



HYGIENIC REQUIREMENTS FOR PHYSICAL EXERCISES

Yakubova Guyokhon Kuchkarovna,

Senior Lecturer of the Department of Theory and Methods of Physical Culture

Mahkamova Mohinur,

4th Year Student in the Direction of Physical Culture

Ferghana State University

ABSTRACT

As a result of many years of scientific research in the field of hygiene of physical education and sports, the main tasks of hygiene of physical exercises and sports have been determined: the study of the influence of environmental conditions on the health of those involved in physical culture and sports and their improvement; development of hygienic measures that promote the health of those involved in physical exercises and sports; increasing efficiency, endurance, ensuring the growth of sports achievements.

KEYWORDS

Introduction

The purpose of the hygiene of physical education and sports is to prevent various diseases associated with the impact of factors of physical culture and sports in people engaged in physical exercises, to increase the health effectiveness of physical exercises based on the creation of optimal conditions, organization and content of physical culture and sports.

The subject of hygiene of physical education and sports as a science is the study of the process of interaction of the human body with various factors of physical culture and sports.

The main task of the hygiene of physical education and sports is to develop measures to prevent the possible adverse effects of various factors of physical culture and sports, improve health, physical development, increase the general and sports performance of people involved in physical culture and sports.

The main hygiene products used for this include:

- optimization of conditions, modes and content, forms and means used in the process of physical exercises;
- balanced diet;
- optimization of physical activity in the process of physical exercises;
- hardening.

The history of physical education and sports hygiene goes back hundreds of years. Already in ancient times, attempts were made to consider physical education as a means of recovery. For this, in addition

to physical exercises, various general strengthening hygiene products were used (bath, massage, hardening, etc.).

In the 17th century in the works of K. Slavinetsky and J. Comenius, questions of the relationship between physical education and hygiene were first raised. Physical education was considered as a system of education, in which special purposeful tasks of strengthening the health and improving the physical development of those involved were singled out and formulated.

For the first time this system received scientific justification in the XVIII-XIX centuries. in Russia. The founder of the theory of physical education and upbringing was Petr Frantsevich Lesgaft. His scientific and pedagogical activity began within the walls of the St. Petersburg Medical and Surgical Academy. He defended his dissertation for the doctor of medicine (1865), and then for the doctor of surgery (1868). Among the most important works of P.F. Lesgaft belong to the “Guide to the physical education of schoolchildren”, “Family education of the child and its significance”, “On the relationship of anatomy to physical education”.

P.F. Lesgaft laid the medical and biological foundations of the doctrine of physical education, which served as a prerequisite not only for the development of the theory and methodology of physical education, but also for the physiology and hygiene of physical exercises and sports.

The closest follower of Lesgaft was V.V. Gorinevsky, the author of the first domestic manuals on the hygiene of physical exercises.

In the future, scientific research in the field of physical culture and sports, including the problems of hygiene and sports medicine, was carried out at the institutes of physical culture, where the best scientific forces of the country in this field of knowledge were concentrated, new ideas and directions were formed, and young scientists were trained.

As a result of many years of scientific research in the field of hygiene of physical education and sports, the main tasks of hygiene of physical exercises and sports have been determined: the study of the influence of environmental conditions on the health of those involved in physical culture and sports and their improvement; development of hygienic measures that promote the health of those involved in physical exercises and sports; increasing efficiency, endurance, ensuring the growth of sports achievements.

These tasks determined the specific content of the course of hygiene of physical education and sports as a section of science and academic discipline: hygiene of the air, water, soil, hygiene of planning, construction and operation of sports facilities, personal hygiene, hardening, nutrition of athletes, hygiene of training, hygienic provision of classes in certain sports.

In recent years, valuable scientific data have been obtained that allow for the hygienic provision of physical culture and sports, taking into account the age, gender and professional functional capabilities and individual characteristics of those involved, climatic and other external factors.

Physical exercises, regardless of their form and content, must necessarily help to improve the health of those involved, this is fully consistent with the health-improving orientation of the entire system of physical education.

Hygienic requirements for places of physical culture and sports

In order to understand what requirements are imposed on places of physical culture and sports, you must first get acquainted with the hygiene of physical culture and sports in general.

The hygiene of physical culture and sports, which studies the interaction of the body involved in physical culture and sports with the external environment, plays an important role in the process of

physical education. Hygienic provisions, norms and rules are widely used in the physical culture movement.

Without compliance with the relevant hygiene standards and requirements in the process of physical culture and sports, it is impossible to provide optimal conditions for the normal physical development, preservation and strengthening of the health of those involved in physical exercises, to improve sports achievements.

Personal hygiene is skin care, hygiene of clothes, shoes, hardening and other aspects of everyday life. Personal hygiene must be observed always and everywhere: at home, at work, on vacation. It is especially important for those involved in physical education and sports. After all, the athlete performs a large amount of physical exercise.

Skin care is of great importance for maintaining health. The skin is not only an organ of touch, it protects the body from external harmful influences and plays an important role in the body's thermoregulation, in the process of breathing. For the skin to perform these functions correctly, it is necessary to keep it clean and take good care of it: regularly wash the body with hot water and soap, wipe it daily with cool water, followed by rubbing the skin with a fluffy towel. Face, neck, hands should be washed at least twice a day - in the morning and in the evening. In the morning it is better to wash your face with cold water, it gives vigor, creates a good mood, and also contributes to hardening. It is useful to massage the head daily with a special brush. This massage simultaneously increases blood flow to the hair roots, which strengthens them and improves nutrition. Particularly thorough should be skin care when practicing various types of wrestling and boxing, which require direct contact of half-naked athletes.

Feet require regular care. Dirt accumulates under long nails, which can contain various microbes.

Calluses during training can be torn off, often they are complicated by cracks or become inflamed. To prevent these complications, it is necessary to ensure that the hands are clean before starting the workout. After the end of classes, you should thoroughly wash them with warm water and soap, wipe dry and grease with a nourishing cream or glycerin. Once a month, it is necessary to wash the surface layers of corns with a pumice stone or cut off after a local hot bath.

Serious attention requires the prevention of excessive sweating. It often occurs due to a disruption in the activity of the nervous system and requires strengthening the general condition of the body by hardening and maintaining the correct mode of life.

It is necessary to pay attention to the prevention of fungal diseases, especially for those involved in swimming. Of the fungal diseases, epidermophytosis is the most common, especially interdigital. The initial stages of this disease are often invisible, expressed in the rejection of the superficial stratum corneum of the skin in the depth of the interdigital folds, usually between the third, fourth and fifth fingers. Some time later, itching, pain, redness is felt. In the future, cracks may appear, weeping blisters may form, nails may be affected.

Personal prevention of epidermophytosis comes down to careful foot skin care. After showering or bathing, it is necessary to dry the skin well, wipe the interdigital spaces thoroughly. In the premises of the pool, showers, you should not walk barefoot; Regular wearing of rubber shoes is not recommended. At the slightest suspicion of a fungal skin disease, treatment should be started using nitrofungin solution and mycoseptin ointment.

Sports facilities must comply with established sanitary and hygienic requirements and standards. Especially high requirements are imposed on the hygienic requirements of sports facilities, since the

health effect of physical exercises and sports depends on their sanitary condition.

After the sports facility is put into operation, employees of the sanitary and epidemiological station and medical and physical education dispensaries, as well as specialists in physical culture and sports, must systematically conduct current sanitary supervision of these premises. Comments and suggestions of representatives of the sanitary supervision bodies are recorded in the sanitary log, which must be available at all sports facilities. In addition, each sports facility must have internal regulations agreed with the sanitary and epidemiological station. Responsibility for non-compliance with sanitary and hygienic standards, rules for the maintenance and operation of sports facilities is borne by the administration of this facility. In case of violation of sanitary and hygienic norms and rules, the administration is held accountable.

Hygienic requirements for indoor sports facilities. Sports facilities (halls, arenas, swimming pools) can be located in special or part of public buildings (educational institutions, clubs, etc.). Office premises in a sports facility should be interconnected in such a way as to ensure the movement of those involved in the following sequence: a lobby with a dressing room for outerwear - locker rooms for men and women (with showers and toilets) - a sports hall. Detailed placement excludes oncoming traffic flows of dressed and undressed athletes.

Interior decoration is of great hygienic importance. Walls must be level, free of projections and moldings, resistant to ball impacts and wet cleaning. Central heating radiators should be located in niches under windows and covered with protective grilles. Doorways should not have protruding architraves.

When painting walls, one should take into account the degree of light reflection and the effect of light on psychophysiological functions: green color calms and has a beneficial effect on the organ of vision; orange and yellow invigorate and cause a feeling of warmth; red color excites; blue and purple are depressing. When using oil paint, it is not recommended to completely cover the walls and ceiling with it, as this prevents the natural ventilation of the room.

The floor must be flat, without potholes and protrusions, non-slip, elastic, easy to clean.

Of particular hygienic importance is the creation of optimal microclimatic conditions in the halls: the air temperature must be maintained at + 15 ° C, relative humidity - 35-60%, air speed - 0.5 m / s. In wrestling and table tennis halls, the air velocity should not exceed 0.25 m/s, and in showers, locker rooms and massage rooms - 0.15 m/s. To ensure the necessary air exchange, a central supply and exhaust ventilation system is provided for the supply of outdoor air of at least 80 m³ per hour per student and 20 m³ per hour per viewer. If this is not possible, decentralized artificial ventilation is arranged with maximum ventilation of the premises through transoms and vents.

Gyms should have direct natural light whenever possible; artificial lighting in the halls is provided by lamps of diffused or reflected light. Lighting must be uniform and provide the necessary level of horizontal and vertical illumination in accordance with established standards.

The medical center is located in the immediate vicinity of the gym. Marking arrows showing the location of the medical center should be placed in prominent places.

The equipment and inventory of sports halls must be in good working order and meet certain standards in terms of shape, weight and quality of materials. They are also subject to a number of hygienic requirements aimed at preventing sports injuries, eliminating air pollution with dust, and matching the equipment to the age of those involved. All this creates the conditions for a normal training process.

In sports halls, it is necessary to carry out wet cleaning daily, and once a week - general cleaning with

washing floors, walls and cleaning equipment.

A special sanitary and hygienic regime is established for artificial indoor swimming pools. The air temperature in them can vary from +24 to +27C, water - from +26 to +29C (air should always be 2-3 (higher than water temperature). Water must meet the requirements for drinking. For this purpose, every 2 water samples are taken and analyzed in the laboratory.

To prevent possible water pollution, only persons who have undergone a preliminary medical examination are allowed into the pool.

It is strictly forbidden to smoke in indoor sports facilities, as well as to engage in non-sportswear.

Hygienic requirements for outdoor sports facilities. These outdoor structures can be stand-alone or complex. Outdoor flat sports facilities should have a special coating with a smooth and non-slip surface that does not gather dust in the dry season and does not contain mechanical impurities that can lead to injury. The grass cover (green lawn) must also be low, dense, frost-resistant, resistant to trampling and frequent mowing, as well as to dry and rainy weather. The pavement must be sloped to drain surface water. On the territory of outdoor sports facilities it is necessary to build fountains with drinking water (service radius no more than 75 m). Toilets should be located at a distance of no more than 150 m from outdoor sports facilities. When designing an artificial lighting system on sports grounds, it is necessary to ensure optimal illumination not only of the surface of the site itself (horizontal illumination), but also of the space within the ball flight (vertical illumination). Lighting should be uniform.

It is very important to observe the rules of personal hygiene in everyday life and especially when exercising. Everyone knows that compliance with these rules contributes not only to the prevention of diseases, health promotion and normal development of the body, but also to increased efficiency, physical improvement.

Personal hygiene includes taking care of the skin, oral cavity, hair, hardening, as well as keeping your clothes and shoes clean.

Girls and boys should carefully monitor the cleanliness of underwear, outerwear and sportswear. Clothing should be comfortable enough light, not too warm, not restrict movement. Its size and cut should not constrain breathing and impede blood circulation.

For the same reason, collars, belts and cuffs should not be tight. For indoor training in winter and training in summer, clothing must be appropriate for the meteorological conditions and the characteristics of the sport. In warm weather - sports shorts, a T-shirt, a tracksuit made of cotton fabric; in a cool - a sports suit of woolen fabric.

For physical exercise and sports outdoors in winter, clothing should have three layers: underwear, a flannel shirt, a woolen knitted suit, a woolen cap and mittens. It is also good to wear a light jacket over the top to protect from the wind.

Shoes must be durable, elastic, comfortable, light and free, which will ensure the stability of the gait and will not interfere with the development of flat feet. Uncomfortable, tight shoes impair blood circulation, do not warm the feet, it causes abrasions, abrasions and calluses.

Too loose shoes are also not comfortable, they rub the skin and cause abrasions. In winter, shoes should be half the size of the room and should be worn over woolen socks.

It is not acceptable for you to be indoors in sports shoes, remember that you cannot constantly walk in sneakers during the day: this can lead to flat feet.

Clothes and shoes need constant care. Underwear must be washed after each workout. Soiled and wet shoes should be cleaned, dried and lubricated with a special ointment or cream. Store sportswear and shoes in a ventilated place.

Important tasks in the prevention of sports injuries are:

- knowledge of the causes of bodily injuries and their characteristics in various types of physical exercises;
- development of measures to prevent sports injuries. Causes of sports injuries: - improper organization of classes;
- shortcomings and errors in the methodology of conducting classes;
- unsatisfactory condition of places of employment and sports equipment;
- violation of the rules of medical control;
- unfavorable sanitary-hygienic and meteorological conditions during classes.
- violation of the rules of medical control, which is of great importance in the prevention of injuries.
- There are internal factors that cause sports injuries - the state of fatigue, overwork, overtraining, chronic foci of infections, individual characteristics of the body, possible breaks in classes.

The causes of diseases and injuries associated with physical exercises are violations of their hygienic provision, irrational methods and organization of classes, inadequate material and technical support and poor health of those involved. Prevention of negative phenomena requires the fulfillment of a number of conditions. For example, it is desirable to engage in physical exercises at the same time of day, not earlier than 1.5-2 hours after eating (but not on an empty stomach), in an appropriate sports uniform. It is necessary to observe gradualness in learning new complex exercises and in increasing their number. Shoes, clothing, sports equipment, as well as the place where classes are held, must comply with hygienic requirements. Classes are unacceptable during the period of illness, in a state of significant fatigue or malaise, especially for girls and women. It is very important to observe the rules of personal hygiene, especially cleanliness of the body.

It is recommended that physical exercises are always carried out outdoors, to fully use the hardening factors - the sun, fresh air.

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