

ORGANIZATION OF WOMEN'S ATHLETICS TRAINING PHYSIOLOGICAL BASIS

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Annotation:

This article talks about the characteristics and physical development of women's bodies, as well as their physiological conditions and the period of participation in athletics training.

Аннотация: В данной статье говорится об особенностях и физическом развитии женского организма, а также об их физиологическом состоянии и периоде участия в легкоатлетических тренировках.

Key words: Women's sports, physical load, physiological condition, physical development, physical training, healthy lifestyle.

Ключевые слова: Женский спорт, физическая нагрузка, физиологическое состояние, физическое развитие, физическая подготовка, здоровый образ жизни.

Today, all the conditions and opportunities are being created by our state to make the growing young generation physically healthy and mentally mature. In order to continue these processes without interruption, a strong social policy is being implemented based on its accounting program. As a vivid example of the work being carried out, paragraph 3 of the decision of the president of the Republic Shavkat Mirziyoyev “on measures to further improve the system of support for women, ensuring their active participation in the life of society” of March 5, 2021, establishes assistance in financing activities related to the development of women's sports as one of the Also, the decree of March 2, 2020 “on measures for the wide implementation of a healthy lifestyle and the further development of Sports” also serves as the main impetus for the development of our women's sports. The development of sports in this direction is important in the implementation of the health of the future generation, a healthy lifestyle.

The working capacity of the female organism is slightly lower than the working capacity of the male organism, depending on the anatomical and physiological characteristics of the female organism. Therefore, it is advisable to optimally set the volume of physical loads and exercises that give women so that they achieve high results in sports. It is known that the average rate of physical development and functional capabilities of women is lower than that of men. For example, they are lower in height and lighter in weight, have longer bodies, and have shorter limbs. Women have a wider pelvis than men, and a smaller shoulder. The lateral bones of the pelvis of females are much wider and thus their pelvic joint is located much further apart. In some sports, women show better results than men. This is manifested in the high harmony of the anatomical and physiological indicators of the female organism, when performing exercises that require qualities of willpower and flexibility. Even if their muscle strength is relatively low, when performing physical exercises, they are able to skillfully distribute muscle tension evenly over a large number of muscle groups. For this reason, the women's movement is much more subtle, flat, gentle, clear and beautifully expressed. The structure and functional properties of the female organism do not give the opportunity to perform work that is performed with high strength, or requires a high degree of endurance. In the case of men, for example, their low blood content of erythrocytes, hemoglobin, low blood oxygen capacity, small heart size -, low lung vitality capacity and low minute breath volume, limit the possibility of performing their long-term work. This suggests that the aerobic capacity of the female body is low compared to that of males. The difference between women and men's physical work skills is also manifested in a change in the function of the respiratory and circulatory systems when performing work of the same size.

The muscles of females are more weakly developed compared to males, usually accounting for 35% of body weight. In women, the layer of adipose tissue is more abundant than in men (Letunov, Motilyanskayalarning, 28% in women and 28% in men) for this reason, an unfavorable ratio between body weight and muscles is formed in them. The maximum oxygen uptake in females is 25-30% less than in males, and is highest at the age of 20-30 years.

The organization of athletics training in women is slightly lower in proportion to men's training, and is given depending on physical development and physical fitness. During the period of physiological state in the body of women, there is

a decrease in working capacity, and during this period it is recommended to plan one week with a small physical load. When practicing athletics, the women's organism shows its negative reaction to the physical load during and before the period of physiological state, at this time it is necessary to limit itself to hygienic Gymnastics, walks and rest.

As a result of the regular involvement of women in sports, positive changes occur in the structure and function of their organism. The correct application of physical exercises, the correct setting of the volume of training, strength and endurance improve the harmony of movement. In the body, fat tissue decreases, muscles and muscles develop, the capacity of the lungs for Vitality increases, the speed of breathing decreases, the heart rate slows down, energy consumption decreases, the body's resistance to various diseases increases, the ability to work improves, the figure becomes more beautiful, during pregnancy it feels better, it becomes easier to give birth to a child. In the occurrence of positive changes in the body of women, it is necessary to note that their involvement in athletics exercises is of particular importance. Especially at this time, the popularity of sports walking and running will be proof of our opinion.

In strict compliance with the physiological principles of sports exercises, the individual characteristics of each woman will have to be taken into account. The periodic involvement of women in physical exercises forms muscle work in their body, joint mobility and strengthening. This process of improvement of the movement apparatus is observed in the development of physical qualities such as strength, speed, agility, endurance and increases the working capacity of organs.

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