

## RESISTANT TO THE DEVELOPMENT OF PHYSICAL EDUCATION IN THE LESSONS

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### ABSTRACT

*Compulsory education as an integral part of general culture physical culture of discipline. Of physical culture: health, education and training functions with targeted physical training full is made. Physical education in the context of the article will consider the process of formation of bilateral relations resistant.*

**KEYWORDS:** *Durability, Physical Culture*

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### INTRODUCTION

The issue of education and increase resistant readers in recent years is increasingly growing. This educational standard of the republic of Uzbekistan state, which is determined by the basic requirements of students, is to maintain and promote health. In recent years a trend has been observed among the population of the deterioration of the resistance. The development of this scientific and technological progress, to simplify the life of people and to live a comfortable lifestyle related. Therefore, one of the main functions of the body, the level of work of the teacher, that is, the resistance quickly kamaytirmasdan, the development of the ability to perform any physical work for a long time. Durability-psixofizik in accordance with the purposes of physical activity in stress conditions, the ability to complete and successfully.

Each activity provide certain types of resistant to the development of bilateral relations. There are two of them:

1) The overall durability-the majority of people in this part of skeletal muscle, which would require the use of mo " drake passage to the south-long work is the ability to perform effectively and muscle density.

2) Special durability-resistant human interaction is the ability to show a specific sport.

In turn, the special durability will be the following:

1) Power-the ability to resist almost charchoqqa when working at maximum capacity.

2) Speed - power-man can perform the physical work quickly with the maximum load for a long time. This big power is the ability to run for a long time.

3) Speed-a person may be engaged in the work at high speed for a long time.

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Genetic flexibility and stamina of the common man depends on hereditary factors. Running with the maximum capacity of the working woman average body with genetic factors and power the male body has to have the biggest impact.

Physical exercise, as well as other terms and conditions of nutrition and resistant to affect the growth of human life. The biggest growth happens in 13-26 years of age.

Durability durability is one of the key functions like quality of development is to create favorable conditions for increasing the growth of. Various methods exercises to these terms on physical education program should be included.

There are many methods and exercises for the development of resistant. Physical, cultural and durability in physical activity is associated with many it requires the involvement and continuous muscle at the same time. Therefore, one of the most effective cyclical aerobic exercise, such as long distances, walk, bike, stone long distances, swimming, etc. D. you strength development, if you implement the various techniques, you can achieve the harmonious development teenagers and young durability.

This quick and temporary conditions in a variety of methods containing a variety of exercises includes the major muscle groups.

Different physical exercises and practical sessions in the nature of cyclical as apply. This long-running, cross, rock, konki flying, swimming and other exercise can .local muscle groups in the process of exercise should be applied.

ALSO Zatsiorskiy, author of books and manuals on physical training, during exercise, the burden on their body is complete with the description of the following components

- 1) The intensity of exercise;
- 2) Duration of exercise;
- 3) Repeat number;
- 4) The duration of vacation time;
- 5) The rest of nature.

The speed of the exercise intensity-the intensity until the power is displayed, as well as, at the same time means the number of actions, that is. speed. Exercise intensity and the change of the functional systems of the body work makes a direct impact on the characteristics of the energy supply means of activity. Zichlikda average energy consumption is still at large, if the respiratory organs and blood circulation provides you with the amount of oxygen the body you want without too much stress. Small oxygen debt, which is formed at the beginning of physical exercise, aerobic processes is still fully working, complete the work and in the future it off in the process of a stable condition in the context of real happens.

The number of exercises to be performed determines the level of impact to their body. When used in aerobic conditions, the increase in the number of recurrence takes a while to maintain the high level of the respiratory and circulatory systems. An anaerobic mode of the mechanism of the increase in the number of repeated courses of the central nervous system will lead to blocking or tired. Then stop the exercise or their intensity is drastically reduced.

The duration of the interval of rest of the body, especially the teaching load is of great importance to determine the nature and the size of the response.

The duration of the segment in the context of a lesson in three different vacation interval exercise you need to distinguish between:

- 1) Full interval. Almost full recovery to guarantee repeat them next time, this was before previous performance. This allows you to repeat the voltage functions without additional work.
- 2) Time range. Together with them, a certain inability to position each of the load falls. At the same time, a significant change in quantitative indicators doesn't have to be external, but the physical and mental reserves to the mobilization of the human body increases.
- 3) The minimum interval. This workout most small range of rest in between, then kislородli debt accumulation and management from a number of consecutive binding observed a decrease in the intensity of the workout.

The overall development-resistant and basic methods are the following:

- 1) Standard load or changing exercise intensity using the combined method of constant exercise;
- 2) A method of exercise a repeated interval;
- 3) dairesele a method of education;
- 4) Method of the game;
- 5) Competition method.

The entire muscle group only method of continuous long-term physical and operational performance associated with is associated with equal distribution of power and speed. In the meantime, the speed, the rhythm, temp, amplituda the large body of the movement to try to maintain that power it is important. Workout for small, medium and maximum speed it can be done.

The argument of the method of speed, speed of movement amplituda of great change and others aimed at constant intensity during the exercise of power that have the same sequence change is different.

The method strictly in the dosage interval and pre-planned exercises with variable load with standard and to include vacation time. Thus, the effect of education appears not only at the time of the vacation, but not the time to rest. Such shipments to the body mainly aerobic-anaerobic special to the development of resistant and has an effect to be effective.

The method of exercises in the form of competitions to include in the group competition, the competition increased from personal achievements here gives additional motivation for cutting.

The style of the game, which is a permanent change of the situation I am in the process of modeling the development of bilateral relations resistant special game includes extra sensory areas.

Nurturing bilateral relations resistant for using a particular method, each time aimed at the promotion of the load determines the direction of the specified quality, and in the case of the us –

durability. The lessons of physical education this will help the development of bilateral relations in resistant and effective combination.

An integral part of general culture physical culture, obviously, is the discipline of compulsory education. Of physical culture: health, education and training functions with targeted physical training full is made. Therefore, in modern conditions of the development of resistance in physical education lessons at the speed of life and you can come to the conclusion that it is necessary.

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