the maintenance and strengthening of human health, the proper use of its results in the scientific and methodological aspect has been given special importance by the researchers.

But the objectives and tasks associated with the normalization of physical loads in the process of physical education and mass sports training in these studies have not been studied, as well as the issues of mass physical education of students, their involvement in mass sports and giving loads in the process of exercise have been poorly studied.

The use of scientifically and methodically based physical loads in the process of independent physical education and mass sports of students in higher educational institutions increases the effectiveness of physical education training, improves the level of health of students, ensures adaptation of their organism to large physical loads, focuses on labor productivity and physical perfection.

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