

The Importance of Physical Exercise in the Lives of Women Who Are Involved in Physical Education and Sports

Shakhridinova Laylo Nurkhonovna

Navoi State University Associate Professor of the Department of "Types of Sports Activities", PhD

Abstract. Women of different ages engage in physical exercise mainly for two purposes, one of which is to improve their health, and the other is to stand side by side with men in sports, demonstrate their capabilities, and defend their honor. As is known, the number of women involved in physical education and sports is increasing year by year. This is due to the daily development of sports in our republic and the changes taking place in our lifestyle. The working capacity of the female body is slightly lower than the working capacity of the male body, which is due to the anatomical and physiological characteristics of the female body.

Key words: Women have short limbs, men have relatively long limbs. The chest is short in women, the diaphragm is located much higher, and the chest is wide in men. The average height of women is 165 cm, and men are 175 cm.

INTRODUCTION.

The results of the large-scale reforms implemented in our country during the years of independence are clearly visible, first of all, in the increasingly prosperous life of our people, and in the recognition of our achievements by the world community. The construction of modern sports complexes in all regions of our country, including gyms, tennis courts, swimming pools, fitness centers, and the presence of female coaches, is an important factor in the popularization of sports among girls. Today, 48 percent of girls in the cities of our Republic and 45.7 percent in rural areas are involved in sports. This indicator also indicates the rapid development of women's sports in all regions of our country. Sports, along with strengthening the health of girls, broaden their worldview and improve their medical culture. Girls who have been trained in training, deeply understand their responsibility to their family, society, and Motherland, and lead healthy and happy lives. Many girls are becoming professional athletes and achieving great results in national, continental and world competitions. The fact that 38 girls have been awarded the Zulfiya State Prize for their achievements in sports is an example of the attention paid to women's sports. The State Program "Year of Healthy Mothers and Children" has set a number of measures to bring work in this area to a new level, to widely involve women in physical education and sports, and to strengthen their health. In our region, special attention is paid to making physical culture and sports a part of women's everyday life through various health campaigns, competitions, tournaments, and educational events.

MAIN PART.

Therefore, it is advisable to set the volume of physical loads and exercises given to women to achieve high results in sports.

When determining the volume of physical work, it is necessary to give women a thorough knowledge of the structure and functional characteristics of the body, otherwise their health will deteriorate, they will get serious injuries, and even become disabled. It is known that every woman fulfills the duty of motherhood, we must not forget that the health of the next generation depends, first of all, on the

health of the mother. For this, every specialist and every coach who conducts women's sports must be well aware of the physical capabilities of the female body.

The reason why the physical working capabilities of the female body are lower than the physical working capabilities of the male body is due to the anatomical and physiological characteristics of the female body.

As a result of comparing these characteristics, we encounter the following differences.

1. The average height of women is 165 cm, and that of men is 175 cm.
2. The chest is short in women, the diaphragm is located much higher, and the chest is wide in men.
3. Women have short limbs, while men have relatively long limbs.
4. Women have a longer spine than men, especially in the lumbar and cervical regions, the gap between the vertebrae is wide, and the intervertebral discs are thick. The ligaments connecting the vertebrae are more elastic, which makes the body flexible.
5. Women have a narrower shoulder width and a wider pelvis than men. In general, women's skeletons are thinner, lighter, more elastic, and more mobile.
6. Since muscle tissue makes up an average of 30-35% of women's weight, and 40-45% of men's, women have less muscle strength than men.
7. Fat tissue is 28-30% in women, and 18-20% in men.
8. There is also a sexual difference in the central nervous system, and the speed of motor reactions is lower in women than in men.
9. Although the female body has a high level of excitability and sensitivity, its functional capabilities for physical work are lower.
10. 1 kg of body weight in women is 65 ml of blood, and the weight of the heart is 200-250 grams, in men it is 75 ml of blood, and the weight of the heart is 250-350 grams. The number of erythrocytes is also higher in men.
11. The surface area of the alveoli is 100 m² in women, and 150-200 m² in men. Therefore, the vital capacity of the lungs in men is much higher.
12. Since women have 28-30% fat tissue, heat generation is higher than in men. However, 60% of the heat is mobilized for the work of organs, 40% for muscle work, and in men, on the contrary, more for muscle work.

In some sports, women show better results than men. This is manifested in the high harmony of anatomical and physiological indicators of the female body, in performing exercises that require willpower and flexibility. Although their muscle strength is relatively low, when performing physical exercises, they can skillfully distribute muscle tension evenly across many muscle groups. Therefore, women's movements are more delicate, smooth, gentle, clear and beautifully expressed.

The structure and functional characteristics of the female body do not allow them to perform work performed with high strength or requiring a high level of endurance. For example, compared to men, their blood contains fewer platelets, hemoglobin, oxygen capacity in the blood, smaller heart size, lower lung capacity and minute respiratory volume, which limit their ability to perform long-term work. This indicates that the aerobic capacity of the female body is lower than that of men.

The difference between the physical performance of women and men is also reflected in the changes in the function of the respiratory and circulatory systems when performing the same amount of work. In women, the maximum oxygen uptake is 25-30% lower than in men and reaches its highest level at the age of 20-30. As a result of regular sports participation by women, positive changes occur in the structure and function of their bodies. The correct use of physical exercises, the correct determination of the volume of training, strength and endurance improve the fitness of movement. The body's fat tissue decreases, muscles and ligaments develop, the vital capacity of the lungs increases, the

respiratory rate decreases, the heart rate slows down, energy expenditure decreases, the body's resistance to various diseases increases, working capacity improves, the figure becomes more beautiful, she feels good during pregnancy, and childbirth becomes easier.

It is necessary to emphasize that in the emergence of positive changes in the body of women, their engagement in gymnastic exercises is of particular importance. In particular, the widespread use of rhythmic gymnastics at the present time is evidence of this opinion.

While strictly adhering to the physiological principles of sports exercises, it is necessary to take into account the individual characteristics of each female athlete. Periodic engagement of women in physical exercises forms muscle work, joint mobility and strengthening in their body. This process of improving the musculoskeletal system is observed in the development of such physical qualities as strength, speed, agility, endurance, improves the function and increases the working capacity of organs. This is of great importance in maintaining health.

Simple methods of physical activity in the formation of a healthy lifestyle in neighborhoods. Shamsiyev N.A., Komilova B.O. Azizova N.A. There are various methods of physical fitness, and each person, based on his capabilities and aspirations, should choose the most convenient for him and engage in them regularly. When engaging in physical exercise, it is necessary to adhere to the following.

1. Among the requirements for physical fitness methods, each person should choose them based on his age, work, health and condition;
2. Perform exercises step by step, from simple to complex;
3. Ensure the balanced participation of all systems and muscles in the body;
4. Perform exercises regularly;
5. Avoid straining individual systems and body parts;
6. Perform exercises outdoors as much as possible. Among the methods of physical fitness, the most commonly used type in terms of convenience and popularity is morning hygienic gymnastics. It is necessary to perform the exercises every morning according to the prescribed regimen and to control deep and correct breathing during the process. To do this, it is necessary to regularly change the air in the room.

The morning gymnastics complex must include the following exercises:

- Exercises related to body tension;
- Walking exercises (standing and moving);
- Exercises for the neck, shoulder and arm muscles;
- Exercises for the body and abdominal muscles;
- Leg muscles (sitting and jumping);
- Exercises for the legs, arms and other muscle groups (forward, backward, side bends, squats, etc.);
- Exercises that force you to work hard;
- Relaxing, etc. exercises.

To increase the effectiveness of morning gymnastics exercises: dumbbells, gymnastic sticks, skipping rope, balls, etc. The duration of the exercises should not exceed 15-20 minutes, and the heart rate should be 90-100 beats per minute in adults and 100-110 beats per minute in children. Hygienic gymnastics, performed in the morning hours, is the best way to transition from sleep to wakefulness, to a state of rest and to enter into active labor, as well as to gain strength and energy. When choosing morning gymnastics exercises, everyone should proceed from their state of health and take into account their age. Usually, morning gymnastics exercises should last 10-30 minutes and include 9-16 different types of exercises, especially exercises that strengthen and relax the body and abdominal muscles. Such exercises improve the vascular system, chest movement, and breathing. After the age

of 50, one should not try to fully meet the necessary intensity and rhythm requirements for performing morning gymnastics exercises. People of this age should avoid performing exercises that disrupt the rhythm of breathing, such as straining, lowering the head, pulling up, spinning, and sitting cross-legged.

When performing breathing exercises, it is important to remember that raising your arms while standing and moving them apart will help you inhale; lowering your arms, bending forward and to the side, and bending your legs will help you exhale. When performing exercises, you should start with the simplest ones and gradually complicate them. It is advisable to start exercising with small muscles in the arms first, and then involve large muscles.

The goals and order of the morning gymnastics complexes and the choice of individual exercises are optional for each person:

- Morning gymnastics exercises start with walking slowly, increasing their intensity, which will help the body's functions recover and prepare for subsequent exercises;
- Exercises related to gravity; increases chest movements, improves spinal flexibility, strengthens the muscles of the shoulder girdle, forms correct gait and posture;
- Exercises performed with hands; raising hands, writing sideways and backwards and gently rotating them in the shoulder joint, bending hands, anti-bending movements improve the function of the muscles of the hands;
- Exercises performed for the legs; improves the movement of the joints of the legs, develops their muscles, strengthens the muscles of the sitting, abdominal wall and legs;
- Exercises such as twisting, bending, body rotation, bending: increase the flexibility of the spine and strengthen the back muscles;
- Bending the body in a crooked position strengthens the spine and abdominal oblique muscles;
- Lifting the legs while lying down strengthens the abdominal wall muscles;
- Exercises such as running and jumping improve the functioning of the heart and blood vessels;
- Walking after training; reduces the increased load caused by physical exertion, normalizes breathing and heart rate. So, if you devote 10-30 minutes to morning gymnastics every day, you will have the necessary energy and stamina for the whole day, and increase the body's ability to fight various diseases.

CONCLUSION.

Everyone's health is in their own hands, and they can strengthen it through morning exercises.

LIST OF REFERENCES USED:

1. Shomirzayeva, N. (2021). BARKAMOL SHAXSNI TARBIYALASHDA JISMONIY TARBIYA VA SPORTNI O'RNI. Maktabgacha ta'lim jurnali.
2. Shomirzayeva, N. (2021). TEORETIKO-METODOLOGICHESKIE OSNOV TEORETIKOMETODOLOGICHESKIE OSNOVYI SPORTIVNOGO TURIZMA: TEORETIKO-METODOLOGICHESKIE OSNOVYI SPORTIVNOGO TURIZMA. Maktabgacha ta'lim jurnali.
3. Shomirzayeva, N. (2021). Yoshlarni turzmga qiziqtirish. Yoshlarni turzmga qiziqtirish.: Yoshlarni turzmga qiziqtirish. Maktabgacha ta'lim jurnali.
4. Shomirzayeva, N. (2021). O'QUVCHILARNING JISMONIY TAYYORGARLIGINI OSHIRISHDA TO'GARAK MASHG'ULOTLARINING O'RNI . Maktabgacha ta'lim jurnali.