



SYMMETRY (PROPORTION), DIMENSIONS OF PHYSICAL DEVELOPMENT

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ANNOTATION

To put an end to the controversy about the ideal human body, the content of the symmetry and size of the development of the human body was described. It is designed to improve the professional and theoretical training of a large number of specialists in physical culture and sports.

Keywords: physical culture, movement, athlete, scientist, ideal human

In the chapter "Model Body of an Athlete" by the well-known American scientist Benjamin Lowe, he refers to the external quality of physical development - "proportion (symmetry) of the development of parts of the body, appropriateness of movements, the quality of the performance of the actions performed according to the profession. , the attractiveness, elegance, beauty, appropriateness of the vital and necessary movements from the outside, the absence of excessive muscle tension in their movements, the moderation of the development of the muscles, the strength and other qualities of movement are not superior to each other . is defined ¹as

In historical literature, there is information that the tariff and tax type of physical development were initially interpreted differently by artists.

Based on the results of their observations, when determining the structure (level of development) of the human body, they separated a part (piece) from his body and created the overall size of the body based on the size of this part.

For example, in ancient Egypt, man The development of the body is measured by the module so, the length of his index finger was taken and the length of the body was estimated by placing it 19 times. If it is shorter or longer than the length of 19 fingers, it is considered that the length of the body is not normal.

¹ Benjamin Low. The beauty of sports. Interdisciplinary research., translation from English, I.L. Monichayeva. Moscow, Rainbow. 1987.



The size of the head was measured **in 3 finger lengths, and the thigh in 4 finger lengths**, etc.

The famous Greek sculptor Polycletus took the **width** of the palm based on the size of the structure of the human figure. According to his rule, the head should be 1/8 palm width, the face should be 1/10, and the head and neck should be equal to 1/6 palm width.

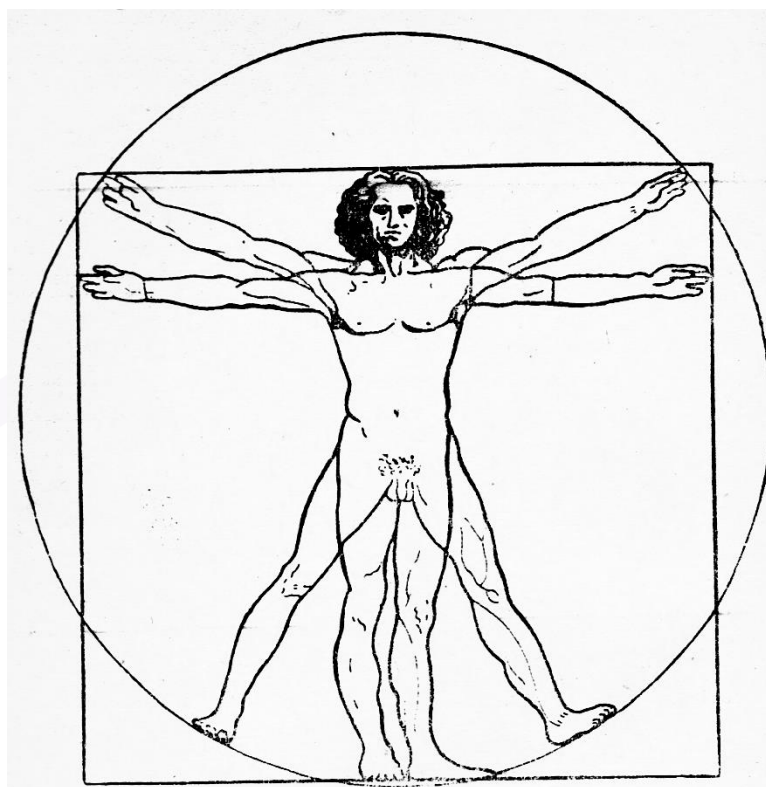
Greek artist Lysippus, a contemporary of Alexander the Great, based his body measurement system on **the height of the human head**. 8 times the height of the head is taken as the length of the body.

It is assumed that the length of the body is equal to the length when both hands are raised to the side at the height of the shoulders. This scheme has survived and is still used today (see Figure 1).

The inventor of the Renaissance, the great artist, sculptor, anatomist, Leonardo da Vinci placed some elements in the square recommended by his contemporary Lysippus - the "Lysippus square" - in the drawing of the body structure he drew up. The human navel is proportional to the development of the organism defined as the center of symmetry. This theory has not lost its importance until now. It is used in all cases related to the essence of physical development.

In the ancient Greeks, they used the picture of the great sculptor Polycletus, the author of the famous Doriphorus statue, to determine the measure of physical development (picture 1).

the model (ideal) appearance of the human body continue even now. The attempt to represent the shape of our body in sculptures was started by the ancient Greeks in the 6th century AD. As an ideal (model-style, ideal) figure, they represented the body shapes of fist fighters or wrestlers, which was a tradition in the sport of that time, through sculptures.



1 – picture. Proportion (symmetry) of physical development

The shoulder girdle part of the wrestler's or boxer's body is significantly developed compared to the muscles of the pelvis, locomotor apparatus, relatively coarser, if we pay attention, the superiority of the quality of strength is clearly visible. We wrote that the debate that began at that time about the shape of the body, which has developed in the manner of an agreed model, continues to this day.

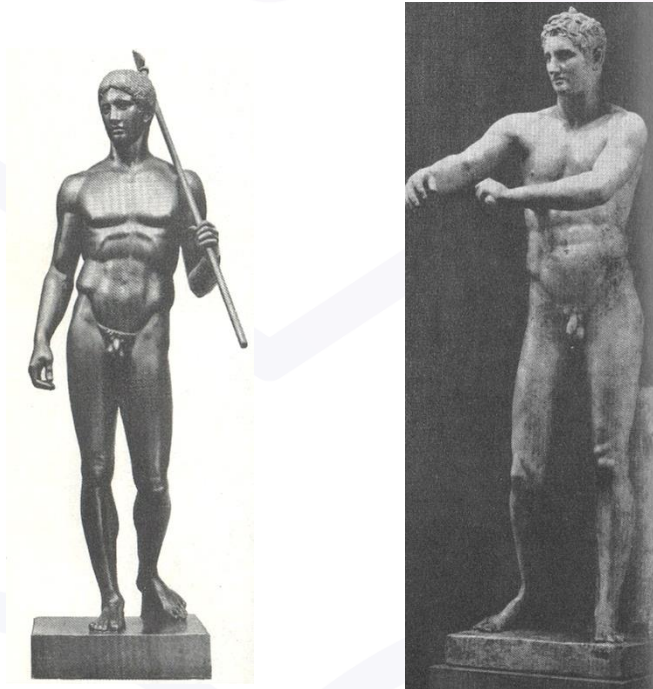
According to the English scientist Paul Weiss (1987), "an athlete is a special person, the transition (gradation) of his beauty and development of his body from one state to another (gradation), the coordination of his movements, the maturity of his muscles, his hard work, his ability to engage in activity and catch himself, sports equipment is his body." the fact that he became one of the "members", his coordination - his ability to purposefully use the standard of his physical capabilities to show the maximum result - puts him above the others. ²

Dorifor's figure is handsome, strong, but his muscles are not overdeveloped, he looks more like a javelin-carrier than an athlete who does a lot of sports if necessary. The beauty and appearance of the human body, which became a

²Benjamin Low. The beauty of sports. Interdisciplinary research. Translation from English by I.L. Monichayeva, Moscow, "Rainbow", 1987, 22-st.

symbol of Greek art, was distinguished by its originality in household items of that time. We have given the dimensions of " Dorifor " in pictures 2-3 . He has the stature of an all-round athlete, rather than the image of a "spear-carrying man" with a muscular appearance. Figure 4 shows the image of the athlete's ideal form and graceful stature in works of art, especially in sculpture. These are taken as a hymn to the development of the human body.

Normative indicators of specific and **appropriate physical development of people of different ages in our country** the results of the researches carried out during its creation indicate the need to create a bank of indicators based on scientific theory, which represents the current real situation. The proof of this opinion can be seen by analyzing the results of passing the requirements and criteria of the "Health Test" .



2 - picture. Statue of Doriphorus. 3 - picture. Work of art



Figure 4. A representative of the ancient Greek fist fight

This problem, which is inextricably linked with the nation's gene pool, social life, lifestyle, has not yet been fully explored.

In fact, we enjoy well-developed, well-shaped muscles, and we have a negative reaction to rough, strong muscles. An overdeveloped muscle group spoils the beauty of our body. The clothes we wear don't fit, the size of the ones made based on the standards of development are not suitable, the dimensions of the social activities are too narrow or too large, these are the negative consequences.

For example, Abdominal muscles are not developed to the required level, causing our internal organs to move from the place they should be located in our body, thereby changing the appearance of our body. Enlargement of the liver, digestive organs located in the pelvis, including the stomach, small intestine, duodenum, etc. causing it to move from place to place. In its place, it causes the belly to hang, the chest and heart area, the walls of blood vessels, the subcutaneous fat, and as a result, it has a negative effect on the flexibility of several organs. Blood in veins warmed by a layer of fat, air circulation causes the work to be difficult³.

In the actions of the individual gi The resulting mismatches are their own turn has a negative effect on his psyche. Fix them, physical development through regular

³ Kenneth Cooper. Aerobics for good health. Moscow, "FiS", 1989



exercise and fitness lots, physical labor at least twice a week, it is carried out by using activities such as long sweating in the bathhouse or "sauna" and physical exercises. In addition, liquid food containing x s, warm, soft and white bread, fried fatty foods, milk, gazi, kebab, salty foods, egg, Abstinence from alcohol is very important.

Every day at least 40 minutes of walking, jogging, closed in winter bathing in open water pools for at least one hour in summer, burning and finally losing its luster, You have to give up the habit of sleeping on your side.

The most basic rule, fed up spread out It is good to have a moderate level of physical development and training by creating a stereotype of doing systematic exercises with a certain amount of loading of the muscles after one year by refraining from eating junk food. Systematic physical culture exercises are of good height, thin m, makes the owner of a beautiful appearance and, most importantly, strong health, moreover, creates a source of biological power, which is considered very necessary for internal organs.

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