

Changes in the Level of Physical Health of Basketball and Streetball Players during Annual Training

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ABSTRACT: Indicators of the number and quality of loads performed in the workouts, in order to improve the physical health of basketball and streetball players, are cited in this article from a scientific methodical point of view.

KEYWORD: sport, basketball, streetball, integral, strength, speed, technical, tactical, game, tools, exercise, Physical health.

Introduction The primary objectives of promoting physical education and sports among the populace of the nation are to maintain people's health, instill a love of physical activity in children, engage youth in sports, enable athletes to compete in international competitions, and help individuals achieve success. It aims to increase Uzbekistan's reputation throughout the world. As a result, physical education and sports are given a lot of attention in order to strengthen people's health, enhance their work skills, and boost productivity.¹

Law of the Republic of Uzbekistan "On Education" (September 23, 2020), ORQ-637, "On Physical Education and Sports" (new edition, 4, 2015) September), of the President of the Republic of Uzbekistan "On the measures to bring up young people spiritually, morally and physically, and raise the quality of their education system to a new level" (August 14, 2018 PQ-3907) and "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" (January 24, 2020, No. PF-5924) were introduced.²

Basketball and its contemporary version, streetball, are two effective ways to teach young people physical education. Regular practice and extracurricular activities are carried out with those who practice and improve their physical fitness level in order to optimize the necessary movement abilities. provides more opportunities.

The combined use of basketball and streetball equipment keeps youngsters interested in training and creates several opportunities for their physical well-being and athletic development. A person engages in a variety of

¹ Law of the Republic of Uzbekistan "On Education" (September 23, 2020), ORQ-637, "On Physical Education and Sports" (new edition, 4, 2015) September).

² A.A. Pulatov, F.V. Ganiyeva, B.M. Miradilov, D.T. Xusanova, F.A. Pulatov. Basketbol nazariyasi va uslubiati / darslik: «Sanostandart» nashriyoti, 2017-yil. 348.

physical activities during such training, improving their technical and tactical understanding as well as their cardiovascular and pulmonary systems, as well as other bodily systems and functions.

Obstacles to the effective use of these types of training in the physical education process arise from a lack of literature data and programs for the yearly integrated use of basketball and streetball in the youth circles.

The purpose of research – Enhancing the efficiency of the game activity through the integration of the planning and enhancement of the curriculum of high school students' training in basketball and streetball.

Research methods and organization. The following methods were used to solve the research problems:

Analyzing literary sources,

Pedagogical observation,

Pedagogical experience,

Mathematical statistics.

The analysis and generalization of this scientific and methodological literature will ascertain the stage of development of the issue of improving the effectiveness of physical education of teenagers and young people based on the combined use of annual fitness training based on basketball and streetball training, as well as local and was used to ascertain the various confirmations of foreign scientists and experts regarding the organizational-methodological and str [2, 3, 5].

Effectiveness of rapid, current, and prospective control of training and competition workloads, the level of various aspects of the preparation of basketball players of various sports skills, and the planning, organization, and implementation of the process of integral and consecutive training with basketball and streetball within the framework of a one-year macrocycle. The potential for enhancing their health was also investigated during this form of routine physical activity.

The outcomes of the pedagogical observation included a blog with general information about the learning environment and the students as well as data on the quantity, difficulty, number of repetitions, rest intervals, etc.

An educational test. The efficiency of the one-year program created on the use of basketball and streetball tools in the physical education of high school pupils was investigated through a pedagogical experiment.

15-16 year olds in the experimental group played basketball and streetball depending on the stage of participation in competitions, the structure and content of training, the ratio of performed loads, and the micro and mesocycle sequence - containing news about the departure. The control group participated in a traditional program. [4, 5, 6].

assessing the degree of physical development and preparation for a game or other activity. An anthropometer was used to measure the athlete's height and weight (in kg) was measured using a medical scale.

Statistical mathematics Using well-known statistical techniques, the values of the primary characteristics of the chosen distributions (arithmetic mean, variance, and coefficient of variation) were determined. The degree of response to the impact of various athlete loads and the nature of the dynamics of the parameters taken into account during sports training are crucial in determining the efficacy of the traditional processes of basketball and streetball. The method created by G. L. Apanasenko and R. G. Naumenko at the end of the previous century and currently successfully used was used to assess the level of physical health. Individual athletes' baseline physical fitness levels range from above average (4–14 points) to above average (15–9 points) to low average (9.0 points and below) and below average borderline indicators.

It should be emphasized that a wide range of the study's criteria are related with the degree of physical health

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determined as the arithmetic mean of each athlete's scores and the sum of the average values of each indicator.

For instance, the recovery time of the heart rate is estimated to be between 1 minute 30 seconds and 1 minute 59 seconds after sitting 30 times in 20 seconds. The arithmetic mean value for the testers' group is represented by the time interval at 3 points and 29 seconds. has a substantial impact. There are four levels of physical health that are almost identical (by 2-4 people) in the group of 12 athletes who were examined: low, below average, average, and above average.

A high level of physical fitness (17–21 points) was not recorded, and two young basketball players only had a safe level (14 points), which is insufficient for young athletes. The level of physical health was assessed using a technique created by G.L. Apanasenko and R.G. Naumenko at the turn of the 20th century and still successfully employed today.

6-7 months of circle training had a marginally beneficial impact on the level of physical health, according to the findings of the final poll of young basketball players conducted in April 2021. The group's 10.2 point average is respectable for a mid-level starting group. Figure 1 depicts the changes in physical fitness in a group of teenage basketball and streetball players from October to April.

Level of physical health: Past - past (4 balldan kam); O'rtadan past (5 balda 9 ballgacha); O'rtacha (10 balldan 13 ballgacha); O'rtadan yuqori (14-baldan 16 ballgacha);

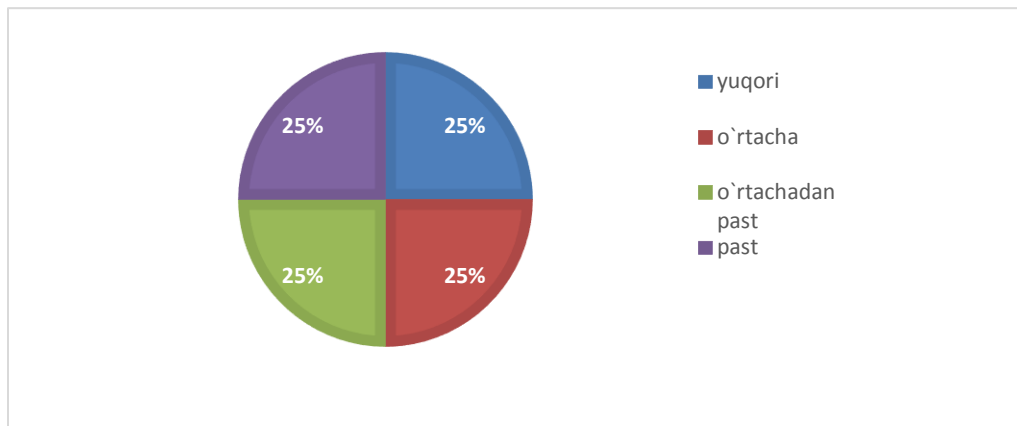


Figure 1 Proportion (%) of groups of different levels of physical health in a team of young basketball players (initial observation, from October 2020)

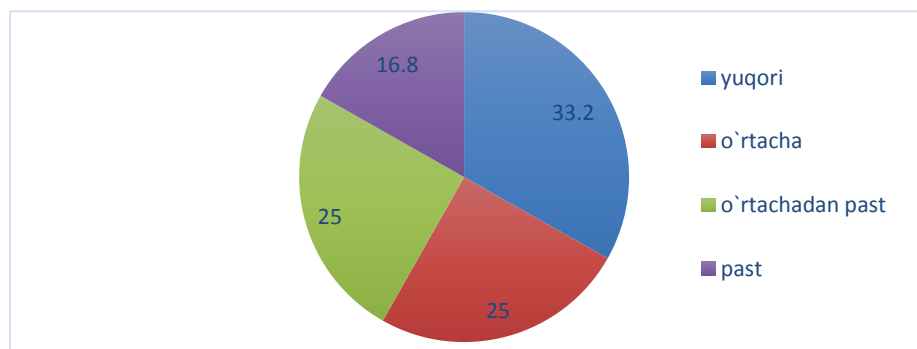


Figure 2 Proportion (%) of groups with different levels of physical health in a team of young basketball players (last follow-up April 2021).

Results and discussion.

The proportions of the four physical fitness levels, which were recorded at the start of basketball training (October 2020), as shown in the figure, slightly changed during the final exam: in the groups with average and below average levels of physical fitness, respectively, 3 and 4 people (25.0%), and finally two people in three athletes (25.0%), or a total of 16.8%. The examined parameter was deemed to be above the typical value.

As a result, the three athletes' improved health allowed them to transition to a higher evaluation level, which raised the group's average score from 9.0 to 10.2 points.

It can be assumed that the observed improvement in health is not only attributable to the influence of basketball and streetball but also to the natural growth of young people in the current generation. This finding further supports the requirement for the creation of efficient cross-training programs in these fields of mass sports.

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