DETERMINATION OF THE HEALTHING EFFECTS OF PHYSICAL TRAINING AND SPORTS IN CHILDREN'S BODIES

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ANNOTATION

This article provides information and conclusions on how to identify and improve the health and physical development effects of physical education and sports on children.

Keywords: Health training, physical activity, the process of physical training, adaptation to the effects of loads, the central nervous system, health training.

THE PURPOSE OF THE STUDY

Identify and improve the health and physical development effects of physical education and sports.

RESEARCH MATERIAL AND METHODS

Problems related to the volume and intensity of physical activity need to be addressed through the process of exercising children's perceptions of how to improve their physical fitness through physical activity.

For the sake of health, the load should have a single general feature during training, but their size and intensity should not be excessive and do not deplete the body's reserves of resources and help the body to develop.

The scientific evidence that the culture of a healthy lifestyle is the result of routine exercise in the body is the result of research over the past decade. Exercise has also been shown to have a health-promoting effect on children by improving their ability to fight off various diseases and the harmful effects of the external environment.

In particular, alcohol and drugs that affect the central nervous system have an effect on the effectiveness of health-promoting exercise in children, leading to increased disability among children.

In children who engage in fitness training, the physiological condition is related to the creative ability of the body to engage in exercise.

The specific role of exercise in relation to harmful conditions in the human body is that the endorphins in the blood gradually block the pathological pathogens produced by alcohol and drugs.

The general principles of physical education are the principles of physical training and labor training, health and all-round development of a person. At the same time, the principles of education and upbringing of the physical education process have been adopted.

Our study analyzed the problems of studying exercise and movement in the same system in a way that develops from simple to complex. The requirements of the physical education program are constantly being studied. New learning materials will link and reinforce learned exercises. Based on the program, simple exercises are first learned, and then complex exercise techniques and tactics are gradually developed. When teaching different levels of exercise, the exercises are developed from simple to complex. However, they will be changed during each session.

The body does not get used to the load all at once, it takes different periods. It always takes some time to adapt to the effects of new downloads. This leads to functional and structural changes. Load dynamics are characterized by their consistency. There may be different forms of gradual increase in load: straight-line, step-by-step, wavy.

Exercise or activity naturally speeds up blood circulation in the body, which in turn displaces latent pathogens, spreads them to other organs through fast-flowing blood, and can create new foci of disease. In addition, when the body spends its protective energy against chronic diseases, it has to spend that energy on muscle work (exercise), which leads to a decrease in the functional state of the body. In some cases, latent diseases of the heart, kidneys, gallbladder and other organs are considered to be diseases caused by exercise and exercise is stopped. Therefore, deterioration of any functional condition requires medical supervision.

In the process of determining the health-promoting effects of exercise on the body of children, it is important to know about the consequences of starting such exercise without treating the existing chronic diseases before aiming to implement it through fitness training through exercise. It is expedient to think.

One of the most common mistakes that can be made is to start exercising without treatment, which can lead to flu, angina, acute respiratory, heart muscle damage, and persistent arrhythmias, observed in the middle. In some cases, rushing to exercise means raping a body that has not yet recovered from its illness. After the disease, some tissues and cells do not have time to restore their function.

Physical activity among the population, especially children, adolescents, and students, was the leading reason for the lack of free time for health training in 45% of children who participated in our sociological research on the causes of low physical activity.

In fact, more than just taking time to exercise, you will need some exercise, a sports field for mass sports, a treadmill, or a swimming pool. There is no excuse that children have to spend 17% of their distance from home, 20% of transportation to get there, and 8% of their travel expenses. In fact, 10% of children athletes say that they are tired of doing the simplest "morning hygienic gymnastics" exercises, one of the home-based exercises that do not require special equipment and money. 37% of our study participants noted that their knowledge base on the creation of hygienic gymnastic exercise complexes is low.

Through a review of the literature, we found that physical activity during health training can delay the progression of latent diseases and lead to their exacerbation. The effectiveness of fitness training is inextricably linked to the functional state of the body, and it has been proven in practice that neglecting such a situation can lead to a departure from the intended purpose.

CONCLUSION

Determining the health-promoting effects of sports on the body of children is determined by the development of new methods of exercise and the formation and improvement of specific adaptive mechanisms depending on the sex, age and functional status of students. These mechanisms are aimed at maintaining homeostasis as a result of the body’s calm state and muscle activity. Therefore, it is very important for children

to develop healthy and educated by preventing the changes that are observed in them from an early age by giving them sexual loads correctly.

Improving health-improving exercise and developing a norm of physical activity in the process of determining the health-promoting effects of sports on the body of children is one of the most difficult problems of modern teachers, coaches and sports medicine.

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