



Improving Physical Endurance in Students

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Abstract: This article summarizes the content of endurance-physical qualities. Because its application and performance characteristics, types are applied in all practical activities, as well as in all sports in a unique way, and the need arises. Endurance refers to the process of coping, enduring, and overcoming the challenges of social life, physical education classes, sports training, and sports competitions, both large and small. Signs and qualities of endurance require a lot of repetition of exercises, long periods of exercise. Endurance breathing, holding the breath in, and the habituation of muscles and all joints to perform light and heavy movements are paramount.

Keywords: Physical attributes, Sports, fight, Bocks, endurance, running, physical development, polvon, sledgehammer.

Introduction: Practical active movements of people, as well as physical qualities, are directly related to the functions (activity) of the body (body). That is, all active movements ensure the rapid movement of the human body, namely breathing, heartbeat, blood circulation, digestion and metabolism of substances in internal organs. On this basis, many biological, chemical and physiological changes occur. Endurance exercises occupy a special place in the basis of such active movements. Endurance is understood as the processes of withstanding, enduring and overcoming large and small difficulties encountered in social living conditions, physical education classes, sports training (training) and sports competitions. Naturally, such socio-educational characteristics do not arise by themselves or are not an innate factor.

The ability to resist fatigue in a particular activity is called endurance. Endurance in relation to a specific activity chosen as a subject of specialization is called specific endurance.

The special endurance of a bender and a jumper is the ability to perform movements specific to this sport for a long time. In exercises requiring endurance, aerobic and anaerobic capabilities of the body are taken into account, along with the level of mastery of movement skills and techniques. Breathing capabilities do not depend much on the external structure of movements. General fatigue is common in physical education and sports. Fatigue occurs quickly in sports where all muscle groups are actively involved. The signs and qualities of endurance require a lot of repetition of exercises, long periods of training. In endurance, breathing, holding the breath, and getting used to performing heavy and light movements are of paramount importance.

METHODOLOGY

Endurance signs and qualities are most often found and identified in the following active actions.

1 In the processes of running short, medium and especially long distances (10-20 km. and more) in athletics, shortness of breath, fatigue, and weakness of the legs and arms occur. Especially in the arms, shoulders, waist, and

as a result, the above activities are easier to perform or the ability to endure them is created.

2. It is natural to get tired to one degree or another in swimming, football (running, kicking the ball for 90 minutes) and other sports. In order to overcome and endure them, each participant is required to have more exercise.

Pupils and students in physical education classes (athletics, gymnastics, wrestling, etc.) is natural. Because most young people lack physical fitness and special training. For this reason, first of all, it is necessary to have physical development and special physical training. The concept of physical qualities in socio-cultural living conditions, physical labor and sports is directly related to each other. That is, in everyday life, the educational process and physical labor, folk expressions such as "agile", "light", "light-bodied", "strong", "valiant-brave", "endurance-endurance" are often found. In their context, expressions such as "endurance", "strength", "flexibility", "agility" used in science are understood as physical qualities. These, in turn, are embodied in such expressions and concepts as

"physical training",

"physical development",

"special physical training",

"sports skills",

"sports form".

It will be possible to make some comments about their

most important characteristics.

Strength is the basis (father) of physical qualities. Because its application and performance characteristics, types are used in all practical movement activities, as well as in all sports in a specific way and its necessity and need arise. In the field of sports, strength is mainly used in barbell, wrestling, boxing, hand strength testing, and weightlifting. In the above-mentioned sports, muscles are exercised through pulling, stretching, pushing, hitting, holding (barbell), etc. movements. In this, the characteristics of each sport, technical and tactical aspects of performing movements, slow, fast, and fast-force qualities are used. Muscle strength (dynamometry, stanometry) and speed of movement (stopwatch, computer, etc.) are of primary importance, they are measured using special devices. Speed of movement (swimming, running, hitting the ball, kicking, etc.) can be related to strength. That is, in swimming, running, and kicking the ball into the goal, technical and tactical movements, speed, and strength are interconnected. In pulling up on the horizontal bar, strength and technique (technique) are interconnected. That is, speed in raising the shoulders, neck, and head, and slightly raising the legs forward while keeping them straight, make it easier to pull on the arms. So, to be strong, it is necessary to acquire the qualities of speed. In our socio-cultural living conditions, strength is used a lot, such as lifting a full sack (50-70 kg) onto or off a horse (horse, donkey, car). In addition, there must be strength in the arms, back, and legs. The technique of performing this activity can also be different. That is, lifting with two hands or carrying it by hugging; in rural conditions, the expressions "polvon" (strong) and chovondoz-polvon (light-strong) have been used since ancient times in wrestling and kopkari (goat) games. In order to acquire this virtue and physical quality (strong), they train for many years. Various tools and methods are used.

CONCLUSION

The physical quality of endurance is of great practical importance, therefore, in order to acquire this quality, they practice for many years. It uses various means and methods.

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