ESTIMATION OF A STATE OF HEALTH OF THE STUDENT'S YOUTH, TRAINED IN HIGH SCHOOLS

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ABSTRACT

The study analyzes the throw technique morphological and biomechanics in the modern national wrestling. Throwing actions are performed in various types of wrestling including «Milliy Kurash». 5 phases of throws are considered of the technique of the reception with an analysis of the participation of anatomical structures and the influence of biomechanical factors. Research results will help to improve the technique of throwing actions.

Keywords: Technics, development, activity, results, the sportsman, a throw, reception.

Urgency: One From the major problems of physical training in high school work, with the students having deviations in a state of health which contingent on the average fluctuates from 5 % to 20 % (O.A.Melnikova, 2009, O.A.Kozlova, 2010, S.G.Obolochkov, 2010, Kovalenko V.N, Priests A.H is., Chihachev A.J., 2018, J.J.Lobanova, 2018, Abaev V. A, Baryshnikova T.V., Kiziljaeva E.J., 2019). According to Gilfanovoj E.K., 2009, 42 % of graduates of high schools have chronic diseases, and at 50 % the morfo-functional pathology comes to light. On structure nosology according to O.A.Kozlovoj 2010, in the majority of high schools of disease are distributed as follows: illnesses of the oporno-impellent device make - 34 %, the second place - illnesses of cardiovascular system - 22 %, the third - sight bodies - 12 %. The long-term comparative analysis of physical development of trained students Omsk ГАУ, SibADI in which decrease in their physical readiness is noted, increases of quantities of trained bodies of sight having disease, activity infringements endocrine and cardiovascular systems (is presented M.J. Abrosimovoj, Sozinovim etc., 2007, Krivoshenkov S.E.Babinov, T.I.Krylovoj, S.N.Jakimenko, 2018). The negative factors negatively influencing health of student's youth are revealed. It is possible to carry irrational distribution of time to studies and rest, ineffective use of rest to number of such factors for restoration, prevalence of passive forms of rest, abusing bad habits, regular oxygen hypoxia owing to long stay in a premise that causes a regular nervous, emotional, mental overstrain and can lead adverse, and at times and to irreversible deviations in a state of health (A.P.Laptev, V.A.Pankova, 2003, L.N.Rjutina, 2010, Ikramov A., Axmedova D., 2011, Grigoreva I.N., 2019).

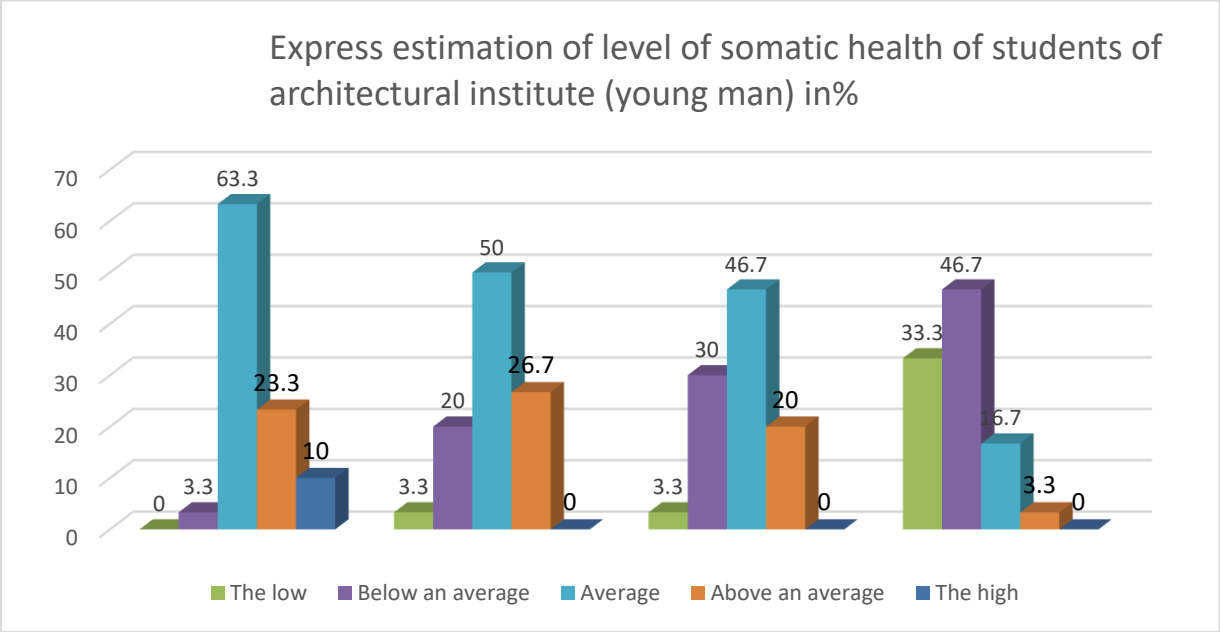
In this connection in the higher school an increasing urgency gets uses of the differentiated training taking into account individual level of health and structure nosology available diseases. At student's age physical training means are rather effective, using which it is possible to raise essentially internal reserves of health of an organism, that in turn, allows to warn or slow down occurrence of deviations in a state of health.

Research objective: Monitoring of a state of health of the student's youth, trained in Republic Uzbekistan high schools.

The organisation and research methods: the estimation of level of health of students trained on unsportsmanlike high schools of republic Is spent. Researches are spent at Karshinsky state

university (QGU), Tashkent State conservatory at the Tashkent architectural institute. In each high school inspection on 50 students, from them 25 girls and 25 young men is spent. The general number of the surveyed has made 150 persons. In work following methods of researches are used: 1. An estimation of a state of health on G.L.Apanasenko, 1988 on which estimated following indicators: masso-rostovoj an index, a vital index, a power index, index Робинсона, time of restoration CHSS after 20 knee-bends executed for 30 second the Received results of inspection are estimated on a scale developed Apanasenko on Л.1988. **2**. The received results are processed by methods of mathematical statistics.

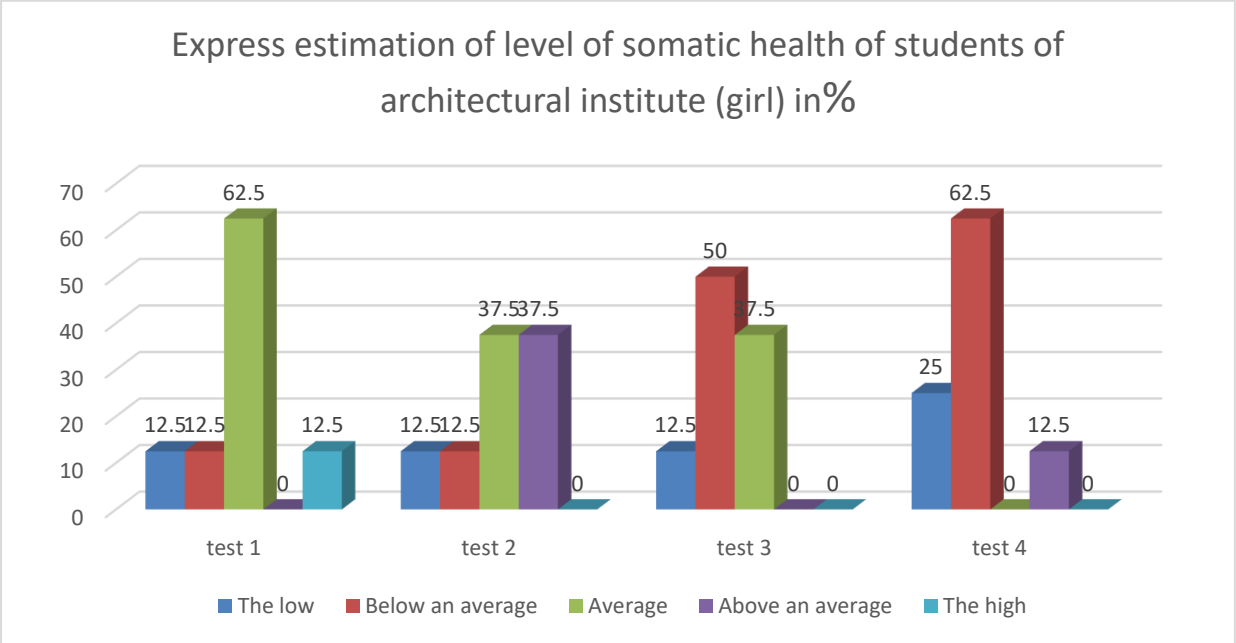
Results of the received results and them discussion: Проведена an estimation of a condition of somatic health at the Tashkent architectural institute. Under the test № 1 - an index of weight of a body (on Кетле), allowing to estimate conformity of weight in relation to norm - insufficient, normal or superfluous. Results of calculations have shown, that at 63.2 % of students - of young men the weight corresponds to average value, that is it is possible to consider weight normal. At 23.3 % of students the index of weight of a body has made above an average, at 10 % a weight index high, that is the given group of students is characterised by superfluous weight of a body. At 3.3 % of students the low index of weight of a body is established that testifies to insufficient weight of a body.



The note: the test 1 - index Ketle, the test 2 - JEL, the test 3 - a power index, the test 4 - index Robinson, the test 5 - restoration time

Estimation of level of health of students - the young men trained in under the test 2 characterising such informative sign as JI or a vital index, characterising function of external breath, specific JEL - vital capacity of lungs, that is aerobic possibilities of an organism, has shown, that at 50 % of students JI corresponds to norm, at 26.6 % the indicator makes above an average, at 20 % - below an average and at 3.3 % - low level of a vital index. Under the test № 3 - the power index is the indicator characterising a parity to muscular force of brushes of hands to weight of a body, is established that at 46.7 % of students this indicator corresponds to norm, at 30 % below an average, at 20 % above an average and at 3.3 % low level of a power index. If to combine values of an indicator below an average and low level it is possible to conclude, that for 1/3 students it is possible to recommend physical exercises for increase of force of muscles of hands. Indicators under the test №4 indexes Robinson or the double product

representing a parity of frequency of warm reductions in rest and size the GARDEN - systolic arterial pressure. It is used for a quantitative estimation energy potential an organism. The carried out calculations have shown, that at 46.7 % the given indicator below an average, at 33.3 % - low level, at 3.3 % above an average, at 16.7 % of students is established - an average level. Thus, under the test №4 at 33.3 % for students - by the young man it is established low energy potential or low aerobic possibilities.



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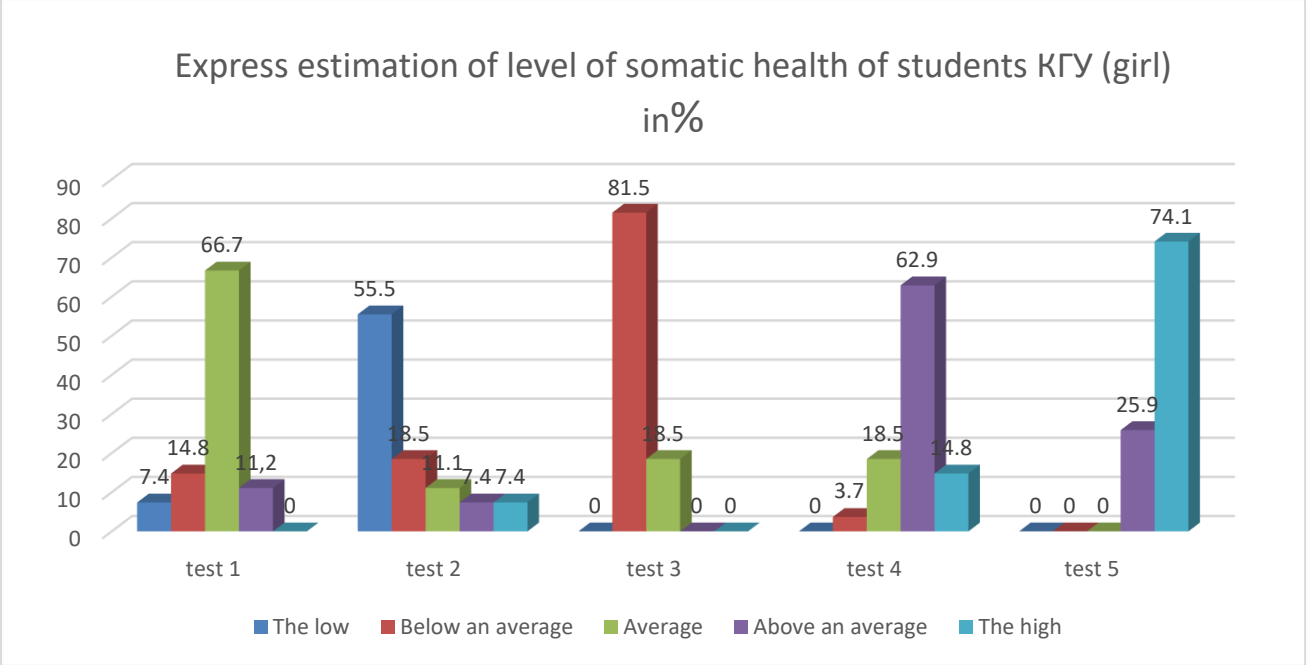
Under the test №3, a characterising power index at 50 % of girls force of hands below an average, at 37.5 % of girls - the average level corresponding to norm, and at 12.5 % of girls is established low Level of development a power index. For the given group of girls also as well as at young men it is possible to recommend exercises of power character for development of muscles of a humeral belt and segments of a free hand. Under the test №4 indexes Robinson indicators are distributed as follows: at 62.5 % of girls this indicator has made value below an average, at 25 % low level, and at 12.5 % - high level. The received results under the test №4 have allowed to ascertain, that at 25 % of students low level of indicator Robinson.

We spend inspection of 50 students of mathematical faculty of Karshinsky State university. The big percent of index Кетле corresponding to norm it is revealed at 66.7 % of girls, below an average it is established for 14.8 % of girls, at 11.1 % above an average, and at 7.4 % of girls the lack of weight of a body is established. Girls it is a lot of weight of a body it is not revealed. On an index №2, on indicator ЖИ following distribution is revealed: at 55.5 % of girls low level ЖИ, at 18.5 % below an average is established, at 11.2 - the average level and at 7.4 % ЖИ - above an average and at 7.4 % is found out a high level of development of a vital index. Under the test №3 indicators of a power index have made at 81.5 % of girls as below an average, and at 18.5 % indicators correspond to norm. Nevertheless, at the majority of girls indicators of force of hands below standard values attention strengthening to employment of a power orientation for development of muscles of the top finitenesses also is necessary.



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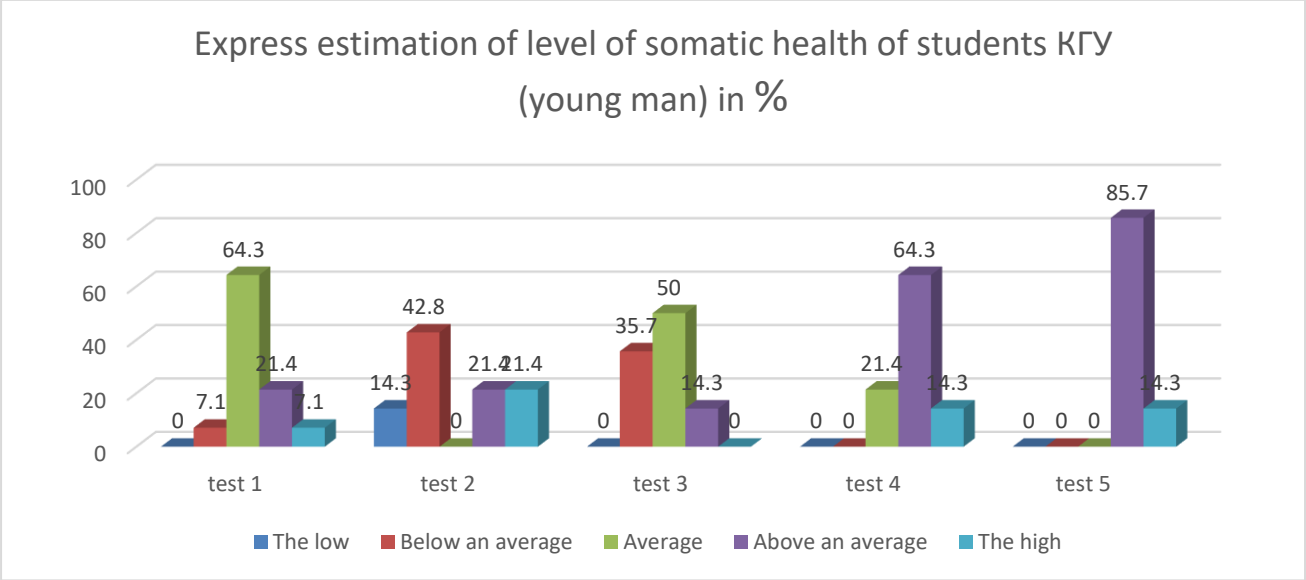
Under the test №4 indexes Robinson at 62.9 % of girls its value are made above an average, at 18.5 % by an average or norm, at 14.8 %, and high level of an index is found out in 3.7 % - an indicator below an average. For the given group of girls distinctions on time of restoration CHSS after 20 knee-bends executed for 30 seconds have been revealed. It is established, that at 74.1 % of girls are characterised by high level of restoration and at 25.9 % of girls the indicator has made above an average that allows to ascertain about good indicators of restoration.

The estimation of level of somatic health on Apanasenko G. L at students - young man КГУ has revealed following distinctions: index Кетле - at 64.3 % indicators corresponding to norm, at 21.4 % an index of weight of a body above an average are established, at 7.1 % high level of weight of a body and at 7.1 - below an average or is established a lack on weight of a body. Under the test №2 At the vital index below an average is revealed at 42.8 %, at 21.4 % - above an average, at 21.4 % - high level of weight of a body, at 14.4 % - low level JI is established. Under the test №3 the power index which is characterised by following indicators was defined: at 50 % it is estimated as an average level, at 35.7 % - as below an average, and at 14.3 % of students - the young man as above an average. Thus, with group of the students making 35.7 % at which the power index is estimated «below an average» are recommended visiting of

trainings for a power orientation for development of muscles of the top and bottom finitenesses.



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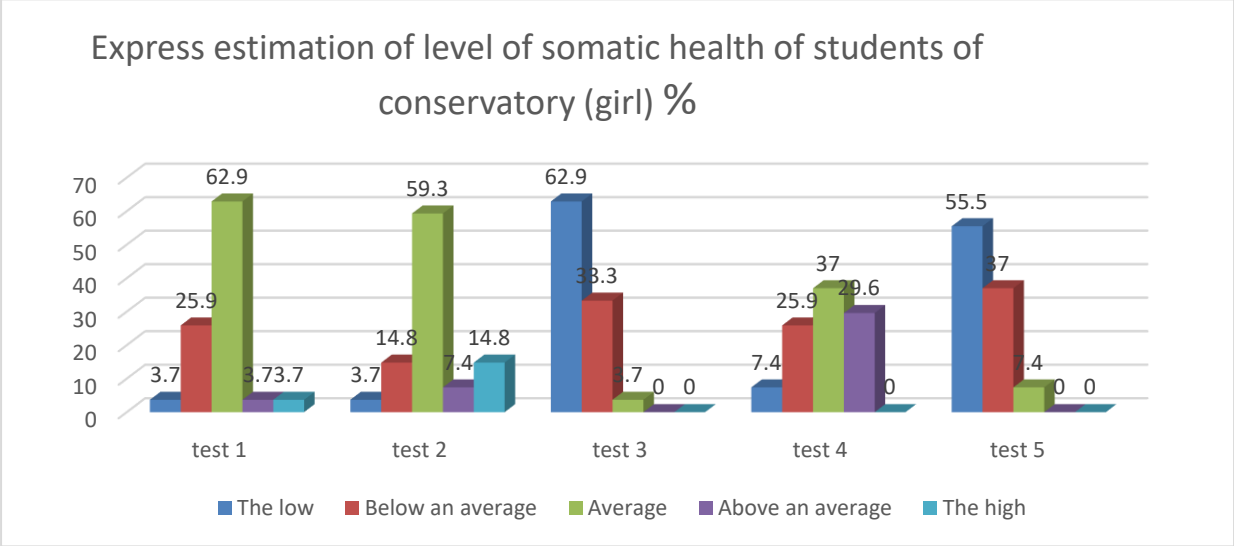
Under the test №4 estimating aerobic possibilities, the big percent surveyed - at 64.3 % have made young men, the indicator of index Robinson which has made «above an average», at 21.4 % is estimated as average, that is corresponds to norm, and for 14.3 % of young men the high indicator of double product is revealed. The given indicators have allowed to ascertain as a whole good level of an energy potential of young men KGU. In acknowledgement of the test №4 it is cited data received under the test №5 about level of regenerative processes. So in the test for the period of restoration ЧСС after 20 knee-bends executed for 30 second at 85.7 % of young men the given indicator has been estimated as «above an average», and only in 14.3 % of students high level of restoration is established. It is necessary to specify, that on this indicator of the girl advance the young man so at them only at 74.1 % of girls high level of restoration is established, and at 25.9 % restoration level has been estimated as above an average.



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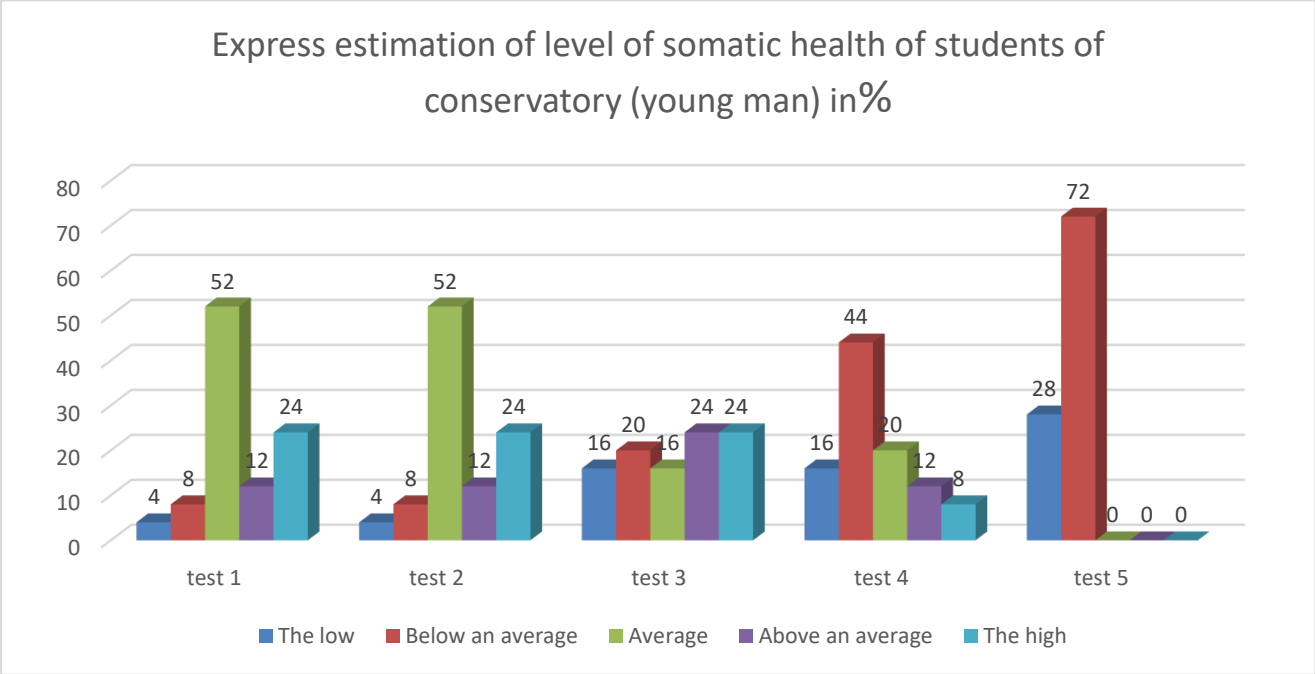
It is spent the express train - an estimation of somatic health at the students trained in the Tashkent State conservatory. Inspection and calculations under tests according to the specified formulas are spent separately for girls and for young men. Under the test №1 definition masso-rostovogo an index at girls - students has made at 62,9 % corresponds to norm, at 25.9 % below an average, and at on 3.7 % of girls-identical values showing both high masso-rostovoy an index, and low and above an average. Apparently from the resulted settlement values of index Ketle the wide scatter in indicators of the given sign is revealed. Under the test №2 high values of a vital index had 14.8 % of students, 7.4 % of value above an average, at 59.3 % JI corresponds to norm, and at 14.8 below an average and only at 3.7 % of students low level of a vital index is revealed. Thus, at last 2 groups of girls in general of the made 18.5 % JI it is presented by low indicators that demands carrying out with them correctional work of aerobic possibilities. Under the test №3 the smaller disorder in indicators is marked. At 62.9 % of girls the low level of development of force of hands is revealed, at 38.3 % of value of a power index are estimated as «below an average» and only at 3.7 % indicators correspond to norm.



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Under the test №4 at 29.6 % of value of index Robinson have allowed to ascertain «above an average», at 37 % of students "average level", in 25.9 % - below an average is established, and in 7.4 % of students the low indicator is noted. Again in two groups of girls in general on sample of the made 33.3 % lowered energy potential, demanding carrying out of correctional work by physical training means.

Indicators under the test №5 have allowed to ascertain, that 55.5 % of girls low level of regenerative processes, at 37 % - level of restoration below an average and only at 2.4 % of girls restoration level corresponded to norm.

The express train - the estimation of somatic health at students - of the young men trained in the Tashkent State conservatory has revealed following indicators under the tests offered Apanasenko L.G. Under the first test the big percent of students surveyed, in particular, at 52 % masso-rostovoy the index corresponds to norm and is characterised as an average index, at 24 % the indicator is ascertained as high, in 12 % of cases is characterised as above an average,

at 8 % of students as below an average and at 4 % the indicator of weight of a body as insufficient or low is established. Generalising last two indicators it is possible to ascertain, that at in 12 % of cases the lack on weight of a body is marked. On test №2 it is established, that at 52 % of students JI corresponds to norm, at 24 % of students JI it is estimated as high, in 12 % of cases it is established as «above an average», and only 4 % JI are estimated as low level. Under the test №3 power index is characterised by uniform distribution: So at 24 % of students force of hands is estimated as high and 24 % as above an average, 16 % also are registered as an average level of development of force of hands, at 16 % low level is established and at 20 % of students the power index is estimated «below an average». Under the test №4 index Robinson is estimated as high at 8 %, at 44 % of students «below an average», at 20 % corresponds to norm, at 16 % of young men the given indicator is characterised as low level. Under the test №5 it is established, that regenerative processes are estimated as below an average at 72 % of students, at 28 % of students the given indicator is estimated as low, that as a whole allows to ascertain at this group of students of conservatory unsatisfactory regenerative abilities.

Use of a settlement method of indexes taking into account dimensional signs of a body and indicative aerobic system of power supply at students of the Tashkent State architectural institute has allowed to estimate levels of somatic health of students. For girls it is established, that 32,5 % investigated correspond to low level, 27.5 % to level below an average, above an average at 27.5 % of girls, to an average - 11,4 % and to high level - 2.6 %.

The estimation of somatic health KGU has shown, that low level of health is revealed at 12.6 %, below an average - 23.7 %, the average level is established at 22.9 %, above an average is estimated at 21.5 %, high level of health is diagnosed - 19.3 % of girls.

The estimation of somatic health of girls trained in conservatory has allowed to ascertain, that at 26.6 % of girls low level, level of health below an average is established at 27.4: girls, to a health average level correspond-34.1 %, above an average at 8.1, high level of health is revealed at 3.7 % of girls. At young men with low level of health it is revealed at 17.3 %, below an average at 30 %, the health average level is established for 36 %, above an average at 14.7 %, high level of health is noted at 2 % of students. An estimation of somatic health at students - the young man of Karshi State University has allowed to ascertain following distribution of indicators: low level of health is revealed at 2.9 %, below an average - 17.1 %, the average level is established at 27.2 %, above an average at-41.4 %, high level of health is revealed at 11.4 % of students.

At students - the young man Tashkent the State conservatory reveals following levels of health: low level is found out in 2.9 % of students, below an average at 17.1 %, to an average level corresponds 27.1 % of students, above an average is established for 41.4 % and high level of health meets at 11.5 % of students - the young man.

The conclusion: Use of a settlement method of indexes taking into account morphological and functional characteristics at student's youth has allowed to estimate levels of somatic health with recommendations about ways of correction of available deviations to a condition of their health.

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