

THE USE OF PHYSICAL EDUCATION IN THE PREVENTION OF STRUCTURE OF THE BODY OF STUDENTS AGED 7-10 YEARS

7-10 YOSHLI O‘QUVCHILAR QADDI-QOMAT BUZILISHINI OLDINI
OLISHDA JISMONIY TARBIYA VOSITALARIDAN FOYDALANISH

ИСПОЛЬЗОВАНИЕ СРЕДСТВЫ ФИЗИЧЕСКОГО ВОСПИТАНИЯ В
ПРОФИЛАКТИКЕ НАРУШЕНИЙ ФИГУР УЧАЩИХСЯ 7-10 ЛЕТ



ALFRAGANUS UNIVERSITY

Sport faoliyati kafedrası o‘qituvchisi

Bog‘ibekov Azamat Oybek o‘g‘li

e-mail: bogibekov10@inbox.ru

ORCID: 0009-0000-3623-2928

Annotation

The article highlights the problem of the effectiveness of specialized exercises and the regular use of therapeutic gymnastics in the prevention of scoliosis (anxiety disorders) common in primary school children.

Keywords: Scoliosis (spinal curvature), a set of exercises, scoliosis in the frontal and sagittal planes, therapeutic physical training, and physical education.

Annotatsiya

Maqolada boshlang'ich sinf o'quvchilarida ko'p uchraydigan skolioz kasalligi (qaddi-gomat buzilishi)ni oldini olishda maxsus mashqlar hamda davolash gimnastikasidan muntazam foydalanish samaradorligi muammosi ko'tarilgan.

Kalit so'z: Skolioz (umurtqa egrilik), maxsus mashqlar majmui, frontal va sagittal tekislikdagi skolioz, davolovchi jismoniy tarbiya, sog'lomlashtiruvchi jismoniy tarbiya.

Аннотация

В статье подчеркивается проблема эффективности специализированных упражнений и регулярного использования лечебной гимнастики при профилактике сколиоза (нарушение в телосложение), распространённых у детей начальной школы.

Ключевые слова: сколиоз, комплекс специальных упражнений, фронтальная и сагиттальная плоскости, ЛФК, оздоровительная физическая культура.

Intraduction

Today, as a result of observations of schoolchildren, we can be sure that a lot of research has been carried out on the prevention of spinal curvature in students with structure of the body changes. It is among schoolchildren that extensive scientific work on the organization of the correct system of mastering structure of the body or other issues becomes relevant.[1] Due to the fact that extensive scientific and methodological work has not been studied, students with a figure disorder in most cases experience curvature of the spine as a result of improper sitting on the desk, lifting various loads with one hand. It should be noted that the lack of scientifically based recommendations on the means and loads of training, which exactly coincide with the process of teaching students with defects on structure of the body, determines the relevance of the chosen direction of work.

Initially, when it comes to the use of physical education voists in the Prevention of anthropometric data disorders, L.M. Bus, A.A. Patapchuk, V.V. Ikova., Lyubchenko V.Yu. , L.F. Asacheva, O.V. Gorbunova, L.P. Kandakova, E. P. Stromskaya, H. Khamzin, I.S. Krasikova, Z.Yu. Gazieva and other scientists conducted research, E. ON features and clinical cases of the spine in schoolchildren.A. Abalmasova, V.G. Abdushkina, V.Yu. Krajalev, E.V. Belenky, M.Yu. Papova, E.I. Reflected in the study of the yankelivichs.

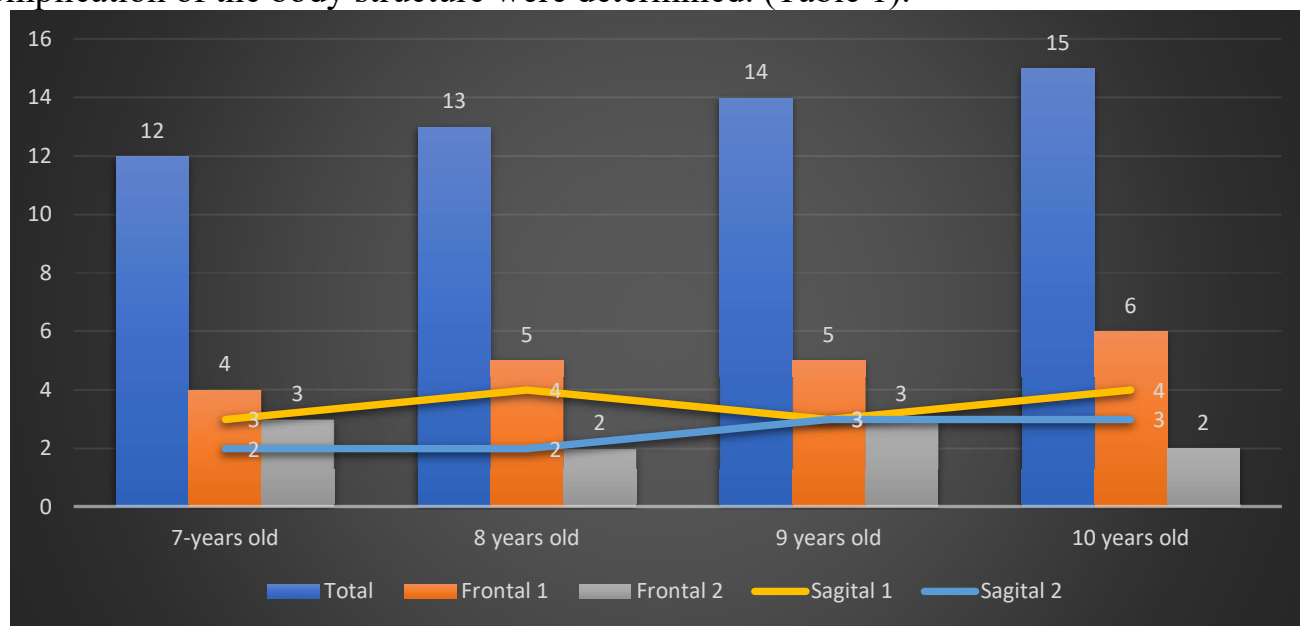
The purpose of the work: to substantiate in the study the effectiveness of a special set of physical exercises to prevent the violation structure of the body of Primary School students.

In order to determine the effectiveness of different proportions of specially designed exercises, a set of the same specific physical exercises in content was developed for all experimental groups, but special and comprehensive exercises were used in different versions.[4]

Our study was conducted among primary school students of secondary school No. 204. A special set of exercises was used in the study. Schoolchildren (structure of the body of the complexity of the violation) were distributed among groups depending on the degree of scoliosis.

Students of grades 1-2 with scoliosis in grades 1-4 were selected for the 1st grade, that is, 12 students with spinal injuries aged 7 years, 13 students aged 8 years, 14 people aged 9 years, 15 people aged 10 years, a total of 54 people were selected in the experimental group.

In the course of the study, structure of the body of children aged 7-10 years and the state of complication of the body structure were determined. (Table 1).



(Table 1). Before the start of the study, during the experiment, it was concluded that the state of complication of the structure of the organism of students aged 7-10 years in the group (n=54)

When establishing the use of a special set of exercises developed during the study, a specific schedule was developed. According to the schedule, 3 students from the group trained 2 times a week on a special set of exercises and 3 times during extracurricular time, and their duration ranged from 30 to 35 minutes.

Special exercises were selected that affect the maxillary muscles in the area where there are complications in the spine. Special exercise standards have been developed for the age of students, gender, functional state, degree of curvature of the spine. The results show that certain muscles effectively affect the muscles in certain places.

Thus, in addition to the exercises to correct the violation of the frontal plane, the following 4 exercises were introduced:

- 1) muscle relaxation exercises;
- 2) exercises that strengthen muscles (affect the muscles of the back, buttocks, lower back and lumbosacral spine, straight and oblique abdomen);
- 3) asymmetric and symmetrical exercises (giving an asymmetric load on the basic harakat apparatus in accordance with the harakat structure);
- 4) exercises for harmony of character and balance.

To correct the violation of the figure in the sagittal plane , 2 additional exercises were selected:

1) exercises that correct the torso, develop static endurance (approaching the buttocks, pulling aside, pulling up, hanging on the floor with bent arms);

2) exercises that develop the strength of the muscles of the back and front of the trunk in the ham area.

When using special exercises to correct kyphosis of the spine, the main attention was paid to the correction of the spine in the chest. The assessment of physical fitness showed that the results improved after the pedagogical experiment in medical gurus on anthropometric indicators of tumblers, complication of spinal curvature (structure of the body disorder) in the frontal and sagittal planes, i.e. positive changes. [2]

In the experimental group, 1 student from group II in the social status of 7-year-olds moved to grade I, and 2 students with a complication of scoliosis of the I degree reached a healthy state. However, in group II, in the frontal position, 2 students were transferred to group I, and 4 students from group I were transferred to the main group without any complications with scoliosis. The fact that 6 out of 12 students were transferred from Guru to the group at the beginning of this study means that 50% of the students did not have complications in the form of scoliosis.

Experiment Group											
Degree of scoliosis		Total	the number of violations in the frontal plane				the number of violations in the sagital plane				
			I (10-100)		II (110-250)		I (10-100)		II (110-250)		
Years old	group	сони	n	%	n	%	n	%	n	%	
7	Start of experiment	12	4	33,33	3	25,00	3	25	2	16,7	
	Finish of experiment	6	2	33,33	1	16,67	2	33,3	1	16,7	
8	Start of experiment	13	5	38,46	2	15,38	4	31	2	15,3	
	Finish of experiment	7	3	42,86	1	14,29	2	28,6	1	14,2	
9	Start of experiment	14	5	35,71	3	21,43	3	21,4	3	21,4	
	Finish of experiment	8	3	37,50	1	12,50	2	25	2	25	
10	Start of experiment	15	6	40,00	2	13,33	4	26,7	3	20	
	Finish of experiment	9	4	44,44	2	22,22	2	22,2	1	11,1	

Total	Start of experiment	54	$\bar{X}_{=5,00}$	36,88	2,50	18,79	3,50	26,03	2,50	18,35	medial
			0,707	2,558	0,500	4,661	0,500	3,451	0,500	2,452	σ
			14,142	6,937	20,000	24,810	14,286	13,262	20,000	13,363	V, %
	Finish of experiment	30	$\bar{X}_{=3,00}$	39,53	1,25	16,42	2,00	27,28	1,25	16,75	medial
			0,707	4,409	0,433	3,662	0,000	4,153	0,433	5,160	σ
			23,57	11,15	34,64	22,31	0,00	15,23	34,64	30,80	V, %

In the sagittal status of 8-year-olds, 1 student was transferred from Group II to Group I and 3 students from Group I to the main group. From Frontal Group II to group I, 1 student and Group I to the main group, 3 students can continue training with the main group, strengthening their health. The fact that 6 of the 13 students at the beginning of this study were transferred to the group means that 46.1% of students did not have a complication of scoliosis.

(Table 2). Changes in the state of complications in the structure of the trunk in students of the experimental group of 7-10 years during the study

9-year-old students were transferred from group to group according to the sagittal position of 1 student from group II to group I and 2 students from group I to the main group. Due to complications of scoliosis diseases in the frontal plane, 4 students were transferred from group to group, 2 of them to the main group.

Using special exercises conducted during this study, 42.8% of students showed that they can exercise and play sports without complications of healthy scoliosis. [3,4]. Another high indicator was among 10-year-olds. Because they acted consciously on their own. For this reason, we also had no problems. From the process of conducting classes in 2 groups with 7 students, according to the sagittal position, 4 were transferred from group to group, of which 4 students were transferred to classes in the main group. There were changes in the frontal position, but there was not enough magnification to transfer to the group. 1 student was transferred from group II to group I, and 3 students were transferred from group I to the main group. 6 out of 15 10-year-olds were transferred to the main group, which was 40.0%.

Conclusion

Violation of the structure of the body (scoliosis) - most often occurs in children, mainly at the age of 5 to 15 years. Early prevention of this disease makes it possible to identify and eliminate the risk of developing chronic pathology. Using a special set of exercises developed during the study, during the experiment it was determined that the prevention of body structure disorders in children has a great effect. To summarize, we started training with 54 students at the beginning of the study, and for 6 months 30 students stayed in 2 groups. 24 students were transferred to the main group. Overall, this was an increase of 44.4%.

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