

DEVELOPMENT OF PHYSICAL FITNESS OF ATHLETIC GIRLS 15-16 YEARS
OLD

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Abstract: *In this article, the results of the research on the effect of exercises used on the development of general physical fitness of 15-16-year-old athletic girls were studied, and practical recommendations are given to coaches.*

Keywords: *physical fitness, athletics, sports, development, running, speed, general physical fitness.*

INTRODUCTION

Currently, the development of sports and the selection of talented young people, priority directions of educational organizations in the field of conducting physical education classes in preschool educational organizations for physical development and strengthening of health interest in physical education and sports training in children formation is one of the main tasks. At the same time, great attention is being paid not only to boys, but also to girls' sports development, achieving high goals and supporting them.

In recent years, the fields of physical education and sports have increased in the republic development, attracting all strata of the population, young people, especially girls, to regularly engage in physical education and mass sports, wide promotion of a healthy lifestyle in society, full and full use of physical education-health and sports technology created in the country many Resolutions were signed in order to ensure effective use, as well as to further improve the educational system in the field of sports.

PD-5020 of the President of the Republic of Uzbekistan dated 05.03.2021 on measures to further improve the system of supporting women and ensuring their active participation in community life, 04.11 of the Cabinet of Ministers of the Republic of Uzbekistan .Decision of the President of the Republic of Uzbekistan No. 645 of 2022 on the organization of the activities of the State Fund for Family and Women Support, PD-5020 of the President of the Republic of Uzbekistan dated 05.03.2021 Paragraph 3 of the decision PD-5020 dated March 5, 2021 "On measures to further improve the system of supporting women and ensuring their active participation in the life of society" refers to women One of the main tasks of the state support fund is to support the financing of activities related to the development of women's sports.

LITERATURE ANALYSIS AND METHODS

The results of the literature study show that the development of the general physical fitness level of athletic girls and the conducting of sports training at the level of demand, the selection of especially talented young people and the use of effective methods to attract them

to sports teams, and the solution of modern problems of physical culture and education. focused scientific research is being carried out in depth. Also, teaching methodical manuals in this field are very rare. The importance and significance of athletics in raising young people to become well-rounded individuals is clearly visible. It should be noted that the main principles, specific tools and principles of the athletics sport must be mentioned in order to educate young people in an integral way. Through these aspects, tools and principles, certain qualities in each type of sport are more strongly formed and developed, and it is manifested in the form of leadership qualities. In the literature of many scientists of our country, work on the problems of this topic has been carried out. Among these, the following literature can be mentioned.

M.J. Abdullayev, M.S. Olimov, N.T. Tokhtaboyev's textbook "Athletics and its teaching methodology", M.Abdullayev's, M. Olimov, N. Tokhtaboyev's textbook "Athletics and its teaching methodology", etc. opinions and comments in this regard are also given in the literature.

In order to develop the level of general physical fitness of young athletic girls, the educational, training and competition processes of 15-16-year-old athletic girls were observed from September 2023 to December 2023. Based on the objectives of the study, experimental and control groups were formed. An experimental group of 10 girls and a control group of 10 girls of 15-16 years of age were formed. In the experimental and control groups, attention was paid to the effectiveness of general physical training of young athletics. Using pedagogical observation and information from scientific-methodical literature, the following control exercises characterizing the level of ability of young athletes to use general physical training exercises were selected and they were included in the training of the experimental group in order to develop general physical training:

1. Running up a hill;
2. Running for 60 meters;
3. Running for long distances while tying the bags to the shins;
4. Running at a speed of 30 meters;
5. Jump up to a height of 70 cm on both legs;
6. Running in water;
7. Long distance jogging.

The expected result can be achieved by doing the exercises listed above. In the theory of physical education, physical labor and movement alone are not enough for the student to achieve results. In addition to exercise, the human body also needs nutrients. That is, as a result of the loss of energy after exercise, the need for energy appears. It is important to enrich such desire with high-quality and high-calorie products.

Table 1

15-16-year-old athletic girls at the beginning of the study
indicators of physical fitness obtained from experimental and control groups.
(n=12)

Test exercises	Experimental group \bar{X}	Control group \bar{X}
60 meter run (s)	9.4	9.5
1000 meter run (m/s).	3.4	3.5
Shuttle running (3x10) (s)	6.3	6.3
Standing long jump	2.13	2.15

They have been doing these exercises regularly for 3 months. At the beginning of the experiment, the influence of the experimental and control groups on the results of the general physical training of young athletics girls was studied.

Table 2

At the end of the study from 15-16-year-old female track and field athletes indicators of physical fitness obtained from experimental and control groups. (n=12)

Test exercises	Experimental group \bar{X}	Control group \bar{X}
60 meter run (s)	9.1	9.4
1000 meter run (m/s).	3.3	3.4
Shuttle running (3x10) (s)	6.1	6.3
Standing long jump	2.2	2.24

Tadqiqot boshida va oxirida 15 - 16 yoshli yengil atletikachi qizlarning tajriba va nazorat guruhidagi mos natijalarni solishtirib, yosh yengil atletikachilarning umumiy jismoniy tayyorgarliklari bo'yicha ko'rsatkichlar ijobiy tomonga o'zgartirildi.

The results obtained at the end of the study indicate the following. Compared to the results measured at the beginning of the study, the positive changes in the results of the female athletes in the experimental group at the end of the study are much higher than the positive changes in the results of the control group. The greatest change in the performance of female track and field athletes of the experimental group compared to the beginning of the study was an average increase of 0.3 seconds compared to the beginning of the study in athletes running 60 meters, and an average increase of 0.1 seconds in the control group. In the study group, the 1000-meter running time increased by an average of 11 seconds, and in the control group, it was found to increase by an average of 5 seconds. Participants in the study group changed their shuttle running speed by an average of 0.2 seconds, and those in the control group changed by an average of 0.1 seconds. In the research group, it was found that the length jump from standing position increased by 12 cm on average, and on average by 8 cm in the control group.

CONCLUSION

Modern athletics scientific methodical theoretical literature knowledge and creating instructions. This knowledge effectively helps in the proper development of general physical training of young athletes during training. Even so, athletics coaches rarely use the developed manuals. When we study the analysis of the literature and the training process, it shows that

many coaches do not pay much attention to the development of athletic girls in sports schools. We recommend using the exercises used in these trainings in the training sessions of athletics clubs and sports schools.

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