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MORPHOMETRIC FEATURES OF ANTHROPOMETRIC PARAMETERS OF ADOLESCENTS LIVING IN THE CITY OF BUKHARA ENGAGED IN ATHLETICS

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ABSTRACT

Studies were conducted to study the anthropometric indicators of the body of children engaged in gymnastics, as well as the functional capabilities of the cardiovascular system of children aged 10-16 years living in the city of Bukhara. The assessment was carried out using centile tables with the determination of the harmony of physical development. The survey was conducted in the first half of the day, since during this period the studied indicators are most stable during the day. At the time of the study, the children were practically healthy. The assessment of physical development indicators was carried out according to centile scales, which is currently considered the most optimal and generally accepted way to assess physical development.

KEYWORDS: *Anthropometric Studies, Gymnastics, Bone, Blood Pressure, Cardiovascular System.*

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