

PHYSICAL PREPARATION - AS AN IMPORTANT CRITERIA FOR CHILDREN'S SPORTS SELECTION

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Annotation: This thesis deals with the content of physical training in the selection of children for sports.

Keywords: health, physical education, organization of mass sports, complex sports competitions, laws of heredity, body shapes.

Аннотация: В данной дипломной работе рассматривается содержание физической подготовки при отборе детей к занятиям спортом.

Ключевые слова: здоровье, физическая культура, организация массового спорта, комплексные спортивные соревнования, закономерности наследственности, формы тела.

Today in our country it is important to improve the health of schoolchildren and students, the general population, the organization of mass sports, the organization of complex sports competitions, the selection of talented athletes from among young people and their targeted training. is one of the functions. The progressive rhythm of our lives requires more physical activity and physical fitness.

In particular, the formation of professional qualities and skills based on the widespread use of physical education and physical training tools and methods, increasing the resistance of the human body to various occupational diseases is of great importance. Incorporated into the system of education and upbringing from pre-school education, it describes the basis of people's physical fitness - the acquisition of a fund of life skills and abilities, the multifaceted development of physical abilities.

Its important elements are the "school" of movements, the system of gymnastic exercises and the rules of their implementation.

Physical development is closely related to children's health in the selection of children for sports. Health is not only a all-round harmonious development of a young person, but also a leading factor determining the success of the profession, the effectiveness of his future professional activity, and constitutes the general well-being.

When selecting children for sports, it is important for the physical education teacher to pay attention to their physical development. The reason is that physical development provides the child with active physical activity in all kinds of sports. Let's talk about physical development. Physical development is a process of biological formation, a change in the natural morphological and functional characteristics of an organism during human life. We assess a child's physical development based on his or her height, body weight, chest circumference, lung capacity, maximum oxygen consumption, strength, speed, endurance, flexibility, and agility. When selecting children for sports, we should pay special attention to changing the above indicators of physical development in the desired direction through exercise, various sports, a balanced diet, work and rest. In the selection of children for sports, the management of their physical development is based on the biological law of exercise and the law of unity of forms and functions of the organism. However, physical development is also related to the laws of heredity, which should be considered as factors that facilitate or conversely hinder a person's physical development. The process of physical development is also subject to the law of age assessment. Therefore, at different ages of the organism: formation and growth, the highest development of shape and function, taking into account the characteristics of aging, it is possible to intervene in this process to control it. In addition, physical development is related to the law of unity of the organism and the environment and depends on human living conditions, including the geographical environment. Therefore, the

impact of these laws should be taken into account when choosing the means and methods of physical education.

Health is not only a all-round harmonious development of a young person, but also a leading factor determining the success of the profession, the effectiveness of his future professional activity, and constitutes the general well-being.

In conclusion, it should be noted that physical development is a key factor in the selection of children for sports. This is because physical development affects a child's physical nature and helps to develop his or her vitality and overall mobility. This, in turn, serves to increase the spiritual potential and, ultimately, leads to the full development of the individual.

The role of physical culture in shaping the basic qualities and characteristics of a child is enormous. One must be able to think abstractly, develop general rules, and act according to those rules. But it is not enough to think and draw conclusions - it is necessary to be able to apply them in life, to achieve the desired goal, to overcome obstacles along the way. This can only be achieved with proper physical training when selecting children for sports.

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