

Determining the Morphological and Functional State of Student Girls through Activity Games

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Abstract: The future belongs to the youth. Today, with increased attention to young people, especially young girls, they can do a lot of work in the field of sports. Among these young people, female students also have their place, their daily learning process, growing up is a physiological process. In this regard, it is given below.

Keywords: youth, students, female athletes, training, coach.

Restoring folk games, which are an integral and inseparable part of our cultural heritage and have given spirit, soul and health to our ancestors for centuries, and their effective use means raising our national image, spirituality and value. Since folk games play a very important role in the formation of a new healthy generation, we need to protect them, respect them and use them wisely. Due to the independence, national values - national consciousness, historical memory, age-old traditions, religious beliefs, national games, along with national creativity, began to be restored rapidly. Each historical period creates its own games, and these games play an important role in the education of a person of that time. Games not only form the qualities most necessary for living in people, but are also considered important in their spiritual, mental, and physical development in all aspects. Anatomical and physiological characteristics are the conditions for the development of movement abilities of athletes of various disciplines.

Many factors contribute to individual differences. Most of them depend on the nature of the individual, his constitution, more precisely, his genotype. When evaluating the students' perspective, certain importance is attached to determining the morphofunctional and constitutional characteristics of the individual. During folk movement games, it is necessary to take into account the characteristics of the formation of the skeleton, the development of the muscular system, and the level of development of the main physical qualities. The pre-school period is an important stage in the development of girls. It is during this period that the ground is created for girls' health, physical development and movement culture. When choosing physical exercises, it is necessary to take into account specific groups of girls of kindergarten age, not just for kindergarten girls. Even adults who organize folk movement games should pay attention to the rules of the games from the first day. They help girls to be correct, honest, brave and courageous. People's action games have a comprehensive impact on the education of the young generation. That is why during the game it is necessary to correctly explain to them about honesty, friends, playing a friendly game, defeating the opponent. Girls' demand for physical activity can be satisfied by folk movement games, therefore folk movement games can be effectively used in physical education activities as well as physical education lessons. As we know, all folk games are aimed at girls' health, physical, spiritual and mental development. In physical education classes, it is necessary to use various exercises and folk games that have a

positive effect on the body of girls from all sides. The teacher should consider the specific task of each lesson and choose games that will help to implement this task. The role of folk movement games in increasing the effect and effectiveness of the physical education process in girls is incomparable. Our folk movement games help girls to form their relationship to our national values, cultural and spiritual heritage. Modern parents should have extensive pedagogical knowledge and experience in physical education of girls in the family and directing them to sports. Leaving today's girls to fend for themselves or to the school creates the environment for unhealthy girls to grow up in the family, which in turn greatly harms the family economy. It is necessary for every parent to clearly imagine the future of girls, to teach them certain professional ethics and other general cultural skills of personality.



Folk games can satisfy the demand of female students for physical activity. Therefore, it is necessary to effectively use folk movement games in physical education classes. As we know, all folk games are aimed at improving the health and physical, spiritual and mental development of our children. It is important to use national folk games in lessons and trainings, in group trainings, to increase the effectiveness of games in the course of the lesson, to educate our students as perfect human beings and physically healthy personnel. can be done using action games. Taking into account the capabilities and level of physical fitness of schoolgirls, it is possible to use various folk movement games or change the games and make additions to them. The importance of folk movement games is not limited to the formation of certain physical qualities in female students and their improvement. The importance of folk movement games is not limited to the formation of certain physical qualities in female students and their improvement. Action games also form in students such qualities as self-discipline, self-control in a team, fighting for one's reputation, helping one's comrades. It is necessary not to allow them to become the same in the process of conducting folk action games. Otherwise, students' interest in the game will decrease. After the games, it is advisable to discuss them together with the students, and then, when these games are repeated, it is appropriate to assign the task of management to the most active student. During the games, the teacher should point out the mistakes of the female students. It is necessary to try to hold most of the folk games in the open air. After all, the effective use of folk movement games in lessons and study groups is important in raising female students as perfect human beings and physically healthy values.



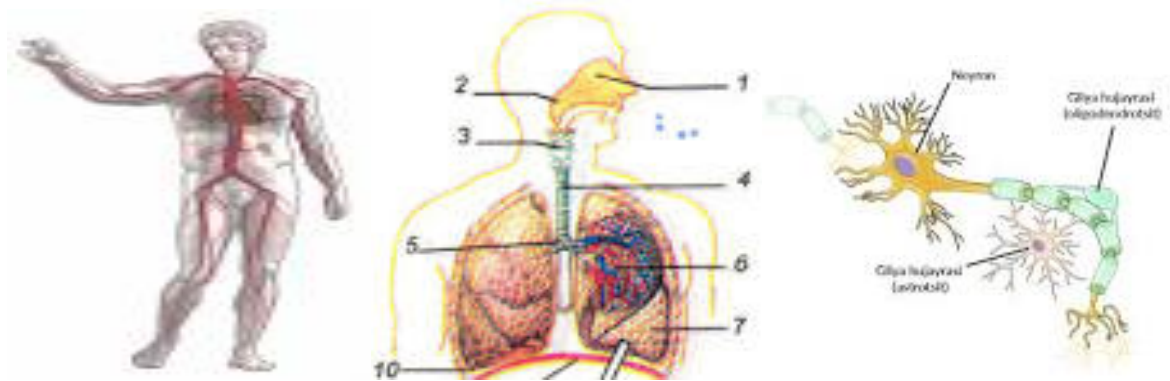
On September 10, President Shavkat Mirziyoyev met with athletes and coaches who participated in the 16th Paralympic Games

arious training methods have been developed in folk movement games. At the same time, there is a serious need to conduct comprehensive research. Based on them, the most effective and reasonable methods that help to achieve physical fitness are distinguished.

It is appropriate to rely on the complex of qualities that determine the growth of female students' skills in the course of physical education training.

It consists of:

- Morphological characteristics (total dimensions of the body, physical development and typological characteristics of the functional constitution);
- Condition of the body's functional systems;
- The level of development of special physical qualities and their growth rates under the influence of special training;
- Properties and psychological characteristics of the higher nervous system.



Girls are shorter at birth than boys, and their annual growth rate is slightly lower, but girls are more likely to reach their definitive size from birth than boys. and are more responsive to proportions. According to most scientists, the longitudinal dimensions of the body and its individual segments change unevenly from the moment of birth and later. There are periods of rapid growth and relatively slow growth of these signs, moreover, sensitive periods in boys and girls differ from each other, despite the fact that they begin relatively at the same time. Girls lag slightly behind boys in body length until almost 10 years of age, then girls overtake boys in body length by 3 years.

Body weight reflects the characteristics of growth processes at the structural level, it is a mobile indicator that is dominant in heredity, but quickly reacts to changes in the biosocial environment. However, these changes (oscillations) do not go beyond the individual limits of the "norm of organism's reaction". While the teacher is conducting the process, only observing the body weight is an approach that cannot give a complete idea of what part of the composition is changing due to the size of the body weight. It is very important for the teacher to know the body composition of a specific individual, not the body composition in general. Only then will it be possible to observe the informative effect of the pedagogical process. It should be noted that there is very little literature on this issue, and the relationship between body composition and age-specific characteristics of girls' development is not covered.

The ratio of body length and weight indicators is considered from different angles and reflects growth processes, growth of the organism, its somatic type, and can serve as a criterion for orientation and selection in sports.

A distinctive feature of the development of the girls' organism is the heterochronous development of morphological and functional systems. In some periods of growth, its structures are more developed, and in another, its functional manifestations are more developed. The development of the body structure does not correspond to the development of functional capabilities.

Muscle mass is the largest mass of functionally active tissue with various functions. The normal life activity of an organism largely depends on its level of development. After sexual maturity in females, muscle mass is 26.7 - 37.8 percent of body weight. Such a distance from each other of the data depends on individual characteristics and different movement patterns. With age, not only the total size of the muscle mass, but also its distribution among the joints of the body changes. In babies, the head and body make up about 40% of the total body weight, and in adults about 30%. The muscle mass of the legs is 40-55 percent of the total body weight, and the muscle mass of the arms is 18-20 percent.

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Girls lag behind boys in the development of muscle strength during puberty, as a result of which the superiority of boys in the development of muscle strength is maintained.

Each organism has an individual biological time of vital processes. In some organisms, one stage of development is faster, in others it is slower, some recover faster after physical and emotional stress, while others recover more slowly. Practice shows that for female students, two-time training is appropriate, but for others, it is an overtraining, a way to fail to recover. Such a difference in load tolerance is explained by the characteristic of living biorhythms. In other words, each organism has its own speed of these processes. The speed is different, but their sequence is programmed and does not change under the influence of external or internal factors. According to the speed of growth processes, it can be divided into four consecutive growth periods: puerile (childhood), which is characterized by a gradual decrease in growth rate; pubertal (sexual maturity), which is characterized by an increase in intensity and then a decrease to initial sizes; juvenile (adolescence), which is characterized by a decrease in the rate of growth until it stops completely; the maturant (maturity) period, which is characterized by an increase in body weight without an increase in length dimensions. These cycles can vary in duration from 2 to 4 years. Depending on the duration of growth periods, they can be divided into 3 options; shortened, normal and protracted periods. They are designated as growth option "A", growth option "V", growth option "S". The general growth period for individuals in "A" O'V is 15-16 years, for individuals in "V" O'V, 18-19 years, and for individuals in "C" O'V, 19-22, regardless of overall characteristics. covers age. The puerile period is the most positive, it accounts for 50-55 percent of the total growth - in individuals of "S" O'V. "A" will last 2-3 years longer than individuals in O'V.

Analyzing the duration of growth periods in teenage girls (13-18 years old), their different durations are observed. The author emphasizes that girls with different biological development options cannot be united in one group for physical education and sports, because the physical loads for them must be different. Therefore, in the opinion of the author, the optimal option of forming groups for physical education and sports should be based on the construction - dimensions and time level.

The female body has its own characteristics in all stages of ontogenesis. It is necessary to take them into account when conducting training and rehabilitation. The training process of female students includes physical loads. Adapting to them is a very complex phenomenon. The ability of the body to mobilize functional reserves in the process of adaptation to intense training and competition activities is a leading factor.

They are divided into the following types:

- 1) biochemical, they are related to the efficiency and intensity of energy and plastic exchange at the level of cells and tissues;
- 2) physiological, they are related to the intensity, efficiency and duration of the body's organs and systems, their neurohumoral control, which is reflected in the body's ability to work;
- 3) psychological, they are related to the ability to be ready for competitions, exercise will and overcome unpleasant emotions;
- 4) characteristics of women's adaptation to intense physical education and sports activities, first of all, they are related to the most important biological function of the body - motherhood. It also refers to all sexual characteristics of dimorphism - both structural and functional.
- 5) it is necessary to analyze the training process taking into account the biorhythms of the female organism and take into account the loads during the training process. Currently, the problem of women's training mainly includes three interrelated directions; social - psychological, medical, biological and pedagogical.

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