

MORPHOFUNCTIONAL STATE OF JUDOKA ATHLETES FOR THE PREPARATION
OF PROFESSIONAL TEACHING ACTIVITIES

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Abstract: the article reveals that sport helps a child develop harmoniously, strengthens the nervous system, immunity, and has a positive effect on the health of the body as a whole. In addition, playing sports teaches a child discipline, builds character, develops willpower, and the ability to set goals and achieve them. Physical education is necessary for a person at all periods of his life. In childhood and adolescence, they contribute to the harmonious development of the body. In adults, they improve the morphofunctional state, increase performance and maintain health. Any physical exercise improves heart function. Sport brings positive emotions and discipline to a person's life. Exercising strengthens the body, improves muscle memory and coordination.

Key words: athlete development/ ability to develop/ interaction with the profession/ athlete's activities/ chosen profession.

МОРФОФУНКЦИОНАЛЬНОЕ СОСТОЯНИЕ СПОРТСМЕНОВ – ДЗЮДОИСТОВ
К ПОДГОТОВКЕ ПРОФЕССИОНАЛЬНОЙ - ПЕДАГОГИЧЕСКОЙ
ДЕЯТЕЛЬНОСТИ

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Аннотация: в статье раскрывается спорт помогает ребенку гармонично развиваться, укрепляет нервную систему, иммунитет, положительно сказывается на здоровье организма в целом. Кроме того, занятия спортом приучают ребенка к дисциплине, формируют характер, развивают силу воли, умение ставить цели и достигать их. Занятия физической культурой необходимы человеку во все периоды его жизни. В детском и юношеском возрасте они способствуют слаженному развитию организма. У взрослых улучшают морфофункциональное состояние, увеличивают работоспособность и сохраняют здоровье. Занятия любыми физическими упражнениями улучшают работу сердца. Спорт приносит в жизнь человека положительные эмоции и дисциплину. Занятия спортом укрепляют тело, улучшают мышечную память и координацию.

Ключевые слова: развитие спортсмена/ способность к развитию/ взаимодействию с профессией/ деятельность спортсмена/ избранная профессия.

Participating in any kind of physical activity improves heart function, reduces the risk of diabetes by lowering blood sugar levels, and also regulates stress levels. Sport brings positive emotions and discipline to a person's life. Exercising strengthens the body, improves muscle memory and coordination. It is sport that develops such personality qualities as determination, patience, strength, endurance, perseverance, respect for oneself and the people around you. Any person can play sports, the main thing is desire.

Promotes the development of strong-willed qualities and self-organization. Teaches you to take a blow, to correctly experience not only victories, but also defeats. During classes, a person develops the important ability to analyze the causes of failures, work on mistakes, and overcome the fear of failure. And in the end - to win. Physical activity directly affects a person's psycho-emotional state. During sports, we begin to move actively, blood circulation increases and breathing quickens. More oxygen reaches the brain cells, which means the feeling of fatigue and drowsiness disappears. Sports activity develops the most important personal qualities, not only such as endurance, strength, dexterity of movement, but also determination, perseverance, responsibility, collectivism, and determination.

At its core, physical culture has expedient motor activity in the form of physical exercises that allow one to effectively develop the necessary skills and abilities, physical abilities, and optimize health and performance. Sport has amazing properties. It can unite people, introduce them to each other, strengthen health, character, and even improve the mental abilities of the people who engage in it. Sports develop a person's skills such as speed, agility, reaction, coordination, endurance, patience and strength.

Physical culture is an organic part of universal human culture, its special independent area. At the same time, this is "a mythical process and the result of human activity, a means and method of physical improvement of the individual. Physical culture influences the vital aspects of an individual, received in the form of inclinations that are transmitted genetically and develop during life under the influence of upbringing, activity and the environment. Physical culture satisfies social needs in communication, play, entertainment, and in some forms of personal self-expression through socially active useful activities. At its core, physical culture has expedient motor activity in the form of physical exercises that allow one to effectively develop the necessary skills and abilities, physical abilities, and optimize health and performance. Physical culture is represented by a set of material and spiritual values. The first include sports facilities, equipment, special equipment, sports equipment, and medical support. The latter include information, works of art, various sports, games, sets of physical exercises, ethical standards governing human behavior in the process of physical education and sports activities, etc. In developed forms, physical culture produces aesthetic values (physical education parades, sports demonstrations speeches, etc.). The result of activities in physical culture is physical fitness and the degree of perfection of motor skills, a high level of development of vital forces, sports achievements, moral, aesthetic, and intellectual development.

So, physical culture should be considered as a special kind of cultural activity, the results of which are useful for society and the individual. In social life in the system of education, upbringing, and the sphere of organization of work, everyday life, healthy recreation, physical culture manifests its educational, educational, health, economic and general cultural significance, contributes to the emergence of such a social movement as the physical culture movement, i.e. joint activities of people to use, disseminate and enhance the values of physical culture.

Included in the education and upbringing system, starting from preschool institutions, it characterizes the basis of people's physical fitness - the acquisition of a fund of vital motor skills and abilities, the diversified development of physical abilities. Its important elements are the "school" of movement, the system of gymnastic exercises and the Rules for their implementation, with the help of which the child develops the ability to differentially control movements, the ability to coordinate them in different combinations; a system of exercises for the rational use of forces

when moving in space (the main methods of walking, running, swimming, skating, skiing, etc.) when overcoming obstacles, throwing, lifting and carrying heavy objects; “school” of the ball (playing volleyball, basketball, handball, football, tennis, etc.). Physical development is a biological process of formation, changes in the natural morphological and functional properties of the body during a person’s life (length, body weight, chest circumference, vital capacity of the lungs, maximum oxygen consumption, strength, speed, endurance, flexibility, agility, etc.) .

The process of physical development also obeys the law of age gradation. Therefore, it is possible to intervene in this process in order to control it only taking into account the characteristics and capabilities of the body at different age periods; formation and growth, the highest development of forms and functions, aging. In addition, physical development is associated with the law of unity of the organism and the environment and depends on human living conditions, including the geographical environment. Therefore, when choosing means and methods of physical education, it is necessary to take into account the influence of these laws. Physical development is closely related to human health. Health acts as a leading factor that determines not only the harmonious development of a young person, but also the success of mastering a profession, the fruitfulness of his future professional activity, which constitutes overall well-being in life. Thanks to professional applied physical education, the prerequisites are created for the successful mastery of a particular profession and the effective performance of work. In production, these are introductory gymnastics, physical education breaks, physical education minutes, post-work rehabilitation exercises, etc. The content and composition of professional applied physical education means, the order of their use are determined by the characteristics of the labor process. In conditions of military service, it acquires the features of military-professional physical culture.

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