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DETERMINE LEVEL OF CONTROLLED MOVEMENT ACTIVITY AND LEVEL OF PHYSICAL FITNESS

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A B S T R A C T

There are many simple and complex methods of determining physical work capacity. However, before using them, seeing a doctor and checking the state of health allows you to determine the level of physical fitness. Because ¬all methods of determining work capacity are related to the application of loads.

K E Y W O R D S

Physical preparation , level of preparation, Determination of physical work capacity, Rufier-Dixon method, Harvard method, Number of repetitions of exercises , Group of large or small muscles involved in performing exercises, Speed of performing exercises, Amplitude of movements, Complexity of exercises, Muscle tension level and character, muscle power .

INTRODUCTION

If we assume that having physical fitness serves for the function of our organs in the motor activity system, we will look at the problem one-sidedly. In fact, this aspect of the human body helps to achieve the perfection of daily vital needs, social work, as well as the physical culture of an individual's healthy lifestyle, healthy longevity, resistance to diseases, and other qualities. will come.

The authors of some literature claim that it is more correct to implement physical training in two directions and to use it only in physical training and sports practice. The analysis of literary materials also emphasizes this. However, general and special physical fitness is necessary in all aspects of daily life, whether it is physical or mental, whether physical work requires the least effort or requires great effort, the subject we set out to study is physical fitness. necessary, its implementation is important in the process of education.

OVGoncharova (2005) states that physical training is the main foundation for achieving great sports achievements in her dissertation monograph entitled "Development of physical abilities of young athletes"(13). According to the young scientist, he tried to explain the connection between success in sports and all-round physical development and physical fitness of the athlete through two laws and succeeded in it. They are:

1. Interdependence of the functions of all organs and structures of the body, the law of integrity. It has been proven in today's practice of physical education that if physical training is directed to the development of certain abilities, this development can also develop the abilities;
2. Interaction of movement skills and skills formed during physical training. The reserve of movement skills and abilities created during the preparation process, especially if there are many similar ones, it is easy to acquire new skills and skills and improve them. That's why we didn't find researches, scientific developments or literature materials about some aspects of physical training as an important aspect of the physical training process, more precisely, physical training standards.

Everyone is interested in what is the standard of daily and monthly movement activity of an individual with a demanding level of social fitness, and whether there is a standard set for different ages. As mentioned, there is no uniform standard or norm, which is difficult to work out at the moment. Because we all have different physical maturity. However, there are some recommendations for movement activity. Some experts say that it is necessary to walk from 10,000 to 30,000 steps a day, while others believe that it is necessary to do targeted physical exercises for at least 6-10 hours a week and try to recommend this load as a standard for the majority.

Based on the results of the research conducted by the scientists of the former All-Union Institute of Physical Culture (during the 1990s), movement activity is limited to 21-28 hours for preschoolers, 14-21 hours for students, and for secondary special educational ¬institutions students - young people, students of higher educational institutions - 10-14 hours; employees ¬considered it appropriate to try to plan movement activity in the amount of at least 6-10 hours per week and recommended it for practice . In Table 1, we provide a standard 12-minute test for men of various fitness levels (Cooper's recommendation).

Table 1 _

Men for 12 minutes test measure (km)

Level of preparation	Men between the ages of 20 and 30
Too bad	1,6 kmless than
It's bad	1.6 –1,9 km
Satisfactory	2.0 - 2.4 km
Good	2.5 –2,7 km
Excellent	2,8 kmand above

Sometimes the standard of healthy physical exercise, which is recommended for everyone without exception, does not have the desired ¬effect ¬¬¬. Because the downloads offered in them are not enough for many people. On the other hand, too fast downloads can be tempting. Because of this, there is a need to determine the standard of physical activity for each person. In order to do this, first of all, a person ¬should determine the level of readiness for physical loads, based on his existing work ability.

There are many simple and complex methods of determining physical work ability . However, before using them, seeing a doctor and checking your health status will allow you to determine the level of physical fitness . Because ¬all the methods of determining the working capacity are related to the application of loads.

The simplest way to determine physical work capacity ¬¬¬is ¬¬¬¬¬¬¬¬¬to check if you are short of breath when climbing stairs. If you can climb to the fourth floor calmly, without stopping and without difficulty, this means that your work ability is at a moderate level.

If you are short of breath when climbing the stairs ¬, monitor your pulse: after climbing to the fourth floor, if the pulse is less than 100, you are in excellent condition, if it is up to 130 - good, from 130 to 150 if - on average, more than 150 means that your condition is not very good. The last indicator is a sign that your level of physical fitness is extremely low. The stated standards are for people over 30 years of age, proven by the results of research(49).

Another way to determine physical capacity is to climb to the 4th floor in a certain time (initially within 2 minutes). People whose pulse after climbing above 140 ¬indicates poor physical performance.

Determining physical work ability using the Rufye-Dixon method . Count the number of pulses in 15 seconds while lying on your back. (R 1). Then squat 30 times for 45 seconds, then lie down again for 15 seconds and count your pulse. (R 2) then calculate the pulse in the last 15 seconds of the first minute in the recovery period (R 3).

Let's say your heart rate in the 15 seconds before sitting up is 18 (R 1), then 30 (R 2), and 22 (R 3) during recovery . We put these numbers in the formula.

$$\frac{4\,(R_1 + R_3) - 200}{10} = \frac{4(18+30+22)-200}{10} = 8$$

The results of the inspection are evaluated as follows: 0-3 - good performance, 3-6 - average, 6-8 - satisfactory, and above 8 - poor.

There is another way to calculate. R_1, R_2 and Find out the value of R_3 beats per minute.

$R_1 = 18 \times 4 = 72$; $R_2 = 30 \times 4 = 120$; $R_3 = 22 \times 4 = 88$.

S right _ this ra q ams put in the formula :

$$\frac{(R_2 - 70) + (R_3 - R_1)}{10\ 10} = \frac{(120-70)+(88-72)}{10\ 10} = 6.6$$

This result means that your work ability is satisfactory (between 6 and 8).

Currently, the Harvard method (step test) is used. The essence of this method is to go up and down a 30-centimeter ladder ¬. At home, a simple method can be used instead. It is necessary to go up and down the stairs for 5 minutes (300 seconds) at the rate of 30 steps per minute (25).

Each output is four counts (correctly as viewed against the metronome); When you say "one" - put one foot on the stairs, when you say "two" ¬- put the other foot, when you say "three" - put one foot down, when you say "four" - put the other foot down. If this pace is difficult for you, you can stop

going up and down the stairs, taking into account how long the work has been done before slowing down.

After completing the method, take a picture of the state of the recovery period. For this, it is necessary to check the pulse 3 times for 30 seconds: from 60 to 90 seconds, from 120 to 150 seconds, and finally from 180 to 200 seconds.

Formulate the result of this method.

$$\frac{t \times 100}{(R\,1 + R\,2 + R\,3) \times 2}$$

R 1 – the number of strokes in 60 – 90 seconds,
R 2 – 120 - the number of strokes in 150 seconds,
R 3 – 180 – 210 seconds (during the recovery period) the number of strokes between
t is the time taken to execute the method (in seconds).

Let's assume that R 1 180, R 2 65 , R 3 45 formed a stroke. If you plug these numbers into the Harvard formula, you get this result.

$$\frac{300 \text{ sec} \times 100}{(80+65+45) \times 2}$$

Now you can determine your physical ability. A score below 50 is very bad,
- 51– 60 – bad,
- 61–70 – enough,
- 71– 80 – good,
- 81– 90 – very good,
- Above 91 is excellent.

If your physical capacity is good (between 70-80), ¬start regular exercise. However, we would like to remind you once again that you should not forget to start fitness training and training sessions after consulting a doctor.

In the process of physical training, innovations are being used in theoretical and practical knowledge of determining the norm of physical loads, and at the same time controlling the speed of their impact on the body. Through the analysis of the literature, we found out through our experiences that the following factors should be taken into account when performing physical training.

- Number of repetitions of exercises. The higher the number of repetitions of each exercise, the greater its load, and vice versa. This is the simplest way to change the rate of movement activity.
- The size and number of large or small muscle groups involved in the exercise. The more muscles are involved in the exercise, or the larger the muscles are, the heavier the physical load is, and this makes it possible to determine the loading dose and follow the principle of sequential muscle work. Using small muscles first, then medium and finally large muscles or performing physical activities involving those muscles.

– Exercise speed. The speed can be slow, medium and fast. However, a fast pace doesn't always mean you're getting a heavy load. Sometimes ¬¬it is easier to perform the exercise without straining the muscles, in which less muscles are involved.

Due to the slow pace, it is often necessary to spend a lot of effort from the muscles of any part to overcome the load, which leads to an increase in physical load.

The speed of the exercise makes it difficult to train small and medium muscle groups, while it ¬is easier to train large muscle groups. If a person is used to performing certain actions at a moderate pace, then gentle rhythms have a stronger effect on the nervous system. For example, a person gets tired more than usual when walking slowly. It is easier to sit up quickly from a cross-legged position than to sit up slowly. Getting up slowly from a squatting position is much more difficult than standing up quickly. Therefore, exercises that require strength at a gentle pace have a greater effect on the human body: they stimulate the development of muscle fibers, have an active effect on the heart muscle, blood vessels, and the respiratory system.

Amplitude of movements (deviation). When the amplitude of movements increases, the total load on the body also increases. There are also exceptional cases. For example, it is much easier to perform the exercise by lifting the legs, opening them and bringing them together at 90 degrees while lying on your back. However, it is much more difficult to perform this exercise at 45-60 degrees, that is, to perform the range of motion in the position with 1.5-2 times less amplitude. But the general principle is this. It is better to perform the movements in the trainings that increase the quality of strength ¬in an incomplete amplitude, as the muscle strength increases gradually, the amplitude of the movements can be increased, bringing them to the level of physiological possibility.

The complexity of the exercises depends on the number and type of muscle groups performing the exercise and the coordination of their activity ¬. Complex exercises require more attention, that is, create a large mental load. This condition causes faster fatigue. That's why it is very effective to always start training with simple exercises and gradually move to more complex exercises . It is especially important to enrich their stock by mastering exercises that develop coordination and balance. Coordination is the coordination of movements of some parts of the body. Coordination exercises ¬always increase the intensity of physical exertion. In this regard , we found out that performing circular movements of arms, legs, and body in different directions is a complex exercise .

The degree and nature of muscle tension. The level of tension is an expression of the force exerted by the muscles during exercise. The tension exerted by the force changes depending on the position of the body parts, the change of weight, its weighting with various objects, and the speed of movement. Usually, simple, light exercises ¬do not require a lot of effort. However, the high intensity during strength-building exercises undoubtedly increases the weight of the load several times.

During intense stress, the muscles are not supplied with enough oxygen and nutrients, as a result, the "oxygen deficit" accumulates, and fatigue begins to increase. In this case, an excitation center appears in the cortex of the brain, it begins to "force" and soon it becomes impossible to continue the exercise .¬

A person cannot function for a long time in cases of rapid muscle contractions, in which the sides of excitation and inhibition in the cerebral cortex alternate rapidly. ¬However, regular training will allow him to expand his range of possibilities and, in time, successfully master tasks that quickly transition from one type of activity to another.

Muscle work capacity (amount of work in a certain time). The greater the power, the higher the load on the exerciser. The power of muscle work depends on the time of work, its speed and strength during movement. For example, a skier going up ¬a hill ¬requires a lot of muscle work. To achieve the same result on a flat track, he would need to increase his speed considerably. Usually, if the power of the work done is great, its duration will be short and vice versa. The initial condition before starting exercise also has a significant impact on the rate of physical exertion. We have given a table for increasing and decreasing the size of downloads (see table 2).

Table 2

Increase and decrease the total volume of physical loads during training

Impact on loading

factors that do Increase load Reduce load

The number of repetitions of the exercise

Size and number of muscle groups participating in the exercise

The pace of the exercise

Amplitude of movements

Complexity of exercises

The degree and nature of muscle tension

Power of muscle work

Initial state

Duration of breaks between exercisesIncrease

Greater involvement of large muscle groups

Fast and average

Full

Increase the number of complex exercises

Using more challenging exercises (rock, dumbbell, exercise ball)

Active resistance to movement

Perform the exercise in a high power mode

Use of limiting cases in gymnastic projectiles

Use short active breaks while performing simpler exercises

Reduce

Involvement of limited large muscle groups

Average and slow

Limited

Increase the number of simple exercises

Avoid harder and shorter intense muscle contractions

Perform the exercise in a relatively medium intensity mode

Stop limiting circumstances, add mitigating circumstances

Using continuous passive rest breaks

Therefore, in today's practice of physical education, there is not enough research on the best methods of assessing physical fitness through the standards of physical fitness or the methods that should be used when passing training standards, and the problem is waiting for its solution. .

Specially oriented physical training exercises play an important role in the development of physical qualities - in increasing physical fitness. The level of physical fitness, the selection of means in accordance with his physical culture, physical abilities, ¬the lack of standards for the norm of their use in everyday life, implies special knowledge in choosing the total volume, speed and speed (intensity) of physical loads (see the appendix). .

The importance of knowing the importance of choosing exercises that meet the requirements for the qualities necessary for the development of strength, endurance, agility, flexibility, speed, its norm, the specific characteristics of taking into account the age, gender and physical fitness of the individual, the information of a number of literature we found that it has been proven through analysis.

In the development of strength, exercises that require gentle tension have a greater effect on the human body, they stimulate the development of muscle fibers, have an active effect on the heart muscle, blood vessels, and the respiratory system.

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