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DEVELOPMENT OF PHYSICAL ACTIVITY QUALITIES

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Annotation:
Dependence of movement on joint mobility The mastery of movement activities is not only related to the development of skills, but also the strength, speed, endurance, agility and flexibility required to perform the exercise. It also depends on the mobility of the cells. 0 'Knowledge of the relevant laws by the anteater allows you to work correctly on exercise techniques, to determine the age limits, to increase the effectiveness of quality. mobility is understood. Both terms action and physical qualities have the same right in the science of physical education.

Keywords: Movement, physical training, strength, speed, endurance, agility, age, physical activity, joint, physical quality, exercise.

Dependence of movement on joint mobility The ability to master movement activities is not only related to the development of skills, but also the strength, speed, endurance, agility and joints required to perform the exercise. also depends on mobility. 0 ‘Knowing the relevant laws by the anteater will allow you to work properly on exercise techniques, set age limits, and improve quality efficiency. General Description Physical qualities are the qualitative characteristics of physical activity: strength, speed, endurance, agility, and joint mobility. Both the terms "movement" and "physical attributes" have the same right in the science of physical education because they combine attention on a variety of factors. Finally, when considering the qualitative characteristics of motor activity, from a physiological and psychological point of view, a third term is used - "psychomotor quality".

It is accepted to divide the movement qualities into independent groups: speed quality, power quality, endurance quality and others. But there are psychophysiological mechanisms, similarities in a number of qualities. The search for different qualities of the general component and the mechanism leads to their diffraction, to the determination of their composition. Some qualities that were once considered simple are now divided into the simplest,

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which are not related to each other. At present, it is not only possible to give a legal classification, but also to determine the emergence of a clearly different quality mechanism. It is necessary to distinguish 59 general and special components among the components that make up the qualities of movement. In general, many actions belong to the qualities (e.g., willpower quality, endurance). A special component is a condition that is specific to a quality. It is expedient to divide the qualities of movement into simple and complex. The latter, for example, agility and targeting are complex qualities. The mental quality component includes the quality of the target, the quality of the eye size. The basketball player goes through the stages of development to simple and complex movement qualities.

In the early stages, the development of one quality leads to the development of another. Then the growth of another quality inhibits the growth of another quality (a violation of the relationship of exercise). The antagonism (dependent a-resistance) between anaerobic and aerobic processes of a certain mechanism in the formation of such a state slows down the development of one quality and the development of another. Movement qualities are characterized by heterochrony (different timing) depending on age. This means that different movement qualities have their maximum development at different ages (for example, speed qualities appear at the age of 13-15, strength qualities at the age of 25-30). Changes in the direction of movement in each of the qualities of movement are seen during the maturation of the genitals. During this period, the speed of force increases the rate of development of quality, the coordination of movement slows down or stops temporarily. This is due to changes in neurodynamics: increased agitation, mobility of the nervous process, the appearance of the quality of power and speed, and the inhibition of coordination. Power and the method of its development Man's strength is the ability to overcome external resistance or to resist external forces, or to perform a useful action. First of all, a person tries to affect a stationary object (sports equipment - throwing, jumping, gymnastic exercises), and secondly, under the influence of external forces, the initial body retains a static position. There may be such forces from external influences. For example, in boxing, beating opponents, body weight, or hanging and holding a corner. The psychophysiological mechanism of this quality, with the regulation of muscle tension, is related to the operating mode conditions.

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Muscle tension depends on the work of the central nervous peripheral branches of the will, motor system, in general, muscle tension is divided as follows: 1) the frequency of impulses from the center to the muscles (the higher the frequency, the greater the muscle tension); 2) the number of voltages applied to the unit of motion; 3) muscle excitability and the presence of energy sources in it. Muscles can be formed on the basis of the mode of movement: isometric (without changing the length of the muscles), this mode is used to maintain a state; myometric (isostatic, muscle length decreases, but muscle tension does not change), this mode applies to cyclic and ballistic movements, the phase of muscle contraction; pliometric (in the c h o 'rupture of the muscles), which is associated with jerking, and is characterized by squatting, throwing, and depressing movements. Types of strength abilities are distinguished according to the characteristic aspects of the muscle tension regime. Individual power ability in static mode and slow motion is divided into power speed ability during fast motion. The ability to generate a lot of power in a short period of time is called explosive power. Distinguishes the types of strength skills according to the nature of the exercise. In static mode and slow movements, agility is divided into power ability (dynamic force), which is visible in fast movements. It is the explosive power, the ability to exert maximum force in a short period of time. In jumping, for example, it appears in jumping.

The main factor in the appearance of human strength is muscle tension, as well as body mass (weight). It is therefore again divided into absolute and relative power. The first is the force exerted by a person on any movement, regardless of body weight, and the second is the force exerted on a person equal to 1 kg of body weight. Measurement of power. Absolute power is characterized by the dynamometric index of a person's ability to carry a limited weight. Relative power is measured by the ratio of absolute power to personal power. In people of the same training, but of different weights, the absolute strength increases with increasing weight, and the relative strength decreases. As this body size increases, so does its weight relative to muscle strength. 61 In a number of sports (e.g., throwing), success is provided with great absolute strength. The appearance of strength is directly related to the biomechanical conditions of the movement, the length of the shoulder joints and the physiological transverse muscle. A source of power development methodology. Resistance

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exercises are used to develop strength. They fall into two groups: 1. Exercises with external resistance.

Resistance as weight (stones, bars), counter-impact of the partner, self-resistance, resistance of other equipment (spring expanders, rubber), the influence of the external environment (in the sand, running in thick snow, etc.). 2. Exercises to overcome personal weight. (For example, bending and extending the arm while leaning.) Each strength exercise has its advantages and disadvantages. Weight-bearing exercises are so effective that they can affect the small and large muscle groups, which are easily adjusted. Typical sources of strength development: At the age of 6-9 years, the subject is general developmental exercises, climbing on a chair resting on a gymnastic wall. Jumping against a gymnastic wall, throwing: At the age of 10-11 years, small weight-bearing development exercises (balls, gymnastic sticks) are performed in three ways: boys on a vertical rope. come out, throw lightly filled balls away, etc .;

At the age of 14-15, weightlifting, lighter dumbbells, strength games, "rope games" and pull-ups are performed. In young people, the total external weight is limited to the final limit (approximately 70% and - 70%), and it is not recommended to perform the exercise until you refuse. At the age of 13-14, girls are characterized by strength training, the ability to overcome external weights, and the advantage of using it to the fullest. Speed and its development methodology The speed description of activities and activities are combined with general exercises. Sama62 Source of Iador, metronome, rhythmic music, teacher's voice, signal (applause, whistle), gradually increasing it at the given speed and in the conditions of the competition. go (who repeats a lot at a certain time). Consists of general development and specialized exercises.

Here are some of those exercises: - Do as many exercises as possible in 5, 10, 15 seconds (clap your head, turn your hand, increase the number of steps when running in one place, do not do it in one place). jumping to a certain height, jumping rope, sitting, lifting dumbbells and stones at the same time and continuously); - short-distance running (10-80 m); - Throwing balls, grenades, tennis balls at a certain time. Special exercises are used to train students to respond quickly to a signal in order to develop a motor response. Examples of such exercises are: - walking in a circle, running. Perform any exercise as fast as possible (sitting, turning, clapping) according to the missed signal (whistle,

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applause). Each movement is performed 2-3 times at speed; - hit the balls quickly on the signal; - perform rapid exit exercises on the signal from the start; - Perform general odor development exercises (arm and leg movements, sitting, twisting and bending the body) according to the subject and the set signal

Successful training of speed reaction (95-100% of the maximum capacity) is possible only when using the speed of movement close to and above m. Improving speed response is of great importance in cultivating a sense of time in gifted students. For this purpose, the trainees are offered three different tasks on a regular basis: 1) after completing the speed exercise, the teacher announces to the trainees the time allotted for the task; 2) time is not announced to the reader, the line itself must determine the time; 3) The student must perform the speed exercise at the given time. 63 The most basic exercises for generating movement speed reactions are movement and sports games. Source and Methodology of Dexterity Training Dexterity is defined as, firstly, the ability to quickly and firmly assimilate new complex coordinated movements (the ability to learn quickly) and, secondly, the ability to quickly recover actions based on sudden changes in conditions. Improving the function of motion analyzers is of great importance in training agility. The higher a person's ability to move at a certain speed, the faster he or she will learn new movements. There is a rich arsenal of various exercises that help to develop coordination skills - movement and sports games, gymnastics, acrobatics.

Therefore, such exercises are most often used in physical education of students. These resources completely contribute to the development of agility. The training of special agility is carried out by combining preparatory exercises, which are close to the competition exercises according to the description. The effect of dexterity training is particularly noticeable in young and high school students during the rapid development of movement, vision, hearing, tactile (body sensitivity) and other analyzers. In school lessons and practice hours, dexterity exercises should be done at the beginning of the preparation and main part. In conditions of fatigue, agility develops less effectively. To improve the differentiation of muscle tension, the following exercises can be recommended: \ 1) long jump from a standing position, three-step jump to the given distance; 2) high jumps; 3) throwing balls at a set

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distance and target (balls, tennis, basketball, etc.). To improve the ability, it is necessary to differentiate the exercises: 1) by raising (arms, legs) to the specified and undefined and assigned angle (30, 45, 60, 90, 120 °), closing the eyes and improving the amplitude of movement; 2) pressing a certain number of steps, turns at a certain distance (0, 20, 50, 60, 100 m). Exercises to differentiate movement in relation to time: 1) perform various movements for a certain period of time 64 (walking, running, jumping, throwing, general development exercises); 2) a combination of free exercises during the allotted time;

) Repeat the exercise many times at a certain speed and strength. All exercises are performed from different starting positions, in different directions, in different end positions. The following exercises are recommended to improve balance function: 1) stand on one leg (with open and closed eyes, with different positions of the free leg, limited) until you lose balance in the base area and at different heights; 2) various exercises on a gymnastic bench (on a gymnastic bench, solo, with or without a ball, sticks, hoops): games, relays, with elements of balance on one or both legs in the obstacle course; 3) After walking around it several times, walk different distances with your eyes closed. Improving agility along with developing agility zaair. In this case, the opposite exercise is very effective: the maximum tension of muscle groups and b o ‘spasm.

For example, 1. Initial position: the arms are sideways, the q o i muscle and the shoulder girdle are maximally tense, the fingers are bent in a fist, the q o l muscles and the shoulder girdle are lowered, and the arms are lowered. On the basis of this principle it is possible to choose exercises with and without equipment. In physical training endurance is understood as the body's ability to resist fatigue that occurs during muscle activity. It is necessary to distinguish between general and specific durability. Endurance is the ability of many muscle groups to work over a long period of time, which is involved in activities and places high demands on the cardiovascular and respiratory systems. Endurance is called special endurance when it is chosen as a type of specialization in relation to a particular activity. The more types of sports specialization, the more types of special endurance. The following terms are used in physical education: strength, speed, jumping, stamina, mobility, and other types of special endurance.

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Source of endurance and its training methods General training, special training and competition exercises are used as a source of endurance training. Exercises that affect the body are divided into general exercises (running, swimming, etc.) and local exercises (repeated lifting of arms and legs). Locally acting exercises increase the activity of individual muscles that are lagging behind in their development, increasing the components of strength, speed, strength, and endurance. Exercises performed continuously or intermittently to develop general endurance - 2 5-30 minutes and 50 and 120 minutes for beginners, for those who have some training (running, swimming, rowing), cycling, longer duration is applied. Flexibility and the method of training it Flexibility is the ability of a person to perform a movement with a large amplitude. This quality is determined by the development of mobility. “The term flexibility41 should only be used when there is mobility in all joints of the body. There are two main forms of joint mobility in humans: 1) passivity in passive movements; 2) diligence in active actions.

Passive action is the result of external forces. Active movements are performed by the work of muscle groups that pass through a certain area. Under normal conditions, a person enjoys large anatomical (limited) part mobility and always maintains the need for large passive mobility. In athletics, gymnastics, and swimming, which require joint mobility, only 80-95 percent of the anatomical movement is used. Special exercises that affect the mobility of the muscles should be carried out in conjunction with the natural development of the body. Flexibility training is most effective when it is started at the age of 10-14, or when it is started at the age of 14 and later, it is very difficult to improve the mobility of the child. Joint mobility is twice as effective in 10-14 year olds and in older students. Flexibility is determined by the degree of bending of the body forward, backward, sideways. To determine the degree of flexibility of the body, it is necessary to bend forward to the end without bending the knees, while climbing on the bench. The distance (cm) is measured from the edge of the bench to the third finger of the hand.

If the fingers do not reach the edge of the bench, the magnitude of the movement is marked with a minus sign, if it falls down - with a plus sign. A good measure of the flexibility of the joints is determined by the size of Q10 - Q16 cm. The whole process of training flexibility can be divided into three stages: "Gymnastics of the joints"; specialized stage of mobility development;

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b is the stage at which the mobility of the games is maintained. The task of the "Gymnastics of the joints" stage is not only to develop the general level of active and passive mobility in the joints, but also to strengthen the joints themselves, to exercise the musculoskeletal system, to make them flexible. consists of. At this stage, all the links are "developed". A special stage in the development of mobility in the joints is the development of the maximum amplitude in certain movements, helping to master sports techniques faster, and on this basis to solve the problem of improving the result. The phase of maintaining joint mobility does not involve daily stretching exercises. If the stretching exercise of the joints and muscles is removed from the exercise, then the mobility of the joints will deteriorate. C h o ‘rupture exercises are used as a passive source for the development of joint mobility.

They should be so that they can be done with the last plate. At this time, participants need to complete the task according to the purpose: "Lower", "Shoot the target!", "Higher" and so on. There are two ways to increase active mobility in a movement: a) by increasing passive mobility; b) by increasing the maximum strength of the muscle involved in the movement. Exercise every day is essential for great mobility in B games. Exercising twice in the morning and in the evening gives even better results. It is advisable to include stretching exercises in the morning. A 2-3 week break between flexibility exercises also has a negative effect on the level of flexibility development.

An increase in body temperature is important for the muscles, and in particular the "work" required, to perform the required movement at maximum amplitude: as the body "warms up", their elongation increases. When doing stretching exercises, you need to set a clear goal: to reach a certain point or mark. C h o ‘s exercises should be done in a certain sequence of exercises, the upper extremities, the body and the lower extremities, and between the series - the relaxation exercises.

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