

EXPERIMENTAL SUBSTANTIATION OF MOTOR ACTIVITY OF STUDENT YOUTH IN CONDITIONS OF HYPERTHERMIA

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ABSTRACT

The article describes the results of the experiment on the motor activity of student youth in conditions of high external ambient temperature. The optimal criteria of the motor regime for 6-10 hours per week for young students were determined in order to reduce the influence of the hypodynamia factor.

Keywords: Locomotors activity, physical inactivity, monitoring, motor readiness, actometry, training effect, regional factor, correlation.