

Strengthening Women's Health In The Role And Physiological Fundamentals Of Physical Culture

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Abstract: *The article focuses on the specific anatomical structure and physiological features of the female body, emphasizes the importance of caring about the physiological features of the formation of physical culture in strengthening their health, and, on this basis, the right approach to lifestyle.*

Keywords: *physiological processes, health-improving exercises, organism, physical culture, physical activity.*

INTRODUCTION

We are all known that the physical training plays an important role in the normal growth, development and formation of the human body. Indeed, training regularly with physical activities leads to a several-fold increase in metabolism of the human body. For example, people who engage in physical activities or exercises have twice the number of capillaries in the muscles, which naturally increases the body's supply of O₂ and nutrients. As a result, the amount of ATF, K, F, glycogen in the tissues increases. This leads to thickening of the muscles, an increase in the force of contraction, and as a result improves the function of vital organs (lungs, heart, blood vessels, liver, kidneys, stomach). Activation of these physiological processes ensures that the human body is strong, resistant to external influences and hardened. Such people are less prone to disease and live longer.

It is known that today the role of women in the scale of production, sports and public affairs is very large. The rapid technologicalization of our society has a significant impact on the reduction of activity, movement, which is important for the normal course of physiological processes in the human body.

MAIN BODY

We all know that strengthening the health of women will ensure the development of future generations. Woman is the successor of this healthy generation. The fate and well-being of future generations depends on the health of women and children. This shows that there is a need for a comprehensive scientific basis for improving the physical training of women and their readiness to perform sports. In strengthening women's health, it is very important today to pay attention to the physiological features of the formation of their physical culture and the right approach to the organization of lifestyle on this basis.

That is why today one of the priorities of their activation, introduction of lifestyle training, health protection, health promotion and strengthening has risen to the level of the policy of the President of the Republic and our government. For this reason, special attention is paid to the involvement of the younger generation in sports, health training, events, instead of women, including the elderly.

One of the main problems of modern biology today is to learn how to control the development of the organism. For example: Managing the development of the musculoskeletal system helps prevent various diseases. Of course, there are many factors to achieve this. Among them, the most important thing is to set aside time for health exercises on the agenda, to be more precise, to form physical culture in our society and gradually develop it theoretically and practically. From an early age to lie on a flat and firm, low pillow for normal formation of the spine, not to stand for a long time (especially young children), not to lift weights, variety and duration of exercise associated with the spine, increase coherence to normal posture, spine increases the chances of preventing related diseases (spinal hernia, colds, radiculitis). The thorax and spine are the central bones within the body bones, the normal development of which creates the environment for the normal development of internal organs (heart, liver, kidneys, lungs, digestion), which in turn leads to the normal course of physiological processes in them. The fact that our girls perform pelvic floor exercises from an early age has a positive effect on the development and strength of these bones. In this case, the correct choice of appropriate exercises is of great importance. Because every exercise has its own technique. Proper use of it gives good results and leads to a decrease in the fear of preterm birth in women as an adult, the process of childbirth is faster and easier. Reducing the fear of preterm birth, on the other hand, increases the likelihood of choosing a natural birth process, which can prevent at least some of the cesarean section that is gaining popularity today.

Appropriate use of music during exercise (appropriate to the nature of the exercise) also significantly enhances internal motivation in women. The goodness of the psychological significance leads to a decrease in neurological diseases, which is one of the main reasons for the emergence of many diseases that are emphasized by medicine (the conclusion of many medical professionals). For example, magnesium in the human body is 24-28 g and is mainly found in bones and blood. Significantly, calcium and magnesium increase the activity of about 300 enzymes, their role in ATF-related processes, in the regulation of nervous system activity, in raising the immune system against oncological diseases (kidney, bladder, uterine cancer) is invaluable. It has been found that 10 minutes of stress causes the body to consume magnesium, which is used for physiological processes throughout the day. This means that the nervous human body is constantly exposed to magnesium deficiency and is more likely to suffer from various diseases. It is no secret that the regular performance of physiotherapeutic exercises (specific exercises for each disease) by women with many diseases is successfully used today, and positive results are being achieved in this area.

The female organism is characterized by better resistance to changes in the external environment (temperature changes, hunger, disease) than men. They have high emotional arousal, instability, panic, hypersensitivity of skin receptors, well-developed motor coordination, high color vision with internal sensations, breadth of field of view, musical hearing, flexibility of joints compared to men, muscle strength, speed, lung function. capacity (1000ml) varies with much lower heart mass and volume.

Although regular physical activity leads to an increase in the functional capacity of the female body, exercise requires more attention to specific morphofunctional changes in their body. In particular, insufficient attention to the gradual increase of physical activity during exercise, as a result of not replacing the spent protein, leads to a decrease in physical ability as a result of iron deficiency and disruption of the menstrual cycle. An in-depth analysis of the above data leads to the following conclusion.

CONCLUSION

The rapid technologizing of our modern society has a significant impact on the reduction of activity, movement, which is important for the normal course of physiological processes in the human body. Therefore, the introduction of mass sports into the lifestyle of all categories of the population, from 7 to 70 years, or rather the unrestricted age group, especially women, is one of the most important issues today. At the same time, it is very important to promote the role and importance of physical culture among the population (through events, literature, media). It is advisable to pay attention to the work on the gradual implementation of physical activity, as the healthy physical strength of the body is determined by the amount and adequacy of the physical loads given to it. Paying attention to the physiological features of the formation of their physical culture, especially in strengthening the health of women - the successors of our future will ensure the full development of our children.

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