

DEPENDENCE OF BODY WEIGHT OF STUDENT OF THE FACULTY OF PHYSICAL CULTURE ON THE CULTURE OF NUTRITION AN OPTIMAL MOTOR ACTIVITY

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ABSTRACT

The article presents the results of a study on the level of knowledge of student-athletes about proper nutrition and the dependence of motor activity on body weight, as well as recommendations for actions that contribute to weight loss.

Keywords: Health, overweight, motor activity, sedentary lifestyle, energy consumption, body weight, body mass index, survey, respondent, food culture, healthy lifestyle, anthropometric parameter, weight deficit, obesity, rational diet.

Relevance of the topic

According to the World Health Organization (WHO), the number of overweight people in the world has exceeded one billion. Obesity is a topical issue in countries where a large part of the population lives in starvation, and in industrialized countries, it has already become a serious public health problem. The problem of obesity and overweight affects all segments of the population, regardless of social and occupational affiliation, age, place of residence, gender.

Obesity and related diseases are a serious economic and social concern for society. An obese or "full" person can become a "slave" (or, in the broadest sense, a "victim") of his irrational appetite, that is, a diet and a sedentary lifestyle. For example, 10% to 20% of the population of Western European countries and 20% to 25% of women carry excess weight [1, C.8-10].

Nutrition is the most important physiological requirement of the human body. Healthy and rational nutrition is the most pressing issue today, especially for the body of students and athletes.

The purpose of the study. To study the dependence of body mass on the nature of the student's diet and physical activity.

Organization of research. The research was conducted on the basis of the sports complex of the Faculty of Physical Culture of Fergana State University. At the beginning of the pedagogical experiment, a questionnaire was conducted among students of grades 1-4 of the faculty. Based on the analysis of its results and the results of measuring the anthropometric parameters of the students, students were selected for the control and experimental group. At the beginning of the experiment (September 2017), 36 and 34 students were assigned to the experimental and control groups, respectively, and their composition did not change until the end of the experiment (until February 2020). During the pedagogical experiment, the training of control and experimental groups was carried out according to the planned program. In their spare time from the sessions with the experimental group, additional sessions and 5-6 minutes of interviews were conducted on the basis of a special program developed by us. The daily lives of both groups of subjects were no longer affected [2, C.122].

Results of the research: at the beginning of the pedagogical experiment, a total of 615 students of the Faculty of Physical Culture answered the questions of a specially developed questionnaire (148 of them - 1st stage, 159 - 2nd stage, 154 - 3rd stage, 154 - 4th stage). The results obtained are presented in Table 1.

37.84% of 1st year students, 36.48% of 2nd year students, 37.01% of 3rd year students and 35.71% of 4th year students took part in the survey. (expressed in kg / m²) was found to have a normal value (18.5 to 24.9). Students with such a normal index mass accounted for 36.76% of the total number of test takers. Unfortunately, among the students who took the test, students with excess body mass (25 to 29.9) accounted for a total of 23.74%, i.e. 22.97% in stage 1, 23.27% in stage 2, and 23.38 in stage 3. , Accounted for 25.32% in Phase 4; 17.23% of students with obesity (30 to 34.9), ie 15.54% in stage 1, 16.35% in stage 2, 18.18% in stage 3, 18.83% in stage 4 and students with acute obesity (35 to 39.9) accounted for 8.45%, i.e., 8.11% in stage 1, 8.81% in stage 2, 8.44% in stage 3, and 8.44% in stage 4. %. Among the students who participated in the trial, the apparent mass deficit (less than 16) was 1.14% and the acute obesity (40 and greater) was 2.76%, a pattern that persisted in all stage subjects [3, p.44-49].

Anthropometric parameters of students of the Faculty of Physical Culture on the basis of body mass index (TMI) generalization results (n = 615)

Table 1

TMI indicators of students (numerical values)	Respondent students,%				
	1- stage	2- stage	3- stage	4- stage	total
Significant mass deficit (Less than 16)	1,35	1,26	0,65	1,30	1,14
Critical mass deficit (Less than 15)	4,05	3,14	2,60	2,60	3,10
Mass deficit (16.0 to 18.49)	7,43	7,55	7,14	5,19	6,83
Standard (18.5 to 24.9)	37,84	36,48	37,01	35,71	36,76
Excess body mass (25 to 29.9)	22,97	23,27	23,38	25,32	23,74
Obesity (30 to 34.9)	15,54	16,35	18,18	18,83	17,23
Acute obesity (35 to 39.9)	8,11	8,81	8,44	8,44	8,45
Severe obesity (40 and older)	2,70	3,14	2,60	2,60	2,76
	Number of respondents by stage				
Total	148	159	154	154	615

After summarizing the results of the anthropometric parameters of the participants, control and experimental groups were formed among the subjects who did not have a normative value according to the Kettle index at the beginning of the pedagogical experiment in order to study the dependence of adherence to nutrition culture on body mass. This is because while eating culture is, on the one hand, part of a healthy lifestyle, on the other hand, rational nutrition plays an important role in the development of a person, especially young people, to be healthy.

At the beginning of the pedagogical experiment, information on the knowledge of the subjects of the control and experimental groups about the culture and regime of nutrition and their optimal adherence to them in life is given in Table 2.

At the end of the pedagogical experiment, the data of the control and experimental groups of the subjects on the change in the level of nutritional culture are given in Table 3. Based on the positive growth of the experimental group participants in relation to the positive changes in the control group (possibly due to natural growth and development), 5-6 minutes of food hygiene, healthy lifestyle theory and rules and priorities were followed with the subjects in each session of this group. lies in the fact that explanatory work has been done.

Table 2: Information on the nutritional culture of the control and experimental group subjects at the beginning of the experiment

Group	Adherence of students to the diet (as a percentage of the total number of respondents in the group)		
	Rational diet	Food culture	Healthy lifestyle
Control (n=36)	33,33 (12)	38,89 (14)	41,67 (15)
Experience (n=34)	32,35 (11)	35,29 (12)	41,18 (14)

At the beginning of the pedagogical experiment, information on students' desire to exercise in their free time outside the classroom and training schedule (Table 4) showed that in the control and experimental groups in the group "Regular practitioners" and "Regularly absent and unwilling to start training" was found to be approximately 21–22% of the subjects. "Those who want to exercise regularly but don't exercise regularly" and "those who plan to start exercising regularly in the near future" were slightly more likely to be 31% and 30%, respectively.

Table 3: Changes in control and experimental group subjects' knowledge of nutritional culture at the end of the experiment

Group	Adherence to the diet of students (as a percentage of the total number of respondents in the group)					
	Rational diet		Food culture		Healthy lifestyle	
	At the end of the experiment	Variation relative to the beginning of the experiment	At the end of the experiment	Variation relative to the beginning of the experiment	At the end of the experiment	Variation relative to the beginning of the experiment
Control (n=36)	38,89 (14 ra)	16,67	44,44 (16 ra)	14,29	50,0 (18 ra)	20,00
Experience (n=34)	50,0 (17 ra)	54,55	55,88 (19 ra)	58,33	61,76 (21 ra)	50,00

By the end of the pedagogical experiment, the changes in the experimental group in all areas listed in Tables 4 and 5 were found to be higher than in the control group due to the interviews conducted in this group (Table 5). The largest of these changes is characterized by an increase in the number of regular practitioners in the experimental group (up to 6) by the end of the experiment.

The data obtained show that physical activity selected in accordance with the age, sex, state of health and level of physical fitness of the athlete not only improves a person's emotional state, but also has a positive effect on metabolic processes in the body. Walking is a simple, universal (easy to perform) and effective means of physical activity in excess body mass or obesity. It is

enough for a person to walk for 40 minutes 4-5 times a week to feel the positive changes in his body. Running, cycling, swimming, rowing, rollerblading, playing sports and moving games, walking on uneven terrain, and dancing are also great health benefits.

Table 4: Information about students' additional exercise at the beginning of the experiment

Group	Students engage in physical activity outside of class and training schedules			
	Practices regularly	Wants to exercise regularly, but doesn't exercise regularly	He plans to start practicing regularly in the near future	He doesn't exercise regularly and doesn't even want to start practicing
Control (n=36)	8	11	9	8
Experience (n=34)	7	10	10	7

When dealing with the reduction of body mass, it is important to remember that a sharp decrease in it is harmful to the organism, as this condition can lead to significant changes in metabolism and the functioning of body systems. It is advisable to reduce body weight by about 1 kg per week. It is necessary to monitor the effectiveness of the results of the application of the recommendations for increasing the intensity of any physical activity, especially in the training mode [4, C.374-376].

Table 5: Changes in students' information about physical activity in their free time outside of classes and training schedules relative to the beginning of the experiment

Group	Practices regularly		He wants to exercise regularly, but he doesn't exercise regularly		He plans to start practicing regularly in the near future		He doesn't exercise regularly and doesn't even want to start practicing	
	At the end of the experiment	Variation relative to the beginning of the experiment	At the end of the experiment	Variation relative to the beginning of the experiment	At the end of the experiment	Variation relative to the beginning of the experiment	At the end of the experiment	Variation relative to the beginning of the experiment
Control (n=36)	10	+2	11	0	8	-1	7	-1
Experience (n=34)	13	+6	9	-1	8	-2	4	-3

CONCLUSIONS AND RECOMMENDATIONS

Studies have shown that almost half of the students who took the test did not have a clear and complete picture of rational nutrition. Therefore, it is necessary to intensify work on the formation (or further development) of skills and abilities of student-athletes to increase the level of knowledge on healthy eating and their application in practice.

Low motor activity leads to insignificantly lower energy consumption. The study found that approximately 50% of the respondent-students had motor activity at the school level (in some cases even less). The study allowed us to conclude that there were students with both body

mass deficit and excess body mass and different levels of obesity among the test subjects. There are two ways to reduce body mass: reducing the amount of calories consumed and increasing the body's energy expenditure.

It is important for students to understand that controlling excess body weight and normalizing (or optimizing) eating habits is not a “course of treatment” but a healthy lifestyle, a daily healthy eating regimen. One can expect results in controlling body mass only when a person has such an attitude towards his health, his lifestyle.

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