



SIGNIFICANCE OF ANATOMICAL STRUCTURE AND PHYSIOLOGICAL FUNCTIONS IN LEARNING SWIMMING TECHNIQUES

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ABSTRACT	KEYWORDS
<p>In the process of learning swimming techniques, the importance of the athlete's anatomical structure and physiological functions has been explained.</p>	<p>Properties of water, water resistance, eddy resistance, wave resistance, static swimming, dynamic swimming, body balance, specific gravity, buoyant force of water, displacement of a swimmer, amplitude, anatomical structure, physiological functions.</p>

The Republic of Uzbekistan is a serquyosh land with its own rivers, lakes, rivers, and artificial reservoirs. People who have long lived on the banks of rivers such as Syrdarya, Sirdarya, Zarephath, Chirchik, Angren rivers, Akhtor, and Korah have long lived for the benefit of people struggling with submission. Only a few canals (the Fargo Canal, etc.), reservoirs (Tuyamo'yin, Chorvoq Waterfall, and so on), as well as a number of reservoirs (Lake Comfort, Tashkent Sea This was set on fire. They are a resource for the development of fishing, crop irrigation, roller coaster use, and at the same time swimming sport, which is a vital necessity for the population serving as a member of the The beginning of swimming sports dates back to 1924-1925 in Uzbekistan. Although special pools were not built during those years, for the first time hydroelectric power plants were built. In Tashkent, for example, the Bo'zsuv Dam was blocked and an artificial reservoir was formed. This, in turn, has become a favorite place of rest and bathing for residents, young people.

By the summer of 1927, the republic was the first in our yacht This time, a swimming competition was held at this water station between the cities of Tashkent and Samarkand. This, in turn, helped the members of the 1928 Spartakia team to be selected, including Nadejda Pak, Nina Lobava, Petr Kravchenko and others became members. However, in Spartacus, swimmers from the U.S. team participated very emptyly and finished high-16th only in the Turkmen team. Despite him, this spartacus also contributed to the development of swimming sports in Bucharest, Andijoi, Tashkent, Fargo, and other cities of the Republic of Uzbekistan .

Sports swimming techniques are organized and improved by a person's ability to move. The action form depends on the structure of the joints, their shape and mobility. Well-moving athletes with joints can move freely and oso n along a large pathway without changing the state of the wheel and the harmony of public movements, thus attracting large muscle groups. Performing amplitude-actions at a greater intensity is one of the basic conditions of sports swimming technique and helps to save energy. The slowness of wherethe joints are so poor makes it difficult to properly master the

technique and reduces the effectiveness of performing sports, which means that additional efforts are required. The mobility of the hand depends only on the mobility of the shoulder joints without b, but also on the mobility of the shoulders, spines, chest and waist pieces. If the shoulder part of the waist is not sufficiently moving, the butterfly-dolphin mode swimmer is forced to raise the top of the wheel to perform a hand-held preparatory movement. The mobility of the lungs, especially the knee, the ball-and-socket joints, plays a major role in swimming in Brass mode: its limitations are to perform extensive donkey movements with the legs he doesn't let it go. If the spine is slow to move, the swimmer in the krol mode will not only turn his head to breathe, but also raise it. These actions violate the overall structure and compatibility. The resulting embryo was placed in nutrients and then inserted into her womb, where it implanted.

Swimmers with low mobility in the ball-and-socket joints do not achieve high results in crooked mode and swimming with a swally foot, in some cases not even moving to the frontnest.

The intermolecular force from all these flourishing wood, had to be carved by hand and made as straight as possible. Therefore, the shape of the grid and mainly its state play the first d-shaped and decisive role in organizing moving movements. Given the importance of joint mobility, swimmers should constantly perform exercises that will help them develop this feature.

The diver's muscles are shortened by impulses from the central nervous system and move lakes and feet, performing mechanical work and ensuring that the gastrointestinal tract moves in the water. The swimmer's muscles are not as shortened for a long time as during static exercises in the swimming pool, but perform a dynamic job, so they are soft and slippery must be. The legal exchange of rape and looseness, the work of agonist muscles adapted with synergistic and antagonistic muscles, keeps the suzuvc higa at different distances at a high rate and speed will help. Muscle abuse and vacuum exchange could serve as a heart-to-heart strength, even if the duration of the central arousal and persistent muscle abuse lead to rapid fatigue.

Sports swimming methods consist of a cycle of exercise, characterized by the legal return of the same exercises many times. It is enough to learn one of the cycles of action to be able to analyze the technique of sports swimming methods. In all methods of suzzlework, the movement cycle differs from the donkey, the preparation phases. The quality of the technique of the swimmer's ability to save his energy in the preparation pallet and to transparently use it in this part of the donkey's movement, which requires optimal power shows. Some of the lectern swimmers over-scatter their muscles during movement. Basically this applies to those who are just learning to swim. Such a scattering of muscles disrupts the rhythm of breathing.

Observing the world's most powerful swimmers shows that muscles involved in direct donkeys are maximized in the preparatory stages. It is very necessary to see. Optimal emptying of muscles in the preparation pallet ensures peaceful and easy travel of medium and long distances. Excessive muscle abuse reduces technology productivity and quickly exhausts the body, increasing the amount of donkey movement. Even when swimming in cold water, muscle Zo'rayishi increases and it becomes difficult to empty, which reduces even the sporting results of highly qualified swimmers. The structure of the wheel or the proportion of parts of the wheel also affects the ability to master swimming techniques well and to improve sports skills. Swimmers with long and well-developed limbs and medium weight can show high sports results. At the Olympics and major competitions, many won were tall, limbs long, not as large as they were. Most swimmers between the ages of

14 and 17 (mainly during the rapid growth of beetles) have low muscle strength, with a relatively low weight with high results.

Of course, the length of the neck and limbs alone cannot determine the level of sport results, which will only set the stage for the future sporting activity of the swimmer. One of the main factors in achieving high sports skills is the functional characteristics of the floating organism and the ability to develop and improve the exercise process. That is why low-lying but regular swimming skills, and overall physical sueish preparation is ranked among the strongest swimmers in the world.

In major competitions, victory can be achieved in various ways of swimming. In addition to the swimmer's functional capabilities, the exercise process improves his or her ability to move. Since then, a new, mature incomprehensible connection has been established between parts of the body and the movement apparatus. This ensures that the technique is much more efficient: open and unnecessary movements are lost, muscle forces are directed to the muhim stages of donkeying, to the personal characteristics of the swimmer. The corresponding Hara-kat speed and character arise.

When swimmers develop such concepts as 'feeling water' or 'feeling the time', the new movement is as complex as studying and improving horses conditional reflexes begin to appear. These occur under internal and external influences.

There are 3 stages that are interconnected in the formation of action skills, but one is not separated from the other by a specific chequer:

To correctly understand the first phase-action, some elements of technology and the relationship between them are studied.

The second stage – excessive mobility and unnecessary muscle abuse – is completed. The third bossicle-motion skills will be improved.

Repeating the action studied many times creates a deep understanding of movements and is thin between the nervous system, respiratory organs, the cardiovascular and other systems of the body communication arises. The ability to move is determined and expanded, creating a certain system of stimulation and disruption in the cerebral cortex. At the same time, the movements will be much more automated, and the swimmer will focus on performing certain elements of the technique, with distance tactics or wrestling with his opponents in sports. It is possible. Some of the shortcomings and disadvantages of swimming techniques are addressed at the direction of the coach.

The interrelationship and compatibility of all movements with breath increases the strength of the donkey, and the compatibility of movements has a positive effect on the external form. But when swimming, it is important to take into account that sudden acceleration of the tempo can disrupt the harmony of movements. The speed of swimming should be increased n-n-slowly and carefully, without disrupting the technique.

The resulting embryo was given to develop in nutrients and then inserted into her womb, where it implanted gives. This, in turn, increases the efficiency of the machinery and increases the length of the slider's movement or donkey as a result of each donkey movement.

As an athlete's skills increase, "feeling water" will be greatly improved and the power of gravity will increase.

A 3-5 day break in exercise produces skin and kinetic sensitivity.

But with the onset of engagement, this sensation is immediately restored.

"Feel water" when exercising too much, deteriorating health and getting tired, as well as when the speed of movement after the menopausal appearance in the competitions is high and the water

temperature is low To do so will be thirsty." The thirst for "feeling water" sometimes affects the snfat of technology and the rate of swimming, even if it does not affect the external form of movement.

In parallel with "feeling water," the likes of "sensing time" and "feeling the pace" also develop, with a clear, planned period of time, pressing at the same speed. and it's characterized by passing. This concept arises due to the interaction of motion, sight and hearing apparatus with the environment. When swimming the distance, the swimmer senses a certain degree of water resistance, takes into account external conditions, the speed at which it moves forward, the strength of the donkey with hands and feet the taste, the speed at which movements are repeated, and so on.

According to the foregoing, the athlete determines his or her swimming speed by comparing the results of sports he previously showed when sailing the distance to the present, and is intended to putn tactically in front of him can change the speed. In many experienced swimmers, "feeling the time" and "feeling the pace" will be well developed. As they swim the distance, they maintain a steady pace and travel each section of the distance at the intended speed. With such sensitivity, the swimmer will have mastered a technique that can achieve high sports skills. To do this, a coach needs to understand the personal characteristics of an athlete and use it wisely in the process of acquiring and improving the technique.

Proper use of the physical properties and willpower of the swimmer increases the efficiency of swimming techniques and helps achieve high sports performance in a short time.

A creative approach to the achievements of modern technology in teaching sports swimming methods and the success of teachers in their great work on improving their sports skills and it's a xizmhorse.

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