

Concept of Physical Burden

Z. A. Nazarov

Tashkent Institute of Finance Senior Teacher of “Physical Culture and Sports” Department

Abstract: This article defines the concept of physical load, load ideas about organization, body preparation and training processes are expressed.

Keywords: load, exercise, organism, body, physical training, rest, strength.

Physical load, exercises have a certain effect on the body of the participants is an indicator and a factor that increases their physical capabilities. This includes the body and expending the inner possibility of exhaustion, which directly contributes to the recovery process is achieved through the laws of the restoration process are applied to the physical load requires to be carried out in connection with rest. Every method of going is physical, alternating between organizing the load and resting it is the basis of the structure of educational methods. The download is divided into the following types: variable, unchanging, continuous and intermediate, rapidly increasing, decreasing.

Constant intensity of muscle work during exercise during constant loading is stored. In this case, the size of the external load is the same: the internal side of the load (physiological, mental) is also the same is constant and changes only in proportion to the duration. Do not load conditionally It is accepted to distinguish between internal and external aspects. The internal side is the possibilities of physical activity recruitment (pulse, air capacity in the lungs, blood pressure and other indicators; the external side is the number of repetitions of exercises, their duration, speed, pace of movement the amount of weight in use.

Internal indicators are individual exercises in the training process, the number of exercises determine and help the athlete to target the load. Various practical, verbal and instructional methods are used in the process of physical education. As in all methods, movement training and improvement, training of physical qualities is also used.

Practical methods, the method of exercises is based on movement. They are self-loading and rest shows a certain exchange of getting. Structure of practical methods in physical education load and its characteristics during physical exercises before starting training volume and intensity should be familiar. When loading physical exercises, volume and intensity is different from each other. Some exercises have a long effect when it comes to the size of the load to do, as well as in a certain period of time (in certain exercises, in a stage in a microcycle, in a period) the total amount of physical work performed is understood. When it comes to load intensity, the known effect of physical exercises on the body of the participants understood.

In the initial state of the organism, there is equality between the load and the reaction to it; one has the same counter-effect to the type of load; the size and intensity of the load if there is, there will be more changes in the organism; the less the load, the more the change it will be less.

In the process of physical education, in addition to the complexity of movement, physical all components of the load should increase. Like more strength, speed and endurance the laws of development of physical qualities stipulate this. Do not underestimate the level of positive changes that occur in the body under the influence of physical exercise It is very important that it is

proportional to its size and intensity. How intense is the download? if there is, the recovery and "extreme recovery" processes will be stronger. To be able to fulfill the basic conditions of increasing activity in the process of physical education was considered in connection with the analysis of the principles of individualization and regularity. Those who are engaged in the execution of new tasks and related downloads if it is possible, if the loads correspond to the functional capabilities of the organism or gender increasing requirements only in accordance with individual characteristics will bring positive results can come Fatigue is the same as the organic connection of the regeneration processes of the body taking into account the passage of time, to understand the relationship between loading and rest possible The exercise process also includes rest. Rest is based on certain rules it is considered an organizational part of the exercise only when it is held. Too short or too long rest breaks the training plan, too little or too much exercise in the main part can be a reason to do it. This includes rest during exercise (loading and rest it is required to perform the addition of receiving) in the most convenient situation. Rest during exercise performs two main functions:

1. It ensures recovery of the body after exercise.
2. The download is used as an increase in work efficiency.

There are two types of rest during physical education:

1. Lethargic (relative inactivity, not actively moving).
2. Active (other types of activities that are different from tiring, boring activities to deal with).

Training strength, quickness and agility from physical qualities by repeating the exercises a rest interval between loadings is given for to educate special endurance loading using a tight interval in some of the types of focused repetitive exercises is given.

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