

THE STRUCTURE OF THE HEART AND ITS PHYSIOLOGY IN REGULAR ATHLETES

Worazbaeva Naubaxor Mratbaevna*; **Shernazarov Farrux****

*Specialists in Physical Education And Sports,
Ministry Of Sports Development
Nukus branch of the Institute of Retraining and Advanced Training,
Republic Of UZBEKISTAN
Mail id: orazbaevanawbaxar@gmail.com

**Specialists in Physical Education And Sports,
Ministry Of Sports Development,
Nukus branch of the Institute of Retraining and Advanced Training,
Republic Of UZBEKISTAN
Email id: maqola2022@gmail.com

DOI: 10.5958/2249-7137.2023.00079.4

ABSTRACT

This article describes in detail the structure, physiology of the heart, regular exercise. Resting heart rate is the heart rate recorded at a state of complete rest of the body, which varies depending on people, gender, habits, and lifestyle. Cardiac output is the amount of liters of blood released per minute by the heart. On average, a resting heart produces 5 liters per minute. The main update required is an enlarged left ventricle, which carries a heavy load of oxygen-rich blood through the aorta to the rest of the body. The muscle walls of this chamber thicken and the space inside expands. At the same time, other chambers of the heart work harder to grow. The long-term consequences are not fully understood. Some studies show that the correlation between training and heart disease risk is a U-shaped curve rather than a decrease in decline. In other words, as you become more sedentary and moderately active, your heart problems will decrease. But if you work your heart out for a few hours a day, the risk may increase again.

KEYWORDS: *Cardiovascular System: Collective Action.*

REFERENCES:

1. <https://1xmatch.com/uz/>
2. <https://uz.mansfit.eu/>
3. National Encyclopedia of the Republic of Uzbekistan (2000-2005)