



THE IMPORTANCE OF DEVELOPING RESILIENCE IN STUDENTS

Khudoiberganov Javlonbek Saotboy oglu
Teacher of Chirchik State Pedagogical Institute

Annotation

Endurance is a quality that is hard to cultivate and easy to lose. There are several processes that take place in the body that build endurance: Endurance is the quality of physical activity, the ability of the human body to overcome fatigue in the active performance of muscle work for a long time. There are two types of durability, general and specific. General endurance is the ability of the body to overcome fatigue when any muscle is working for a long time. Specific endurance is defined as the ability to overcome fatigue when exercised over a long period of time.

Keywords: Training, endurance, general, special, sports, time, exercise, physical quality, movement, energy, active.

Training is the body's ability to cope with fatigue as a physical activity. It depends on the characteristics of the central nervous system and energy metabolism. Endurance is a quality that is hard to cultivate and easy to lose. There are several processes that take place in the body that build endurance: Endurance is the quality of physical activity, the ability of the human body to overcome fatigue in the active performance of muscle work for a long time. There are two types of durability: general and specific. General endurance is the ability of the body to overcome fatigue when any muscle is working for a long time. Specific endurance is defined as the ability to overcome fatigue when exercised over a long period of time. Specific endurance develops on the basis of general endurance and results from the process of accurately and thoroughly performing speed, strength, and endurance exercises. The level of endurance training is characterized primarily by the cardiovascular, respiratory, muscular and nervous networks, the rapid and beneficial breakdown of glycogen in the blood in the kidneys, an increase in functional capacity. In order for the body to reach a good functional state, it is necessary to use all the exercises aimed at developing endurance. Energy metabolism indicators are needed to assess an athlete's functional status at a given level and level of physical fitness. Primary and secondary indicators are used to determine this; g) the main indicators of aerobic tolerance are; maximum air exchange in the lungs is equal to the volume of oxygen saturation of the blood, the minute volume of blood, the difference in arterioavinosis on oxygen: d) the main indicator of anaerobic endurance is the task of maximal oxygen saturation of the body, i.e. oxidation of all metabolic products that accumulate after exercise and their elimination from the body in the required high levels.

Part of the function of maximal oxygen saturation, that is, the part of the main product of anaerobic glycogen that goes to the oxidation of lactic acid, is called the "maximum oxygen function of the lactate fraction." As an additional indicator of anaerobic resistance, the level of activity of the enzyme system, the total stock of substances used for anaerobic resynthesis of adenazate triphosphate, as well as adaptive and compensatory variability in various tissues and organs can serve as an indicator; e) The types of physical training differ in their parameters (muscle size, type of muscle tension, exercise plan,



strength). For each basic parameter of training, a specific type of muscle work is performed. For example, it is possible to choose an exercise in which the work of the muscles is local, maximal, maximal in its activity. The development of endurance in aerobic and anaerobic regimes is accomplished through the performance of a specific muscle work night. At the same time physiological and biochemical changes develop in the body. The size of these variables allows you to control whether the exercise corresponds to the level of dexterity of the organism. In addition, it assesses how the problem of variability in the human body is solved, and how it increases success and resilience in the field. Choosing the right parenting style is important in cultivating resilience. A flat or uniform style is characterized by a flat work of small and medium power. It plays a major role in nurturing and improving anaerobic processes. This method is recommended at the beginning and in the preparatory stage, as it is the easiest and most useful method for beginners. Return method is characterized by three main parameters of loads: duration, speed (intensity), shortness of repetition time and 2 parameters of rest duration and speed. For example, a sprinter runs 10 times at a speed of 100 m: rest interval is 10 minutes, rest - dull. This technique is mainly used by highly qualified athletes, ie in the final training before the main competition. The exchange method is characterized by three stages of tension (duration, intensity, short repetition interval) and one rest parameter duration. For example: 2000 m is run in the exchange method, 50 m faster, 50 m slower. In this method, the return of the next fastest part of each distance is not completely restored. This technique has been used extensively by athletes from young athletes to junior athletes. Change the length of the running track as well as the length of the slow running section. This method is useful for maintaining the result and can be used effectively to improve it. ^ The interval return is characterized by 4 parameters of the complication method: duration (number of repetitions of series, number 134 of series) and 4 rest parameters (rest interval within series, rest interval between series and the nature of this rest interval). For example: 4 series run 50x60 m, power 3/4, rest interval between series 1 minute, series interval 5 minutes, rest interval between series is weak, mixed between series (slow in the first minute, next 3 minutes - often last minute of running - dull). Exercises in the interval return method can be performed with many options, so its application is very wide, it can be considered as the main method of training endurance: a) maximum method of exertion - the trainee is given as much load as possible or a very complex exercise is performed, in which the exercise is performed infrequently, repeated at most 1 - 2 times. If, over time, the exercises allow you to do more of these exercises than indicated, you will need to increase the tension and complicate the exercise in order to maintain the style content; b) rehearsal method - performing exercises that are a little lighter than the previous one, or exercises at a higher level, 30-60 nigg, with as many repetitions as possible; c) interval-return method - a light load; or performed in series using your own body weight, and the time of the exercise: - rest time between repetitions and series; - number of training sessions; - Most importantly, the speed of each exercise is clearly limited. Later, the term "circular training" was derived from the interval method, which is still the main tool in the development of strength in the body. 5. When talking about methods of developing the quality of agility (speed), we mention methods that are similar to the methods of developing endurance, but with the following conditions: a) any exercise or its repetition should be performed at maximum speed; (b) Exercises should be performed at a high



intensity before the onset of sleep; (c) rest between repetitions should allow the body to recover; g) rest time depends on the stages of acquisition of sports skills. It is important to note that physical qualities are not the only qualities that an athlete develops. For example, in a 25-meter pool, exercises are performed in the following interval-return method; 2 times (in which the intensity is 75 seconds, the rest in the series lasts 45 seconds, the rest between repetitions lasts 3 min. In this case: a) the speed develops in swimming short distances; b) endurance - when performing a series of repetitions of the whole exercise; c) power - when swimming long distances; g) flexibility - in any movement; d) agility - increases in the performance of turns. The training of all qualities is manifested, especially in periodic exercises. Sports Training Planning Before beginning the issue of sports training planning, it is necessary to define its tasks and objectives. The main purpose of sports training is to train highly qualified athletes. They must be ready to work hard and defend their country. In order to solve this main problem, it is necessary to pay attention to the following in preparation for study: 1. Educational issue. Athlete's upbringing takes place in the following stages: a) morality - the formation of the athlete's worldview, interests, attitude to himself, others, work; b) intellectual - provides education of creative and cognitive abilities of the person; c) aesthetic - the environment, cultivates the ability to perceive the beauty of sports activities at work; 136 g) The will is aimed at cultivating in the athlete the ability to set a goal and strive to achieve it. 2. Wellness is solved through comprehensive physical training. We need to know in advance the physical qualities of the body and the formation of the body in order to be physically fit. 3. It is an educational process, the purpose of which is achieved through technical, tactical and theoretical training. A fitness training plan is designed for a variety of educational activities that have specific objectives. The most common types of planning are: 1. Long-term planning - usually 4 years. This includes the period from one Olympics to another or from one Spartakiad to another. The plan aims to prepare talented athletes for the Olympics at the university. This planning allows you to prepare in an orderly and rhythmic manner in relation to the races. The three main goals of long-term planning are to cultivate special and general qualities in the athlete and to raise them to the top of the spoiler. 2. According to many physical education experts, annual planning of sports training is of paramount importance. Depending on the tasks and objectives set for the athlete for the year, as well as the level of sports training, the annual planning will be as follows: a) a one-time schedule of sports training exercises. Such planning has one preparation, one competition, and one transition period at the end of a period (year). Such planning is made for athletes who plan to compete in 1-2 races a year, but Lilar will be held in the short term until the month of the competition. One-time planning has its advantages, especially the long training period, which allows you to develop each physical quality in detail. It takes a lot of time to cultivate each quality and use all the tools and methods to improve them. As mentioned above, one-period planning is mainly designed for athletes who are just starting to train, and some talented young athletes only show up after a long time. allows you not to "miss" some of your abilities; b) two-period planning and "dual-period" planning. The difference between these two sports training plans is small: in two-period planning, there is a transition period at the end of each period. It is used when there are 2 or more planning periods (according to the calendar), and the "one-time plan" is one at the end of the year.



Signs and qualities of endurance require a lot of repetition of exercises, long periods of exercise. Endurance breathing, holding the breath inward, and the habituation of muscles and all joints to perform heavy and light movements are paramount. Endurance traits and qualities are more commonly encountered and defined in the following active actions.

1 In athletics running short, medium and especially long distances (10-20 km and more) occurs difficulty breathing, fatigue of the legs and arms, weakness. In particular, the arms, shoulders, waist and as a result are created opportunities for the above activities to pass easily or to endure them.

2. It is natural to get tired to some extent in swimming, football (running for 90 minutes, kicking a ball) and other sports. To overcome and endure them, each trainee needs more exercise. It is natural that schoolchildren and students get tired in physical education classes (athletics, gymnastics, wrestling, etc.). Because most young people do not have enough physical training and special training. For this reason, first of all, it is necessary to have physical development and special physical training. The concept of socio-cultural living conditions, physical labor and physical qualities in sports are directly related to each other. That is, in daily behavior, in the learning process and in physical labor, such as "agile", "light", "agile", "excellent", "strong", "brave-courageous", "endurance-endurance". folk expressions are common. In their context, the terms used in science, such as "endurance", "strength", "flexibility", "agility" are understood as physical qualities. These, in turn, are combined with phrases and concepts such as "physical training", "physical development", "special physical training", "sportsmanship", "sports form". It will be possible to make some comments about their most important symptoms. Strength is the basis (father) of 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. In sports, strength is mainly used in weightlifting, wrestling, boxing, arm strength testing, weightlifting. In the sports mentioned above, the muscles are used to pull, stretch, push, hit, hold (barbell), and so on. In this case, the characteristics of each sport, technically and tactically, the qualities of slow, fast and fast-force are used in the performance of movements. Muscle strength (dynamometry, stanometry) and speed of movement (stopwatch, computer, etc.) are the main ones, which are measured by special instruments. The speed of movement (swimming, running, hitting the ball, kicking, etc.) can be related to strength. That is, swimming, running, kicking the ball into the goal, technical and tactical movements, speed and strength are intertwined. When pulling on a horizontal bar, strength and technique are technically interrelated. That is, the speed at which the shoulders, neck, and head are raised, and the slight forward lift while keeping the legs straight, make it easier to pull on the arms. This means that in order to be strong, you also need to acquire the qualities of speed. unload it. There should be more strength in the arms, waist, legs. The technique for doing this activity can also vary. That is, lifting with both hands or carrying in a hug; In rural areas, the terms "wrestler" (strong) and rider-wrestler (light-strong) have long been used in wrestling and kupkari (goat) games. They practice for many years to acquire this quality and physical quality (strong). It uses a variety of tools and methods.



REFERENCES

1. Karimov I.A. Uzbekistan on its path to independence and development. T; Uzbekistan, 1992. Volume 1, page 36.
2. Karimov I.A. The legal guarantee of our great future. T; SHarq.1993-2tom.92-bet.
3. A healthy generation is our future. Speech by President of the Republic of Uzbekistan Islam Karimov at a meeting dedicated to the approval of the Healthy Generation Program. T., 2000y.
4. Harmoniously developed generation is the basis of development of Uzbekistan. (Congratulations of the President of the Republic I.Karimov to the participants of the sports conference "Universiade-2000") Tashkent - 2000.
5. F.A. Abduraxmonov, V.A. Lemeshkov, A.N. Livitskiy, SH.K.Palov, Ya.I.Yarotskiy "Preparation of sportsmen" Tashkent-1992. iz. otd. UzGIFK.
6. Palov SH.K; Abduraxmonov F.A.; Akramov J.A., «Sport»; Textbook. O'zJTI; T-2005.
7. Salamov R.S. "Theoretical bases of sports training" UzSWLI. Publishing house.T-2005.
8. Salamov R.S; Yunusova Yu.M. Textbook "Theory and methods of physical education." O'zDJTI. Tip.T-1997.