

IMPROVING ENDURANCE FROM PHYSICAL QUALITIES IN STUDENT YOUTH

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ABSTRACT

This article summarizes the content of endurance-physical qualities. Because its application and performance characteristics, types are applied in all practical activities, as well as in all sports in a unique way, and the need arises. Endurance refers to the process of coping, enduring, and overcoming the challenges of social life, physical education classes, sports training, and sports competitions, both large and small. Signs and qualities of endurance require a lot of repetition of exercises, long periods of exercise. Endurance breathing, holding the breath in, and the habituation of muscles and all joints to perform light and heavy movements are paramount.

Keywords: physical attributes, Sports, fight, Bocks, endurance, running, physical development, polvon, sledgehammer.

ПОВЫШЕНИЕ ВЫНОСЛИВОСТИ ФИЗИЧЕСКИХ КАЧЕСТВ У СТУДЕНЧЕСКОЙ МОЛОДЕЖИ

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АБСТРАКТНЫЙ

В данной статье обобщено содержание выносливо-физических качеств. Поскольку по своему применению и эксплуатационным характеристикам виды применяются во всех практических видах деятельности, а также во всех видах спорта уникальным образом, в этом возникает необходимость. Выносливость относится к процессу преодоления трудностей социальной жизни, занятий физкультурой, спортивных тренировок и спортивных соревнований, как больших, так и малых. Признаки и качества выносливости требуют частого повторения упражнений, длительных периодов тренировок. Первостепенное значение имеет выносливость дыхания, задержка дыхания, а также привыкание мышц и всех суставов к выполнению легких и тяжелых движений.

Ключевые слова: физические качества, Спорт, борьба, Бокс, выносливость, бег, физическое развитие, польвон, кувалда.

INTRODUCTION

Practical active actions of people, as well as physical qualities, are directly related to the functions (activity) of body parts. That is, all active actions ensure rapid movement of the human body, i.e.

breathing, heartbeat, blood circulation, digestion and exchange of substances in internal organs. On this basis, many biological, chemical and physiological changes take place. On the basis of such active actions, endurance exercises have a special place. Endurance is understood as the processes of enduring, enduring and overcoming the big and small difficulties encountered in social life conditions, physical education classes, sports training and sports competitions. Naturally, such socio-educational characteristics do not appear by themselves or are not an innate factor. The ability to resist fatigue in an activity is called endurance. Endurance for a specific activity chosen as a subject of specialization is called special endurance. The special endurance of the bender and jumper is the ability to perform the movements for a long time, which is characteristic of this sport. In endurance exercises, aerobic and anaerobic capabilities of the body are taken into account along with the level of technical mastery of movement skills. The possibilities of breathing do not depend much on the external structure of movements. General fatigue is common in physical education and sports. Fatigue occurs quickly in sports in which all muscle groups are actively involved. Endurance traits and qualities require high repetitions of exercises, long periods of exercise. Breathing, keeping the breath inside, getting used to heavy and light movements of muscles and all joints is a priority in endurance.

LITERATURE ANALYSIS AND METHODOLOGY

Endurance signs and adjectives are more often found and defined in the following active actions.

1 Short, medium and especially long distance running (10-20 km and more) in athletics causes difficulty in breathing, tiredness of legs and arms, weakness. Especially the hands, shoulders, back, and as a result, the above activities become easier or bearable.

2. It is natural to get tired to one degree or another in swimming, football game (running for 90 minutes, throwing a ball) and other sports. In order to overcome and endure them, it is required that every practitioner has more training. Pupils and students in physical education classes (athletics, gymnastics, struggle, etc.) it is natural to get tired. Because many young people lack physical training and special training aspects. For this reason, first of all, it is necessary to have physical development and special physical training. The concept of physical qualities in socio-cultural living conditions, physical work and sports is directly connected with each other. That is, in everyday behavior, educational process and physical work, such as "agile", "light", "agile", "excellent", "strong", "brave", "endurable". folk expressions are common. In their content, expressions such as "endurance", "strength", "flexibility", "agility" used in science are understood as physical qualities. These, in turn, are embodied in expressions and concepts such as "physical training", "physical development", "special physical training", "sports skills", "sports form". It will be possible to make some comments about their most important features. Strength is the basis (father) of physical qualities. Because its application and performance characteristics and types are used in all practical activities, as well as in all sports in a unique way, and the need arises. In the field of sports, strength is mainly used in barbell, wrestling, boxing, arm strength testing, and weight lifting. In the sports mentioned above, muscles are pulled, stretched, pushed, hit, maintained (barbell), etc. It is carried out through actions. In this, slow, fast and fast adjectives are used in the performance of actions, characteristic of each type of sport, technically and tactically. Muscle strength (dynamometry, stanometry) and movement speed (stopwatch, computer, etc.) are the main ones, which are measured by special devices. Movement speed (swimming, running, kicking, kicking, etc.) can be related to strength. That is, when swimming, running, kicking the ball into the goal, technical and tactical movements, speed and strength are connected. is That is, the

speed of lifting the shoulders, neck and head up, while keeping the legs straight, lifting a little forward makes it easier to pull in the hands. Therefore, in order to be strong, it is necessary to acquire the qualities of speed. In our socio-cultural living conditions, strength is used a lot, carrying a full bag (50-70 kg) on a cart (horse, donkey, car) or take it down. There should be strength in arms, back and legs. The technique of performing this activity can also be different. That is, to lift with two hands or to carry in an embrace; In rural conditions, the expressions "polvon" (strong) and khovandoz-polvon (light-strong) have been used since ancient times in wrestling and kopcari (goat) games. To acquire this virtue and physical quality (strong), they practice for many years. It uses different tools and methods.

CONCLUSION

The great practical significance of the results of endurance physical quality results is that in order to have this quality physical quality, they exercise for many years. It uses different tools and methods.

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