

Types of Fitness Aerobics Exercises, Wellness Training and Methodology of Application in the Development of Women's Sports

Shakhriddinova Laylo Nurkhonovna

Associate professor of the Department “methodology of teaching sports”, faculty of Physical Culture, doctor of philosophy in Pedagogical Sciences (PhD), Navoi State University

Abstract: this article reflects the development of women's sports, the Morpho-functional characteristics of women, their involvement in modern fitness and aerobics, their physical progress and its analysis.

Keywords: women's sports, training, physical training, training, movement, qualifications, skills.



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INTRODUCTION

It is important that the beautiful and lovable women of our republic have a special place in participation in world sport and are reflected in historical sources for such conclusions. From historical political processes in Uzbekistan, it is known that women worked on different fronts on an equal footing with men, raising their children as well as a harmonious person. Therefore, in the oral creativity of our people in the mountain of Toomars, Barchinoi, stories and narratives are finished. More than half a century has passed in Uzbekistan in the training of mature specialists in the field of physical education among women. It is clear to everyone today that our women are no less than anyone. Indeed, seeing more than half of our nation as our Uzbek women in turliyaosh, we see that they are not inferior to their wives of European nationality all the time, with all their hard work. On one side of this issue, the 2nd main aspect of the issue is that the majority of our women studying in knowledge institutions are ashamed of the fact that Uzbekistan sharm - hayo is strong for the participants of the physical culture lesson by wearing a sports uniform that is uncomfortable. A general national idea lies in such a way as to prepare as many sports personnel as possible from female girls and send them to work in their general training schools, what you say is that the involvement of women in different district sports areas should be carried out from a young age, at the same time, it will be necessary to organize a separate group of women This approach to the issue is of State importance, since the youth health factor is the basis of the regulation of the reserve of working reserves for the national economy.

Physical education is a priority in maintaining and improving the activity, health of young people. Therefore, the cross-sectional program in physical education should be aimed at the comprehensive development of the growing generation, strengthening health, increasing the ability of students to work. At the moment, it should also be noted that pedagogy is autonomous to

rely on the development of methods and methodical guidelines for the means of health-improving physical education.

MAIN PART

In our republic, the slogan "healthy mother-healthy child" is deeply embedded in every family in terms of content and logic.

It is important that the various benefits, cares that are given to women, especially mothers, and above all the healthy boiishi of mothers, are expressed in the content of state programs to give birth to healthy children from them and to grow a child healthy from the youngest age.

In the presence of a healthy mother and healthy children, medical services are a priority. At the same time, the theoretical and practical recommendations of doctors, educators and specialists on the practice of Physical Education also stand higher than any medication, there is no exaggeration to say. Because all organs in a healthy body, especially the moving joints, bone and muscle systems, are constantly in need of active movements. The physical exercises that provide them (Gymnastics, sports, games, travel, etc.k.) saturates and develops the functions (function)of breathing, circulation, digestion of food and other needy activities. These are all known general concepts.

And the main goals and objectives are to educate the physical perfection of women of the local nation, especially students and students, to make some comments about the most important activities that are carried out in preparation for a healthy motherhood, to make recommendations, namely:

1. The provision of general and special exercises for women in the dasrs of physical education in educational institutions of all types and categories is aimed at improving the physical fitness of those involved and directing them towards perfection.
2. On the basis of the state program of the healthy generation, the instruction of the "Barchinoy" special tests is aimed at maintaining health, educating physical perfection, improving working abilities and thorough implementation of various official, special services before the motherland.
3. Sports clubs in educational institutions, national teams, women's teams in children's and youth sports schools (all types and categories), the organization of groups is aimed not only at achieving sports results, but also at becoming a healthy mother in the future.
4. The organization of the work activities of Health Centers for women in sports facilities, private houses, hospitals, polyclinics and other areas is a sign of attention to them.
5. Women's spartakiads, Toumaris games Republican festivals, sports games in such forms as healthy family, dad, mom and me, competitions women's sports are aimed at expanding.

Women differ from men again in the small size of the heart, its systolic and minute volume is low, maximum blood pressure is high, the air capacity of the lungs is small, stroke and breathing is fast. Women breathe more with or mixed breasts, while men experience more diaphragmatic breathing. Those noted create unfavorable conditions for them to work hard for a long time, as well as to recover at a quick opportunity after physical exhaustion.

However, the indicators of Health and fitness of women who are constantly shugcullled with physical education or sports are much higher than those of women who are not engaged in sports. Women's muscles are far behind men in terms of development. The method of pumping muscle strength (lumbar and arm dynamometry), which is adopted under the control of Shilbkor, does not fully represent the general condition of the muscular system. However, the difference is also large in these indicators. Women have 25-30% lower hand dynamometry and 40-50% lower waist dynamometry.

For women, the level of development of the abdominal press muscles is of great importance. The fibers of the internal oblique and deeply located transverse muscles become circular ligaments of the uterus and connect the skeletal muscles with the internal genital organs. The correct position of the uterus largely depends on the strength of the circular ligaments of the uterus. Scientific observations suggest that uterine displacement is almost rare in athletic women with well-developed abdominal press muscles.

According to data from research in recent years, the slui thing was found that the correct location of the uterus and the normal course of childbirth, as previously assumed, depend not only on the position of the pelvic floor, but also on the fact that more pelvic floor muscles have developed. These muscles participate in the expansion and twisting of the thigh. These same muscles are developed in those who practice artistic and sport Gymnastics, compared to non-sportskj, since the movement of the muscles of the legs is widely used in these types of gymnastics. The development of the pelvic floor muscles can only be relatively affected: the tension of the abdominal press muscles leads to the contraction of the pelvic muscles.

Thus, it turns out that the level of development of the pelvic muscles depends on the functional state of the muscles of the bevosila abdominal press.

All of the above indicates that the women's muscle network should be developed purposefully and seriously. Adjectives formed at a young age, given some attention by women, in many ways persist into adulthood and old age.

As we all know, human health is the highest blessing of all positive blessings. The formation of a healthy lifestyle to his value is the supreme goal of every conscious, spiritual person. A huge amount of work is being done in our country to study the physical development of the organism of female children, which is growing in the formation of a healthy lifestyle.

Special attention is paid to the training of qualified specialists in the development of the women's sports movement in Uzbekistan.

Indeed, in the years of independence, the ishlpr, which was carried out with the aim of introducing women to sports, deserves attention. In addition, according to the decree of our first president of August 4 , 2011, the Presidential gift to girls engaged in sports in secondary schools, vocational colleges and academic lyceums-the provision of sports uniforms, measures implemented on the principle of "healthy mother-healthy child" are among them. As a result of these noble efforts aimed at a clear goal, the number of girls engaged in sports among students and young people in our country is growing.

In particular, women's interest in sports has also increased significantly in rural areas. The most important thing is that sport is beneficial to man, its philosophy is also understood today by the fathers. Even in the most remote districts, many can meet parents who are leading their sons and daughters to a sports complex.

Indeed, in the following years, under the leadership of our country president, a huge philosophical meaning is embodied in the time of high care for women's sports in our country. Today we all know well that sport is an action, it is a healthy lifestyle, and on its own it provides the basis for the maturation of all - round mature children.

I.P. Pavlov describes the effect of physical harmacate on human health as an appearance that implies that the body is closely connected with the external environment.

The effect of active-movement on the body can be expressed as follows: the cardiovascular function is activated; breathing improves; bones become better, muscles become stronger, joint malleability increases; good digestion of food is ensured; the activity of the organs of subtraction improves; the nervous system is enhanced.

These, in turn, have great acumen in maintaining the balance of excitation cells that are in the central nervous system in one norm; have a positive effect on human psychology; contribute to the correct formation of qaddi-qomat. Therefore, it is advisable for everyone who wants to live a long life on the basis of conditioning their organism, increasing labor productivity, strengthening health, to constantly organize physical activities, while conducting their daily activities on the basis of a certain procedure.

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