PULSE EVALUATION RUNNING EXERCISES FRESHMEN MILITARY-TECHNICAL LYCEUM IN THE CLASSROOM FOR PHYSICAL EDUCATION

Uraimov S. R. (PhD) & Ismoilov Sh.D. Undergraduate, Ferghana State University

ABSTRACT

In the article on the basis of this pedagogical experiment, the optimal modes of cross-country loads of volume and intensity for the first year students in military-technical lyceum.

Keywords: Research, experiment loads modes, aerobic and anaerobic reactions, respiratory function, factor analysis, treadmill.