

Organizing Training Sessions For Submitting Health Test Requirements And Standards

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Abstract

In this article, health tests are used to determine the physical development and physical fitness of the population, and to form a habit of systematically performing physical exercises for a healthy lifestyle.

Key words

Health test, short distance -30m, 60m. running, middle distance - 1000m, 2000m, 3000m, many jumps, standing long jump, throwing a ball or grenade, running like a shuttlecock, climbing a rope.

Introduction

"Health is the wealth of the nation" is not just a simple saying of our wise people. Understanding that the health of our country's youth is not solely their personal concern is one of the leading tasks of a healthy lifestyle and physical culture.

In developed countries, it is common for a healthy worker, employee, or professional to be rewarded by the owner or manager of a company or institution at the end of the year or during its quarters. The absence of a qualified worker or employee from their workplace, being temporarily replaced by someone else, negatively affects the quality of the products being produced. Therefore, in some companies, a compensation is deducted from sick employees to cover the losses incurred by the company due to their absence, as stipulated in the labor contract. Consequently, they are accustomed to strictly adhering to their vacation, rest, and dietary regimen. This is because they acquire theoretical knowledge and practical skills related to a healthy lifestyle during their education in the secondary education system, and they gain theoretical and practical knowledge and skills for rest and restoring the functional state of the organism. Concepts such as "physical culture," "physical training," "physical development," "engagement," and "physical education and sports" are not foreign to them. They will have acquired a certain level of basic knowledge to independently engage in exercises according to their age, gender, and individual characteristics, allowing them to choose the appropriate "physical load" norms, the rhythm, pace, and intensity of the exercises.

Literature Analysis And Methods

A healthy person is forced to live without movement for several weeks (M.M. Krugliy, S.B. Lejneva). Soon after, a decrease in the weight of the individuals undergoing the experiment was observed, along with signs of "thinning" in their bodies, muscle atrophy, and disruptions in respiratory (pulmonary) and cardiac functions. However, once they were allowed to stand up and move, it was noted that the functional state of the participants' organisms recovered within a short period. This indicates the necessity of purposeful movement. To benefit from physical activity, it is essential to know how to set the norms for performing these activities. Only then can one quickly gain confidence in the benefits of engaging in physical exercises.

Research dedicated to the "Movement Regime of Students" aimed at improving the health of students (V.I. Kozlov) shows that the current average daily activity indicators of students only cover 40-45% of the requirements set for their age.

Results And Discussion

1. Health tests aim to determine the physical preparedness of the population in our country, to create a unified system of physical education, and to establish a habit of systematically engaging in physical exercises as part of a lifestyle.

The tests include the following standards:

Sprinting over short distances of 30m and 60m. These types of tests help develop speed and agility. The running is conducted on a track where the start and finish lines are clearly marked, either on a specifically measured distance or on any flat surface. In the case of a standing start (except for the 30m), 4-6 competitors participate depending on the number of lanes. During training sessions and competitions, the start is given by the judge using a starting pistol or flags. The finish time is recorded by judges using a stopwatch with an accuracy of 0.1 seconds.

During training, all running exercises aimed at covering short distances are utilized:

Repeated sprints from the start to 15-20m (2-3 times with a rest interval of 45 seconds to 1 minute);

Repeated sprints with weights over 2-3m (2-3 times with a rest interval of 45 seconds to 1 minute);

Gradually accelerating sprints over 20-25m (2-3 times with a rest interval of 4 seconds to 1 minute)

and finishing;

Running distances against the clock.

We recommend preparing for short-distance sprints with control runs to determine the top 1-2 places and final runs for the strongest competitors.

Results and Discussion.

Health tests aim to determine the physical readiness of our country's population, establish a unified system for physical education, and cultivate the habit of systematically engaging in physical exercises as part of a lifestyle.

The tests include the following standards:

- 1. Short Distance Running - 30m, 60m:** These types of tests help develop speed and agility. The running is conducted on a track with clearly marked start and finish lines, either on a specifically measured area or any flat surface. In the case of a standing start (except for 30m), 4-6 competitors can participate depending on the number of lanes. During training and competitions, the start is signaled by a starter using a pistol or flags. The finish time is recorded by judges using a stopwatch with an accuracy of 0.1 seconds.

During training, all running exercises aimed at covering short distances are utilized:

- Repeated runs from the start to 15-20m (2-3 times with a rest interval of 45 seconds to 1 minute);
 - Repeated runs with weights for 2-3m (2-3 times with a rest interval of 45 seconds to 1 minute);
 - Gradually accelerating runs for 20-25m (2-3 times with a rest interval of 4 seconds to 1 minute) and finish;
 - Running distances against time;
 - It is recommended to prepare for short-distance running with control runs to determine the top 1-2 places.
- 2. Middle Distance Running - 1000m, 2000m, 3000m:** These are standard runs that help develop endurance. They are conducted on a running track with clearly marked start and finish lines according to the distance. The runs start from a high start position, and 12-15 participants can compete simultaneously. The judges maintain strict control over the participants. The finish time is recorded with a stopwatch accurate to 1 second. During training, all types of long-distance running exercises are utilized, including running on uneven terrain, in parks, gardens, sandy areas, and other locations. It is recommended to run half the distance while gradually increasing speed, then run the entire distance while varying the pace.

3. **Multiple Jumps:** This develops physical qualities such as speed, agility, strength, and explosiveness. The jumps are counted until the students can no longer jump on one leg or switch to the other leg. Exercises can be performed in a gym or on a flat field. The count of jumps can be done independently by the children or with a partner. To prepare for the multiple jumps, they can practice jumping with a rope or imitate movements in active games (like rabbit, kangaroo, frog, birds, etc.). Only the jumps made on one leg are counted.
4. **Standing Long Jump:** This standard helps develop speed and strength qualities. It is performed on a flat surface (field) where the landing area is as soft as possible. A start line is marked, and measurements are taken using a tape measure (centimeter tape, ruler) with markings every 5(10) cm. The participant must stand without stepping on the start line. From a semi-squatting position, the participant swings their arms forward and upward, pushing off sharply with both legs to land. The result is measured from the start line to the nearest part of the foot (or body) that touches the ground. If any part of the body (hands or torso) touches the ground behind, the measurement is taken from the start line to the nearest point of the body.

If the start line is stepped on with the toes during the jump, the jump is not counted. The jump is performed three times, and the best result is recorded in centimeters with an accuracy of 1 cm.

During training, the following jump exercises are performed: jumping with a rope, jumping in place with added weights, jumping onto and over raised platforms, and jumping from a standing position for distance. These requirements also apply to the standing long jump.

5. **Throwing a Ball or Grenade:** These standards help develop coordination and accuracy. The throw involves throwing a grenade or a ball (weighing 150g) on a flat surface to hit a target that is 150cm high and 100x100cm in size from designated distances. Throws are made from the start line, aiming at targets set at distances of 8, 10, 12, 15, and 20m. Competitors throw twice from their positions to practice, then perform five throws that are counted. The result is recorded as "hit" or "miss."

The landing spot of the ball or grenade is recorded in meters and centimeters with an accuracy of 1 cm. During training, exercises for throwing are utilized. General developmental exercises should engage all muscle groups: precise arm movements at the shoulder joints, imitation exercises, throwing small stones, throwing tennis balls at targets, varying distances for throws, standing throws, running throws, and unaimed throws. Exercises are performed with both the right and left hands and repeated.

6. **Running for Endurance for 6 Minutes:** The running path follows the lines of a volleyball court. Color markers are placed 50cm away at the corners and center lines of the court. The length of the track is 54m, and participants must run as many laps as possible within 6 minutes. The group consists of 10 participants. Walking and running are allowed during the 6 minutes, and participants must stop at the end of the time. The result is determined by the number of laps completed (one lap is 54m) and the distance covered in the last lap.
7. **Mokisimon Running:** A distance of 10 meters is measured on the running track. The run starts from the "start" line with a high start and continues to the 10m line. The participant quickly turns around and runs back to the "start" line, then turns again and runs to finish at the 10m line. The start is signaled by the judge.
8. **Climbing a Rope:** The standard requirements are accepted on standard ropes. Participants are allowed to climb using their feet and hands or without using their feet.
9. **Climbing Up and Down Gymnastics Wall Ladders:** Climbing exercises are conducted on special gymnastics walls.
10. **Walking on a Gymnastics Bench:** The sitting part of the gymnastics bench is placed on the floor, with the narrow part facing up, and balance exercises are performed while walking.
11. **Bending and Straightening the Arms:** Participants start in a lying position supported by their arms. Upon signal, they bend their arms and then straighten them. The count of the bending and straightening of the arms is recorded during the exercise.

At the turnstile, two participants are allowed to perform the pull-up exercise simultaneously under the command "Possible!" The counting is conducted by judges standing opposite the participants, who loudly announce the count. Incorrectly performed pull-ups are recorded with the command "Do not count!" At the end of the exercise, the results are announced to the participants and the secretary recording the competition.

During the training process, general developmental exercises are performed both with and without equipment: various methods of pull-ups (lying, hanging, standing), pull-ups on a high bar, hanging with the help of a partner; maximum repetitions, static exercises hanging by hand; pull-ups are used to calculate the results. To gradually increase the number of pull-ups at a steady pace, they can be performed at the end of the "morning physical training exercises" set.

13. Lying on the back, raising the torso. A standard that serves to develop physical qualities. The exercise is performed on a flat surface while lying on the back (supine), with the feet held by a partner, and the hands behind the head. After the initial position is taken, the participants are given the command "Possible!" The result of raising the torso is recorded by the number of repetitions (20, 30, etc.). If the torso is raised to a vertical position, the exercise is considered completed. The exercise is performed with the legs held straight. Various shaking movements are applied while sitting on a chair, bench, or the ground, performing general developmental exercises, shaking the legs, bending the knees while simultaneously bringing the knees to the chest, raising the straight legs to a high angle. While lying on the back, raising the straight legs alternately, raising the torso with the hands in various positions (hands on the waist, shoulders, behind the head), raising the torso in the same manner with the legs in a supported position (gymnastics bench, gymnastics wall, other equipment, partner), completing the standards fully.

14. Swimming. A standard that helps develop physical endurance and other qualities, as well as movement skills in water. Organizing swimming exercises requires special attention and caution regarding the acceptance of swimming standards. It is necessary to comply with all rules that ensure the safety of exercises and competitions. Exercises and standards can be accepted in swimming pools or natural water bodies (rivers, lakes) in specially equipped places, following safety rules. The exercises should take place in areas of the water body with a depth of 90-120 cm along the shore.

Participants who can swim are allowed to take the standard; those who cannot swim should be trained in exercises before being allowed to participate in competitions. To accept swimming, the start judge calls the participants to the starting position with a long whistle. With the judge's command "To the start!" the participants take the swimmer's starting position, and with the command "Go!" (the shot of the starting pistol), swimming begins. The number of participants in swimming depends on the number of lanes in the swimming pool. The results are measured with an accuracy of 0.1 seconds by timekeepers-judges standing at the beginning of each lane.

15. Shooting. A military-applied standard that forms the initial foundations of handling weapons and shooting skills. During the organization of this standard, it is necessary to conduct a discussion about the rules of handling weapons and the rules of conduct at the shooting range.

Conclusion

Each test exercise has its own theoretical knowledge and practical action speed. Mastering them requires appropriate preparation for the age and the development of physical skills. When the level of engagement is high, the individual's emotional state is elevated, their mood is good, their face is flushed, and a sense of "joy" occurs in their muscles. The engaged individual feels uplifted and practices systematically and wholeheartedly, consciously "delighting" their muscles and befriending physical exercises to maintain their body at the necessary level. As a result, after systematic training sessions, the organism adapts to physical loads and subsequently demands the performance of movements at that dosage. The formation of a habit of

exercising requires the execution of movements. This is a sign that one has become a bearer of a healthy lifestyle and physical culture.

Foydalanilgan adabiyotlar

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