

Voluntary Movements and Their Physiological Mechanism

Kim Vladimir Grigoryevich

Fergana State University, Associate Professor of the Department of Physical Education Theory

Usmonov Umidjon

3rd year student of physical culture, Fergana State University

Any actions are not voluntary actions. Voluntary actions are carried out purposefully to solve set goals and set tasks. A number of studies on the subject conducted in the last decade show that the muscles working under the influence of physical exercises are better supplied with blood.

Because working muscles have 80-100 times more capillaries (blood vessels) opened and supplied with blood than the same group of muscles that are not working. .

Energy reserves in the form of starch-glycogen, which are formed in the living soul, increase in muscles that are constantly trained. Heavy work is easy to do in these muscles, oxidation-reduction and other processes are fast.

Strong nutrition and more oxygen entering the moving muscles through the blood strengthens them, and the workability of the muscles increases even more.

Inactivity, or slow movement, has a negative effect on bone tissue and joints. It is known that after the age of 20-30, the growth of body bones stops.

Immobility causes deformations (distortions, bending, etc.), nutrition of bone tissue is disturbed, they become brittle and break quickly.

As a result of inactivity, the ligaments of the ligaments contract, accelerating the growth of connective tissue that limits movement within the joint.

Choosing age-appropriate exercises with voluntary movements prevents the acceleration of these processes.

In our distant past, educated people raised men and women who were envious of well-formed bodies and made them beautiful in every way. This state is considered as a symbol of people's health, strength, intellectual and spiritual maturity, and it has become a product of art with the work of painters and sculptors.

Now in art museums in many countries of the world, sculptures and brushwork created with incomparable taste continue to fascinate the audience. A person's face, body, actions, behavior, and work should be similar to his human name. This desire remains the main direction of the ideology of independent Uzbekistan. May our country, which has raised many great breeds in the world, raise its children to become even more great in the future. education, is determined to introduce education that can raise all of its citizens to the level of true perfection.

A person who works slowly is less tired, his body does not have a strong movement. Both mental and physical laziness underdevelops the potential of the human body. For such people, the concept of rest and recreation has no meaning. The greatest joy of life is to work hard and be happy to see its fruits. As a result of this kind of work, the feeling of pleasant tiredness that

relaxes the body and mind is a factor that deepens creativity and inquisitiveness in everyone's life, and ensures continuous development.

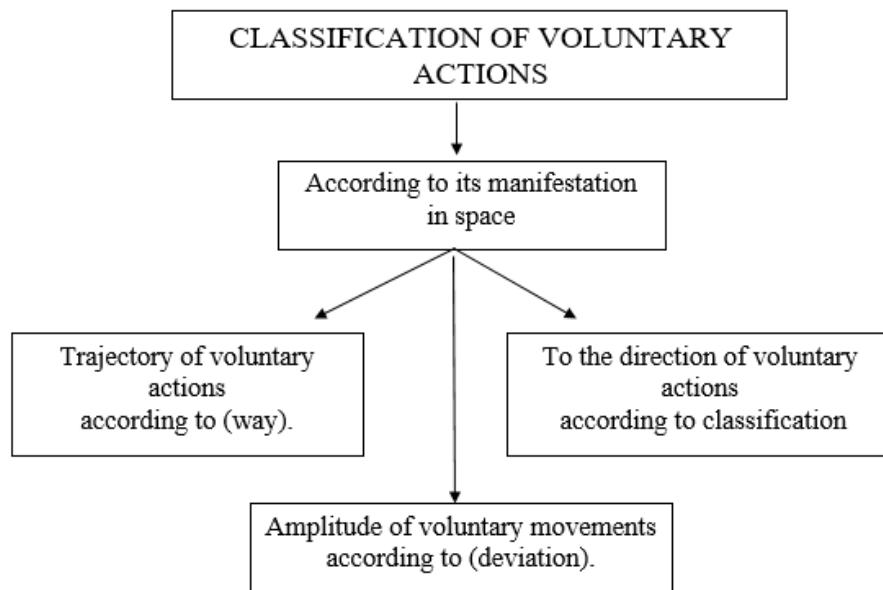
As a result of voluntary movements, not only the strength of the body increases, but also its mental capabilities expand. Everyone expands the boundaries of his mental possibilities with his personal mobility, both physical and mental activity. Physical and mental perfection is infinite and boundless, and it depends on everyone's aspiration, hard work, patience, and will to give it a slow or fast pace. The more carefully and quickly parents can explain to their children the essence and correct ways of striving for perfection, the faster they will reach the limits of strength and intelligence.

Walking involves the movement of many muscles in the human body and has a positive effect on the functioning of all internal organs. It activates the connections between tissues and organs in our body. In innumerable large and small tubes, inter-tissue exchange of fluids and with them substances takes place rapidly as a result of movement. Supplying cells, organs with nutrients and building materials necessary for creating new tissues is carried out smoothly. The valves of the tissues, which have been closed for some reason, and the stagnated organs are activated.

The more content and productive the day is, the more peaceful the night will be. Working with a plan, organizing life correctly, and living wisely is the basis of endurance. According to the beliefs of Islam, everyone is created by God. How to live in this life, how to approach oneself and others depends on everyone.

A comparative analysis of the physical fitness indicators of more than 300 3rd-year students of Fergana State University with the results they showed in the first year led to the following noteworthy conclusions: the quality of speed of the 3rd-year boys in the 1st year as a result of these quality indicators decreased by 3.2%, the quality of endurance by 2.7%, movement coordination by 1.7%, we witnessed that the strongest negative change occurred in the flexibility of movement qualities (6). So this is a sign that voluntary actions are not embedded in the student's lifestyle.

Table 1.



1.2. Pedagogical classification of voluntary movements is a tool of the physical culture education process

Theoretical knowledge of voluntary actions has its place in the content of professional training of a future specialist. Because in the process of education, theoretical knowledge about the classification of physical exercises is necessary to use, apply and use each exercise in its place. Depending on the gender, age, and level of physical fitness of the individual, it is necessary to take into account that the range of effects of different categories of exercises will be different

when choosing and using them for the purpose. The sphere of influence of voluntary actions is related to its classification. They are classified according to historical classification, pedagogical classification, anatomical signs, form and power of movement, signs of development of physical qualities.

Historical classification of voluntary actions. Historically, physical exercises have been classified as exercises used in the form of games, gymnastics, sports and tourism.

Games, gymnastics, sports, tourism have been recognized as the main means of the physical education system, and today they have not lost their importance in the classification of physical exercises. Contrary to the opinion of many scientists, they are constantly being changed and improved, and are used in physical training and sports practice. Historically accepted sets of physical exercises are giving way to more progressive ones over time, or their composition is being improved. The fact that physical exercises are the main means of physical education has its scientific basis in foreign physical education systems. Therefore, calling physical exercises included in games, gymnastics, sports, and tourism as a group of historical physical exercises in some cases gives us a wrong idea. Because, it is natural that running, walking, jumping included in the category of sports can also be found as physical exercises in the form of games, gymnastics, and tourism exercises. In fact, these exercises are mutually beneficial.

The term game refers to a variety of activities. Nature game, Agility game, Power game and more. In the field of culture, an actor's game, an Olympic game or a sports game, all of these have different meanings.

The game is a type of activity as a historically accumulated social phenomenon. Due to its vital importance, it arouses interest in society and attracts people in certain necessary situations, it is used as a tool in the process of education.

In game activity, a person has a special relationship with the surrounding environment, is in a goal-oriented activity, and exercises (training) both physical and mental abilities. Unlike work, no material wealth is created during play. In game conditions, there is an opportunity to choose and perform various actions, forcing the player to use his emotions, creativity, activity and initiative.

Nowadays, depending on the number of players, there are games that are played one-on-one, in teams, and many (with the public). These have been serving as a means of educational process in pedagogy and life as action games and sports games.

Each type of exercise as a means of physical training, group, group, sports, does not have its own specific sports field, standard rules, in the form of actions that include some elements of difficult physical exercises, then gradually -slowly simple rules of the game, playing fields are limited, the rules of the game are difficult and brought to a certain form and turned into sports games.

Action games played as a team are divided into three types: a) games played without dividing players into teams; b) games that turn into a team game; c) games played by teams (including all sports games). So, a sports game is also an action game.

As a means of physical education, sports have their own strict game rules and requirements, as well as limited sports field equipment. During the game, the tasks are not solved by the individual, but by the team. Regular competitions are organized for these games. Players are given ranks and titles. Sports games are constantly improving and developing (the development of techniques and tactics increases its effectiveness).

And then, according to the form of interaction of the players (team games), the game is divided into the following:

a) games in which the body of the players of the opposing team and its parts do not touch each other during the game - volleyball, gorodki, badminton, table tennis, chess-checkers, etc.

b) games played when opposing players touch each other: football, basketball, rugby, hockey, Russian lapta on the grass, etc.

Historically existing systems of physical education, taking into account these aspects of games, recognized that it is one of the main means of educating the members of the society to become physically fit in all aspects, and used it in the process of education.

Today, in the practice of physical culture, voluntary movements are classified as basic and additional exercises. The main group of exercises is classified as technical tactical exercises, special physical training, developmental, specialized, perceptive exercises, and additionally as a guide, general training, special training and combined exercises.

Research, new methods, tools, and content of sports training are being conducted to improve sports results. In turn, this is the reason for enriching the practice of physical education of many athletes and trainers with new innovative projects, new scientific and practical laws related to theoretical and methodology.

Nowadays, sport is entrusted with the task of establishing mutual friendship and solidarity with the neighboring brotherly countries, as well as bringing out deeper manifestations of true human feelings during competitions.

It was considered that some features of sports in different social conditions are completely contradictory. An example of this is the purpose and mission of former Soviet sports and the content of professionalism in bourgeois sports.

In developed countries, more schoolchildren, students, army and navy personnel want to play sports. The main reason is that sport is an important factor in military and life training. In addition, the economic role of sports occupies the main place in them. They do sports not to relax, to change the shape and function of the human body, but to live and create material wealth.

Because the historical development of sports has led to the fact that some of its types have gained international reputation, gained vital importance, and were recognized as the main means of physical education. National and international federations were established for athletics, weightlifting, classical wrestling, boxing, swimming, basketball, football, handball, tennis, cycling, volleyball, water polo, sports gymnastics and other sports. The sports included in the program of the Asian, European, World Championships, Olympic Games and national sports are called life-practical, military-practical exercises and sports, etc., which are practiced in the educational process, and are considered the main means of the educational process.

Tourism is a pre-planned trip, excursion, hiking, rock climbing, hiking, which does not create material wealth, but is a means of developing physical abilities and physical qualities and active recreation. It is known from the trips of geologists and hydrogeographers that they plan their trips in order to create material value. In the process of physical education, its private aspects are used.

Skills for crossing natural obstacles are formed during tourist trips, mental, physical, moral, spiritual, and aesthetic aspects are cultivated. The qualities of team attitude, fearlessness, strength, and endurance are formed in the participants. During the trip, the lifestyle of the mountains and fields, the skills and abilities to live, work, and adapt to the conditions are developed. Tourism differs from other aspects of education by its practicality, environment, and conditions compared to other factors of physical education. It is distinguished by the wide range of physical exercises that can be used.

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