

CONCEPT OF RESILIENCE, TYPES OF RESILIENCE, INDICATORS AND METHODS OF ITS DEVELOPMENT

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ABSTRACT

Endurance control is carried out using various tests, both specific and non-specific. In general, it is recommended to use special tests that reflect the activity of the functional system of the athlete's body.

Keywords: personality norm associated with endurance, activity, physical fitness, lokamism method, aerobic-functional state of the athlete's body, training exercise for fatigue.

ПОНЯТИЕ УСТОЙЧИВОСТИ, ВИДЫ УСТОЙЧИВОСТИ, ПОКАЗАТЕЛИ И МЕТОДЫ ЕЕ РАЗВИТИЯ

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АБСТРАКТНЫЙ

Контроль выносливости осуществляется с помощью различных тестов, как специфических, так и неспецифических. В целом рекомендуется использовать специальные тесты, отражающие деятельность функциональной системы организма спортсмена.

Ключевые слова: личностная норма, связанная с выносливостью, активностью, физической подготовленностью, метод локализма, аэробно-функциональное состояние организма спортсмена, тренировочные упражнения на утомление.

INTRODUCTION

A wrestler's endurance is the ability to perform movements at a high rate throughout an entire bout and to perform multiple bouts with intensity throughout the duration of the bout. As we know, there are such concepts in sports theory, such as power endurance, speed endurance, static endurance, dynamic endurance, etc. Therefore, it is necessary to know the mechanism of fatigue in improving the method of education of endurance. General training exercises, special training exercises and competition exercises are widely used as a means of training endurance.

LITERATURE ANALYSIS AND METHODOLOGY

F.A. Kerimov, M.N. Umarov, R.D. Kholmukhamedov, L.L. Arapetyaisi P. Yugay, who conducted many scientific researches in the field of sports theory and methodology in the process of repeating this situation, achieved many good results. R.M. Matkarimov, analyzing the scientific data presented in the lectures and literature of R.S. Salmov, Z.N. Khatamov, A.A. Talipdjanov, recommends that taking into account the high level of emotional stress in the competitive activities of modern sports, it is acceptable to control endurance in training processes and competition conditions.

Endurance means a person's ability to perform a task in a specified mode for as long as possible. Due to the fact that the duration of work is limited by the onset of fatigue, the concept of endurance depends on the ability of the body to resist fatigue, endurance, strength-related endurance and special endurance differ from each other.

General endurance is the level of performance of a sport over a long period of time, which is relatively low in character and activates many muscle groups:

1. With the anaerobic capabilities of the body;
 2. With the degree of economical use of character techniques
 3. Endurance ability of sports is determined by the level of development of the qualities of will in it.
- The aerobic capacity of the body is the biological basis of general endurance. Usually, the norm of how many liters of oxygen a person consumes in 1 minute is the main indicator of aerobic capacity. An athlete can do more work depending on how much energy he produces in a certain time unit. Depending on the age and skill of the athlete, the rate of oxygen consumption "KIM" increases. During the increase of anaerobic capacity, three tasks are solved:
1. KIM development;
 2. The ability to maintain KIM for a long time development;
 3. Improving the rate of expansion of breathing processes to the maximum level;

Exercises that allow you to maximize cardiorespiratory performance and maintain a high level of oxygen consumption for a long time are tools for developing general endurance. In this, they try to use as much as possible character exercises that involve a larger muscle mass (cross-country running with a moderate pace, etc.). Running at an even pace with a low intensity is the main tool of training with judokas to develop general endurance. It is increased to 25-30 minutes.

Due to the nature of the work, speed endurance is more characteristic for exercises that are included in the sport of maximal and submaximal power, such as sprinting. Sprint bicycle race, swimming for a distance of 100 to 400 meters and others are among such sports. In this case, the extent to which the period of maintaining a high level of work ability can be extended depends to a large extent on the ability to withstand the fatigue that occurs when the lack of oxygen increases. The size of the lack of "oxygen" is an indicator of the aerobic capacity of the sport.

Two different functions of the state of general oxygen deficiency are distinguished: the lactate function associated with the resynthesis of creatine phosphate and the lactate function associated with the oxidation of lactic acid. In this regard, speed endurance types are conventionally divided into two parts: "alactate" and "lactate".

In order to develop "allocate" endurance in the field of speed in sportsmen, the maximum level of 84-98 levels of maximum intensity is used.

Running exercises with such a large load will be very short exercises - no more than 15 seconds.

The "lactate" of the speed during the improvement of endurance is mainly at the level close to the highest intensity, they are divided into the second diagnosis, the first is used in 15-40 second bursts.

Strength endurance is understood as the ability of a person to remember the stress of strength in a certain time. Depending on the mode of muscle work, static strength endurance can be distinguished from dynamic strength endurance. Dynamic strength is usually determined by the number of repetitions of an exercise (for example, the maximum number of pull-ups on the horizontal bar, the number of squats with the legs) or the minimum amount of movements in the allocated time (for example, in 10, 20, 30 seconds (such as when performing a task of sitting as much as possible) Sometimes the shortest time spent performing a vigorous exercise is used as a basis for assessing endurance. (For example, pulling up 10 times on a horizontal bar, climbing 5 meters along a rope, and the like).

Static strength - dynamic endurance depends in many respects on the tension of the muscles, expressed in maximum information-percentages. The lower the percentage used, the higher the endurance of the effort to the maximum strength of the muscles. This rule should be taken into account during training with sprinters and when doing special exercises with heavy loads.

There is no direct relationship between the maximum strength of muscles and their static endurance, when the maximum strength is increased, for example, the level of back muscles and static endurance usually does not change much. As age increases, the ratio of strength endurance to static strength - enthusiasm increases.

Specific endurance is the ability of athletes to efficiently perform a specific one-point task within the time allotted for its specialization. In other words, it is the athlete's endurance in relation to a certain type of sports activity. The concept has its own "meaning" in various sports. For example, special endurance in wrestling is driven by the ability to effectively perform sports techniques during a 5-minute training session.

From a pedagogical point of view, special endurance is a complex concept, because the level of its development depends on many scientists: general endurance, the athlete's ability to show speed, strength qualities, technical-tactical skills, willpower and other characteristics.

Two main methodological approaches to the development of special endurance can be distinguished: an analytical approach based on the selective influence of each of the factors that directly affect the performance of a chosen sport: an analytical approach based on an integrated influence on various factors of special endurance a holistic holistic approach.

The implementation of these approaches during the development of special endurance requires the use of a number of methods. Among them, first of all, it is necessary to single out the methods of selective influence, the substances that are closer to the real one, as well as the transition methods.

The 1st Endurance special control is carried out taking into account factors that determine the ability and fatigue of work in a methodical sport. In this case, it should be remembered that the localization and fatigue mechanism are specific in each sport and determine the nature of muscle activity. According to our general conclusion, endurance is divided into types such as general and special competitions and competitions, local, regional and global anaerobic activity, aerobic and mixed and vegetative, sensory and emotional, statistical and dynamic speed and strength. So, when choosing a method for durability control, it is necessary to analyze the factors in each case. We know that an

athlete who overcomes certain fatigue during training and competition will improve his endurance. Training intensity is determined by the effects on the athlete's body.

- Exercise intensity
- Duration of exercise
- Number of repetitions
- the duration of the rest interval
- relaxation feature

The duration of exercises in the anaerobic-allocate mode is 3-8 seconds, in the anaerobic-allocate mode, from 20 seconds to 3 minutes, and in the aerobic mode, it is equal to -3 minutes and more.

2. Fatigue is of 4 types 1. Mental fatigue 2. Sebsor (emotional) fatigue 3. Emakionax (due to preparation) fatigue 4. Physical fatigue According to physiological records of the human body, marathon athletes whose body temperature reached 41C* lost 5.3 kg. We know that a temperature of 41C* can occur in patients with the most severe pain. This testifies to the development of the qualities of the highest will in this athlete.

As a result of many years of research, it was found that it is not related to many different factors.

THE RESULT

Special control of endurance is carried out taking into account the factors that determine work capacity and fatigue in this type of sport. Therefore, when choosing a method for endurance control, it is necessary to analyze the openings in each case. Violations of the central nervous system's continuous work, the inability to coordinate, and the weakening of the will to perform movements are considered a characteristic feature. In such cases, weakening of body strength, frequent breathing, increased heart rate, inability to continue work is felt. Therefore, when choosing a method for durability control, it is necessary to analyze the factors in each case.

DISCUSSION

Thus, the work performed can be done in an anaerobic, aerobic or anaerobic aerobic (mixed) mode. Mixed mode is the participation of both components while providing the energy needed for the movement. In anaerobic composition, two systems of ATEF ressentiz are activated: 4

1. Phosphogen system - "without forming lactate, lactic acid"
 2. Lactocyte system "by forming lactate" Aerobic is the only system
- the oxygen system is activated. Thus, the recovery of ATF depends on the type of work in this or that system.

CONCLUSION

In conclusion, it should be said that it is important to rationally structure the process of sports training and regulate the control of general and special endurance. However, for certain reasons, it is not possible to conduct research under control conditions, therefore, in practice, competitions have their own role in the activity.

tests are used that are different in character but ensure the emergence of resistance that creates specific conditions.

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