

Athletes' Physical Fitness is General Physiological Classification

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Abstract. In this article, all important functions of the body - breathing, blood circulation, swallowing, urination, defecation, movement of the body in space are ultimately performed by muscle contraction. Information related to the function of skeletal muscles of any human movement is presented.

Key words: *Physical exercise, active, body, breathing, blood circulation space, speed, strength, endurance.*

Introduction

All important functions of the body - breathing, blood circulation, swallowing, urination, defecation, movement of the body in space (movements) are ultimately performed by muscle contraction. Any movement of a person is related to the function of skeletal muscles. The general classification of physical exercises can be divided into three main characteristics of the activity of the muscles performing the corresponding exercises: 1) the size of the active muscle mass; 2) types of muscle contractions (static or dynamic); 3) strength or power of contractions. Local, regional and global exercises. Muscle work is provided by the coordination of all physiological processes in the body, it consists of moving and maintaining the position of the body, its individual parts due to the work of muscles.

Depending on the size of the active muscle mass, all physical exercises are classified into local, regional and global exercises. Local exercises are exercises in which a third of the muscles of the body are involved (archery, pistol shooting, certain karate and gymnastics).

Literature Analysis and Methodology

Regional exercises - exercises that involve from one third to two parts of the muscles of the body (only the muscles of the arms, gymnastic exercises performed with body muscles, etc.). Global exercises - exercises that involve more than one half of the muscles of the body (running, rowing, cycling, etc.) exercises. Most of the sports exercises belong to the type of global exercises. Static and dynamic exercises. Different groups of muscles are interdependent. There is a difference between dynamic work of the joints during movement and static tension when maintaining a stationary state. Based on this, all physical exercises can be divided into static and dynamic types of exercises, according to the types of contraction of the main muscles performing a certain exercise. (for example, the position of a gymnast leaning on his hands), the position of holding the body at the moment of shooting (in the case of a rifle shooter). Most physical exercises are dynamic exercises. They include

all types of locomotion: walking, running, swimming, etc. Strength, speed-power exercises and endurance exercises.

Discussion and Results

Nowadays physical exercises are classified according to the contraction forces of the leading muscle groups, two relationships should be taken into account: the "force-velocity" relationship of muscle contraction and the "force-activity" relationship. According to the "force-velocity" relationship, during dynamic contraction the displayed force is inversely proportional to the speed of contraction of the muscle (the speed of movement of body parts), that is, the greater this speed, the lower the displayed force. Another expression of this relationship is as follows: the greater the external load (resistance, weight), the lower the speed of contraction (movement) and the greater the resulting force, and, conversely, the greater the external load. If it is small, the movement speed will be greater and the displayed muscle power will be less. Multiplying the force by the speed of muscle contraction determines its power. Lifting six different loads with maximum tension: "Strength-velocity" relationship, dashed line - the importance of power at the moment; the arrow shows the speed corresponding to the maximum power. Muscle contractions "power-activity" relationship is expressed as follows: the greater the strength (or power) of muscle contractions, the shorter their limit duration. This is true for both local and global, static and dynamic work, as well as for global work. All physical exercises can be divided into three groups according to the strength and power created by muscle contractions, the limit duration of the work associated with it: strength, speed-strength (power) and endurance types.

Conclusion

Strength-based exercises are exercises in which the maximum or almost maximum tension of the main muscles is manifested during movements at low speed (with a large external resistance, weight), statically or dynamically. For strength-related exercises, the left part of the curve corresponds to "strength-speed". The maximum duration of the exercise at which the force reaches the maximum is measured in seconds. Strength is the main driving quality that determines the successful performance of strength exercises

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ИССЛЕДОВАНИЕ КРЕПОСТИ ТЕЛОСЛОЖЕНИЯ (ИНДЕКС ПИНЬЕ) У ЮНОШЕЙ, ПРОЖИВАЮЩИХ В РАЗЛИЧНЫХ РАЙОНАХ ПРИАРАЛЬЯ. 1-
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