

**O'ZBEKISTON DAVLAT JISMONIY TARBIYA VA SPORT ILMIY TADQIQOTLAR
INSTITUTI LABARATORIYASIDA YENGIL ATLETIKACHILARNING
ANTROPOMETRIK VA FUNKSIONAL KO'RSATKICHLARI BO'YICHA QAYD
ETILGAN NATIJALARINING ASOSIY STATISTIK XARAKTERISTIKALARI.**

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Annotatsiya. Ushbu maqolada O'zbekiston davlat jismoniy tarbiya va sport ilmiy tadqiqotlar instituti laboratoriyasida yengil atletikachilarning antropometrik va funksional ko'rsatkichlari bo'yicha qayd etilgan natijalarining asosiy statistik xarakteristikalarini haqida fikr yuritilgan.

Kalit so'zlar: Harakat malakasi, bosh miya po'stlog'ida ko'p sonli asab torlari, harakat ko'nikmasi, jismoniy sifatlarning rivojlanish darajasi.

**THE MAIN STATISTICAL CHARACTERISTICS OF THE RESULTS RECORDED IN
THE LABORATORY OF THE UZBEKISTAN STATE INSTITUTE OF PHYSICAL
EDUCATION AND SPORTS SCIENTIFIC RESEARCH ON ANTHROPOMETRIC AND
FUNCTIONAL INDICATORS OF ATHLETICS.**

Abstract. This article discusses the main statistical characteristics of the results of the anthropometric and functional indicators of track and field athletes recorded in the laboratory of the State Institute of Physical Education and Sports Scientific Research of Uzbekistan.

Keywords: Movement skills, a large number of nerve fibers in the cortex of the brain, movement skills, the level of development of physical qualities.

**ОСНОВНЫЕ СТАТИСТИЧЕСКИЕ ХАРАКТЕРИСТИКИ РЕЗУЛЬТАТОВ
ЗАФИКСИРОВАННЫ В ЛАБОРАТОРИИ УЗБЕКСКОГО ГОСУДАРСТВЕННОГО
ИНСТИТУТА ФИЗИЧЕСКОГО ВОСПИТАНИЯ И СПОРТА НАУЧНО-
ИССЛЕДОВАТЕЛЬСКИХ РАБОТ ПО АНТРОПОМЕТРИЧЕСКИМ И
ФУНКЦИОНАЛЬНЫМ ПОКАЗАТЕЛЯМ ЛЕГКОЙ АТЛЕТИКИ.**

Аннотация. В статье рассмотрены основные статистические характеристики результатов антропометрических и функциональных показателей легкоатлетов, зарегистрированных в лаборатории Государственного научно-исследовательского института физической культуры и спорта Узбекистана.

Ключевые слова: Двигательные навыки, большое количество нервных волокон в коре головного мозга, двигательные навыки, уровень развития физических качеств.

Dunyoda yengil atletikaning qisqa masofalarga yugurish turi ommalashgan sport turlaridan hisoblanadi. Sport natijalari kundan kunga o'sib borishi qisqa masofalarga yuguruvchi

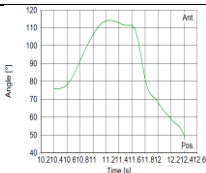
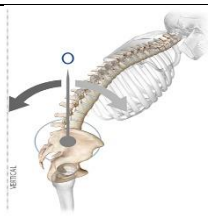
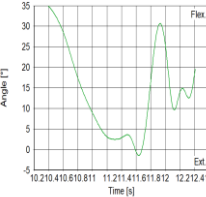
o'smirlarni yillik tayyorgarlik mashg'ulotlarini samarali taqsimlash uslubiya-tini takomillashtirishni taqozo etmoqda. Qisqa masofaga yuguruvchilarni tayyorlash bo'yicha dunyodagi yetakchi olimlar bilan bir qatorda yurtimizdagi mutaxassislar ham mashg'ulot uslubiya-tini takomillashtirish bo'yicha izlanishlar olib borganlar. Mualliflar mashg'ulotlarda texnikani to'g'ri o'rgatish va vosita usullarni qo'llanish uslubiya-ti e'tibor qaratib kelgan lekin qisqa masofalarga yugurivchi talabalarni yillik tayyorgarlik mashg'ulotlarini taqsimlanish hajmi bo'yicha juda kam ma'lumotlar berilgan.

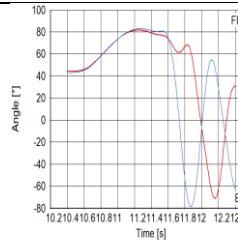
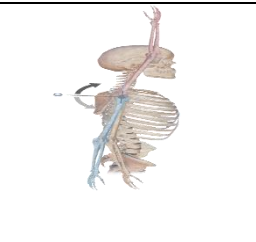
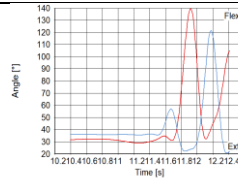
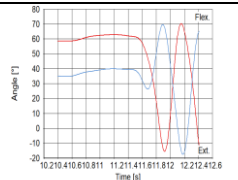
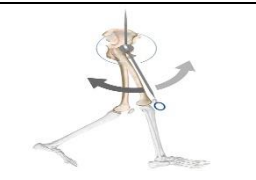
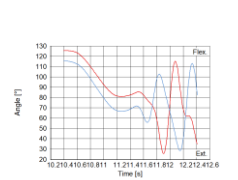
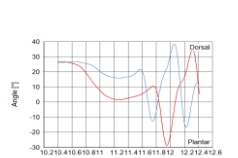
Shu boisdan hozirgi kunda bizning fikrimizcha qisqa masofaga yuguruvchi o'smirlarimiz yaxshi sport natijasiga erisha olmaganligi mashg'ulot jara'eni takomillashtirish zaruriyatiga e'tibor qaratishni taqozo etadi.

Bugungi kunda qisqa masofalarga yuguruvchilarning yillik tayyorgarlik bosqichini taqsimlashning yangi texnologiyasini ishlab chiqish, qo'llaniladigan vosita usullarni saralash, umumiy jismoniy tayyorgarlikining optimal nisbatlarini izlab topish, biomexanik parametrlarni aniqlash va tahlil qilishiga e'tibor dolzarb ahamiyat kasb etadi. O'zbekiston Davlat jismoniy tarbiya va sport universiteti talabalari yengil atletikachilarning texnik usullarni (tezkorlik va aniqlik) bajarishida ularning jismoniy tayyorgarligi bilan korrelyatsion bog'liqligi, tajriba va nazorat guruhlarining dastlabki testlash bo'yicha olingan ma'lumotlari keltirilgan. O'zbekiston Davlat jismoniy tarbiya va sport universiteti jismoniy tarbiya yengil atletika talabalarilarning jismoniy va texnik tayyorgarligi bo'yicha tadqiqotdan oldin olingan natijalar bo'yicha ma'lumotlar keltirilgan. Keltirilgan ma'lumotlar sohaning taniqli olimlari tomonidan asoslangan fikrlarni ta'kidlaydi va tanlangan mavzuni yanada boyitishga xizmat qiladi.

1-jadval.

O'zbekiston davlat jismoniy tarbiya va sport ilmiy tadqiqotlar instituti laboratoriyasida nazorat (n=14) va tajriba (n=14) guruhlariga mansub talabalarning tajriba oxirida antropometrik va funksional ko'rsatkichlari bo'yicha qayd etilgan natijalarining asosiy statistik xarakteristikalarini. («3D Motion Analyzer» apparatida).

No	Talaba-sportchilari ng tana qismlari	Tana qismlari xarakati	Chap tomon	O'ng tomon	Diapazon	Diagramma	Tana tuzilish xolati
1	Inson tanasi	Egiluvchanlik	0°	107°	107°		
		Yonga egilish	-180°	14°	194°		
2	Bo'yin	Egiluvchanlik	-8°	31°	39°		
		Yonga egilish	-13°	19°	32°		
		Aylanish	-4°	18°	22°		

3	Yelkalar	Egiluvchanlik	-69 ⁰	87 ⁰	156 ⁰		
		Burilishlar	0 ⁰	83 ⁰	83 ⁰		
4	Tirsaklar	Egiluvchanlik	28 ⁰	134 ⁰	162 ⁰		
5	Son	Egiluvchanlik	-14 ⁰	70 ⁰	84 ⁰		
		Burilishlar	5 ⁰	16 ⁰	21 ⁰		
6	Tizza	Egiluvchanlik	19 ⁰	110 ⁰	129 ⁰		
7	Boldir panja	Egiluvchanlik	-27 ⁰	0 ⁰	27		

2-jadval.

O'zbekiston davlat jismoniy tarbiya va sport ilmiy tadqiqotlar instituti laboratoriyasida nazorat (n=14) va tajriba (n=14) guruhlariga mansub talabalarning antropometrik va funksional ko'rsatkichlari bo'yicha qayd etilgan natijalarining asosiy statistik xarakteristikalarini («3D Motion Analyzer» apparatida) bo'yicha talaba-sportchilarning tana qismlari va diapazon tuzilish xolati ko'rsatilgan.

Tajriba oxiri	Biomexanik Ko'rsatkich	Nazorat guruhi			Tajriba guruhi			t	P
		X _{o'rt}	σ	V, %	X _{o'rt}	σ	V, %		
1	Inson tanasi	0.21	0.008	3.8	0.12	0.009	7.5	2.3	<0.05
2	Bo'yin	41.2	3.5	8.5	44.2	4.1	9.2	3.6	<0.01
3	Yelkalar	88.2	4.5	5.1	91.2	5.2	5.7	3.1	<0.01
4	Tirsaklar	52.1	4.3	8.2	56.3	5.1	9.0	4.5	<0.001
5	Son	4.2	0.5	11.9	4.9	0.4	8.2	2.4	<0.05
6	Tizza	38.2	2.4	6.3	33.5	3.5	10.4	6.4	<0.001
7	Boldir panja	1.74	0.02	1.1	1.89	0.03	1.5	2.2	<0.05

3-jadval.

Nazorat (n=14) va tajriba (n=14) guruhlariga mansub talabalarning qisqa masofaga yugurishda biomexanik ko'rsatkichlarining qiyosiy tahlili.

Tajriba oxiri	Biomexanik Ko'rsatkich	Nazorat guruhi			Tajriba guruhi			t	P
		X _{o'rt}	σ	V, %	X _{o'rt}	σ	V, %		
1	Kuch chiqarish vaqti	0.21	0.008	3.8	0.12	0.009	7.5	2.3	<0.05
2	Start burchagi (Starting Angle)	41.2	3.5	8.5	44.2	4.1	9.2	3.6	<0.01
3	Tana va oyoqlar burchagi	88.2	4.5	5.1	91.2	5.2	5.7	3.1	<0.01
4	Tana og'irlik markazi balandligi	52.1	4.3	8.2	56.3	5.1	9.0	4.5	<0.001
5	Tezlanish (Acceleration)	4.2	0.5	11.9	4.9	0.4	8.2	2.4	<0.05
6	Maksimal tezlanish masofasi	38.2	2.4	6.3	33.5	3.5	10.4	6.4	<0.001
7	Qadam uzunligi	1.74	0.02	1.1	1.89	0.03	1.5	2.2	<0.05
8	Qadam chastotasi	3.66	0.4	10.9	5.3	0.5	9.4	5.7	<0.001
9	Qo'l harakat tezligi	2.1	0.2	9.5	2.8	0.3	10.7	3.3	<0.01

Nazorat (n=14) va tajriba (n=14) guruhlariga mansub talabalarning jismoniy tayyorgarlik testlari bo'yicha tajriba boshida 100 metr nasofaga yugurishda qayd etilgan natijalarining asosiy statistik xarakteristikalarini solishtirganimizda absaliyut foiz 0,33,nisbiy foiz 2,50. t student kriteriysi 0,51,p>0,5 extimollik darajasini taskil qildi. 200 metr nasofaga yugurishda qayd etilgan natijalarining asosiy statistik xarakteristikalarini solishtirganimizda absaliyut foiz 0,37,nisbiy foiz 1,31. t student kriteriysi 0,25,p>0,5 extimollik darajasini taskil qildi,400 metr nasofaga yugurishda qayd etilgan natijalarining asosiy statistik xarakteristikalarini solishtirganimizda absaliyut foiz 0,02,nisbiy foiz 2,27. t student kriteriysi 0,40,p>0,6 extimollik darajasini taskil qildi,100 m ga yugurishda qadamlar soni qayd etilgan natijalarining asosiy statistik xarakteristikalarini solishtirganimizda absaliyut foiz 0,04,nisbiy foiz 1,74. t student kriteriysi 0,34,p>0,7 extimollik darajasini taskil qildi,100 m ga yugurishda qadamlar sur'ati, qad/s, da qayd etilgan natijalarining asosiy statistik xarakteristikalarini solishtirganimizda absaliyut foiz 0,93,nisbiy foiz 1,97. t student kriteriysi 0,41,p>0,6 extimollik darajasini taskil qildi, 100 m ga yugurishda qadamlar uzunligi qayd etilgan natijalarining asosiy statistik xarakteristikalarini solishtirganimizda absaliyut foiz 0,06,nisbiy foiz 1,41. t student kriteriysi 0,25,p>0,8 extimollik darajasini taskil qildi.

Xulosalar. Anketa so'rovnomasi natijalarining tahlili shuni ko'rsatdiki, maxsus jismoniy tayyorgarlik darajasini takomillashtirish muammosi bo'yicha mutaxassislarning fikrlari turlicha bo'ldi: so'ralgan mutaxassislarning 77,4% antropometrik va funktsional ko'rsatkichlari bo'yicha

maxsus jismoniy tayyorgarlik darajasi etarlicha yuqori emas, deb hisoblaydilar; 52%i ushbu darajani koordinatsion qobilyatini rivojlantirish hisobiga oshirish mumkin, deb hisoblaydilar; 44%i musobaqa davrining haftalik mikrosiklida qisqa masofaga yuguruvchi sportchilarning qo'llaniladigan amaliyot kabi portlovchi kuch va ishqalanish kuch yo'nalishli yuklamalarni rejalashtirishni tavsiya qiladilar; mutaxassislarning 64%i esa buning uchun maxsus kuch tayyorgarligiga ega yuklamalardan foydalanish kerakligini ta'kidlaydilar. Qisqa masofaga yuguruvchi yugurish texnikasini butun yil bo'yi o'rganishi va takomillashtirishi kerak. Buning uchun tezlanishli yugurishdan, to'la kuch sarflamay masofaning ma'lum qismlarini yugurib o'tishdan, shuningdek, qisqa masofa yuguruvchi mashg'ulotida muxim o'rin tutishi kerak bo'lgan maxsus tayyorlov mashqlaridan foydalanish kerak. Biomexanik parametrlarni aniqlash va tahlil qilish: qisqa masofaga yugurish texnikasining asosiy biomexanik parametrlarini aniqlash (oyoq harakati, qadam uzunligi, qadam chastotasi, tana og'irligi markazi harakati, kuchlanish burchaklari va o'zaro bog'liqliklar) yugurish jarayonida yuqori va past ko'rsatkichlarga sabab bo'luvchi texnik elementlari aniqlandi va tahlil qilindi.

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