

Developing the Physical Fitness of Girls High Jumpers

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Annotation: This article deals with the results of control tests of the physical fitness of female high jumpers, aimed at improving the physical fitness of athletes, were obtained and analyzed.

Key words: High jump girls, training processes, special physical training, physical fitness criteria

Actuality. Today, scientific work aimed at planning and conducting training processes in accordance with the modern students of the system and training of athletes for the high jump of athletics in the world is being carried out by scientists in the field [2]. In particular, the President of the Republic of Uzbekistan Sh.M. Mirziyoev dedicated to the issues of "increasing attention to young people, involving them in culture, art, physical education and sports, forming their skills in using information technologies, promoting reading among young people, and increasing the employment of women." 5 important initiatives were put forward by the head of our country among the current issues at the meeting of the video selector, and the second initiative was defined as physical training of young people and creation of necessary conditions for them to show their abilities in the field of sports [1]. Based on the analysis of the studied scientific literature, scientific research was carried out to solve the problems related to the tools, methods, general physical training and special physical training loads, the intensity of performance, the number of repetitions, rest intervals used in the training processes in accordance with the physical fitness of high jumper athletes, and it was put into practice. have been implemented, however, problems related to more consistent application of criteria for physical training of athletes have not been sufficiently implemented [4,5,6].

Formulation of the problem. In the world, the type of high jump is one of the types that show the highest results, and representatives of this type have already managed to gain fame in the world arena [2]. Despite the high level of physical and psychological preparation of athletes, their results are not stable in the main competitions, the Olympic Games and the World Championships [7]. Today, 16-17-year-old girls show results of 194-196 cm, as all leading experts train young athletes early. In order to record these results, it is important for athletes to have sufficient practical skills, physical performance to a certain level, and their psychological preparation. However, determining the criteria of physical fitness indicators of athletes and preparing them more thoroughly is one of the urgent problems.

The purpose of the study: The variability of the physical parameters of high jumper girls is to be determined.

Organization of research. The study involved 20 athletes with the same sports qualification (I Sport Rank). The results of the athletes were determined in special tests conducted as part of the training camp organized on the eve of the Uzbek Championship. Each athlete took part in the tests of flexibility, agility, agility.

The results of the study and its discussion. It is important to choose the norms and directions of individualization of the educational process. When choosing criteria, attention should be paid to the important components of training that determine performance in sports. Secondary criteria do not give the expected result, as they only address individual issues of preparation [4]. In

the process of sports training, such general and private tasks are solved, which ultimately ensure the strong health, spiritual and mental education of the athlete, harmonious physical development, technical and tactical skills, special physical, psychic, moral and volitional qualities, as well as the formation at a high level of knowledge and skills in the field of sports theory and methodology [8]. Differences in the natural tendency of athletes to develop physical abilities, the individual nature of the entire long-term training of athletes determines significant differences in the composition of special training. For jumpers with a 1st sports rank in the conditions of pre-competition activities, the variability of the indicators of physical fitness of athletes was determined in order to test this theoretical and methodological pose. The parameters of the levels of training of high jump athletes using specially sorted tests were determined, and we expressed through Table 1 that this physical fitness has significant differences in its indicators.

Table 1
Analysis of the indicators of the physical fitness of 1st ranking high jump girls

No	Names of the Tests	Average indicator
1	High knee lift for 10 minutes by standing (times)	32,6
2	Standing long jump (cm)	218,3
3	Standing triple jump (cm)	724,9
4	Standing high jump (cm)	39,7
5	Maximum squat with a barbell	67,5
6	Lifting the barbell up to the chest	38,5

If we pay attention to the results in the table, the level of development of physical qualities of high jumpers has different indicators, the most similar indicators of which were standing long jump and standing high jump exercises. We can see that the results of the athletes in other tests were partially different.

Female high jumpers with high speed scores had slightly lower results in the maximum load sit-up exercise. Some differences were also noticed in the remaining tests. For example, in the barbell exercise, most of the girls recorded a result that was very close to each other, which is a proof that their level of development of explosive movement qualities is close.

Conclusion.

In the study, the results of 20 athletes with the same sports qualification (I sports rank) were determined in special flexibility, quickness, and agility tests conducted as part of the training camp organized on the eve of the Uzbekistan Championship. Differences in the natural tendency of athletes to develop their physical abilities, the individual nature of the entire long-term training of athletes showed significant differences in the structure of special training. In order to test this theoretical and methodological position, the variability of indicators of physical fitness of athletes was determined for jumpers with 1st sport Rank in the conditions of pre-competitive activity.

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