

## THE EFFECT OF PHYSICAL LOADS ON THE BODY WHEN DEALING WITH SPORTS

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### ANNOTATION

Lifestyle factors that affect health indicators today mainly include behavioral factors, which include eating patterns, habits, physical activity, reproductive behavior, application of medicaments, leisure activities, etc. Here are indicators of the level of education with a social economic description, urbanization, high economic status, working conditions, living conditions, the state of the environment, as well as the state of medical and sanitary assistance. In addition to the health indicators of the known population, the mine with the following positive description includes recreation, tourism, recreation, high-quality food products, living equipment, the allocation of time for exercises to restore health, etc.

**Key words:** food products, living equipment, recreation, tourism, recreation,

It is difficult to distinguish the main and secondary from the indicators of a healthy lifestyle, since only in a concentrated state they have the necessary health-forming and developing human health. Nevertheless, such factors cannot be distinguished from our lifestyle that these factors are the basis of human activity, the health of its usual mode of action, especially the level of physical development, and depending on the functional state of the organism, one can think about the level of mental endurance of a person.

Marxism scholars have assessed human nature as a historical product. The change of the external environment in the process of human labor changes its personal nature, but the fact that a person grows to the level of a person as a person was caused not only by the constant improvement of the weapons of labor,

but also by his own organism. In this, hunting as one of the types of Labor and the process of preparation for it (“competition” with animals of different types in strength, speed, agility and endurance) was of fundamental importance.

In the formation of an individual, maintaining and perfecting health is also of great importance, not aiming at a comprehensive and consistent analysis of the quality of movement activity. We cite some data of general biological and social significance of the individual. In the active movement of a person, the mobilization of physical characteristics and great opportunities are hidden, which are of great importance in the formation of individual and society. In this regard, the actuality of activating all means of physical education, medical knowledge and healthy lifestyle subjects increases. In the process of Individual development, it is necessary to improve such external structures-so that they cause a person to make the most of the conditions given by nature in the process of physical perfection.

In (VOZ) materials, it is reported that physical education exercises in everyday life, each of which has a good effect on a person's health, are a factor that increases the quality of life. The physical habit acquired in youth and practiced in later life creates the necessary conditions for the body to be healthy and in good activity. The factors shown are that constant exercise leads to a high level of physical fitness, which leads to the prophylaxis and rehabilitation of various diseases.

Analyzing the history of physical education, it can be noted-that the importance of physical education in a slave society, Military Physical Training, which was blurred in the retention and conquest of domination, consisted in the upbringing of the human type. The main elements in the primary society are hidden from the forms of movement, elements aimed at the conquest of Man, nature, in the physical and sporting activities of a high level of humanity. Physical education and sports are a powerful factor that affects a person's physical and mental development. The concept of “the principle of physical education» is understood as the results of its development of physical fitness of people. As the main results of physical education, health, negative influences of the external

environment are called the level of endurance of the body, body structure, qualities of a certain level of physical development, the state of physiological function that provides movement skills and skills, and at the same time mobility – the physical condition of a person. The main social characteristics of physical education are its dependence on the manufacturer in society, its place and importance in processing, in the system of Labor Organization. Physical education appears under the influence of physical labor and involves the preparation of the human body for labor activities.

The task of physical education in ensuring health

The physical capabilities of the male and female organism are not the same. Men perform strong physical exertion lightly; they have amplitude of movements to great strength. Women are resistant and do long-term monotonous work well. Therefore, the methods of physical education of girls with a boy differ somewhat. Endurance, speed development exercises, accuracy of movements, the same useful for both sexes of students, but for strong development of boys, and for girls, additional exercises are needed to develop elasticity. Most teenage girls and adult girls do not appreciate physical exercise. They are not physically enough assets, it is not for nothing that girls aged 10-12 have a higher physical capacity than girls aged 16-17, which negatively affects the formation of the female organism.

Boys, adolescents and adolescents will have the characteristics of overestimating their physical capabilities. They often overestimate physical forces, disdain low-performing, but vital somehow important properties, especially those that do not have the value of endurance. Adolescents and adolescents in particular should first of all be remembered that it is possible to gain respect from those around them, not by praying for physical characteristics, but only by knowing useful things.

Physical education has within itself 2 main tasks: to strengthen the health of different categories of residents, to start actively moving people in the category of hypokinemia and hypo dynamics for their comprehensive participation in the production in society. Exercise not only affects a person's physical condition, but

also perfects his more mental properties, improves the control of mental processes, strengthens a person's character. This exercise manifests a state of isolation of physical and mental activity. At the time of performing physical exercises, people “assimilate» their nature.

In physical education, social and biological factors interact. It is not limited to the improvement of physical qualities, but forms a worldview, a human class consciousness. The task of physical education is to influence the omnidirectional development of the individual through the connection of biological and social dialectical interaction of the management organized by the plan. Aspiration in regular sports activities is a clear manifestation of objective social necessity and special demand, but the demand for sports activities is based on social necessity, not biological.

The origin of physical education, based on the pedagogical orientation, is associated with the requirement to prepare people for labor and, later, for military activities. The pedagogical basis of physical education, the general appearance of the content of pedagogical influence is manifested by the form, means, methods, optimization of students and students, including various contingents of the population. The results of a large number of examinations show that regular exercise primarily affects the blood circulation organs well, but brakes age-related changes. Physical activity causes the body to disconnect fats and carbohydrates, in which ATF is released the energy involved in the synthesis (realization of the engrain storage law). A living system is an energetic machine in which food is used to ensure its structure and functioning. From the main signs that distinguish a living system –reproduction, adaptation (adaptation) and regulation of energy flow or metabolism–depends on the activity (exchange of matter)of the energy system.

Organ hypofunctions observed in physical loadings activate the synthesis of nucleic acids and proteins in the cells of those same organs. Under the conditions of regular exercise, an increase in the functional state of the cellular gynaectic apparatus-physiologic functions of the body, the implementation of plastic proportionality occurs. It can have such a profound effect on muscle activity-in

which it can alter the functioning of the genetic apparatus and protein biosynthesis. The basis for such conclusions is the results of examinations in the field of Medical Genetics, which, together with genetic “load” problems, determine the more important aspect of the genetic program-the full effect of normal allellarnnig, which ensures a high level of human health.

One of the important features of the development of children and adolescents in modern times is their high sensitivity and adaptability to external factors of the body, as a result of which, in favorable external conditions and comprehensive rational complex education, general physical development and improvement of Health, zinc (psychic) improvement occur. Among the factors that help to achieve the development of many biological characteristics in a high level of harmony, the importance of physical education, strengthening muscle activity, which is consistent with each age stage, especially in the conditions of hypodynamia and hypokinemia, which the profession dictates.

Physical (or movement - related) activity is an integral and complex complex of human actions, which depends on both biological and external factors. One of the distinctive features of the modern lifestyle with an advanced (progressive) trend is a decrease in the volume of activity of movement, a decrease in the expenditure of muscle strength in harmony with mental-nervous exertion. Movement is the most important feature of life. Today, no more powerful physiological method of triggering various systems of the human organism than muscle activity is known.

In researchers, it turned out that there are two periodically functioning systems in the brain: activation and retardation of motor skills. The latter receive in itself such states as sleep, rest, slowdown in the activity of movement. The activation system includes not only skeletal muscle activity, but also a number of vegetative activities-metabolism, breathing, circulatory sweat detachment. There is a resinrock relationship between activation and attenuation. For example, the hunger instinct that motivates food to work leads to an activation system, and the saturated state leads to retardation. The action factor also has different effects:

when the heat triggers the attenuation system, the cold triggers the activation system. Hyperglycemia contributes to retardation (which is also mediated by the central nervous system), and hypoglycemia contributes to activation. In the case of sluggishness, more digestive and excretory organs are practiced. The retardation of motor activity during hypoxia creates a sharp contrast with the ductal excitability of vegetative centers. One of the powerful factors of stimulation of the activation system is considered proreceptive (motor of movements). In this case, the understanding of motorecas as the basis of life (or the burden of the organism) to Sechenov is observed, and it is believed that there is a great future in the development of this problem. He formulated the general field of biology - the concept of active mobility, in the field of Physiology-motor-visceral reflex ion, and from the point of view of Medicine-the principles of protective excitation.

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