

PHYSIOLOGICAL FEATURES IN DEVELOPING SPECIFIC ENDURANCE IN BASKETBALL PLAYERS

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Abstract

In this article, with increased endurance issues such as maintaining high-level working ability of the organism, education of coordination of movement, breathing, blood circulation, development of movement functions, role of physical education in the formation of personality, ability of coordination of movement during the training of a basketball player are disclosed.

Keywords: Physical education, endurance, anatomy, physiology, biology, psychology, physical education and sports, pedagogical skills.

Introduction

After the Republic of Uzbekistan gained independence, great attention is paid to physical education and sports. Basketball players of our republic achieve high results in competitions and raise the flag of Uzbekistan high. A number of works are being carried out to further develop physical education and sports in our republic. Among them, the Resolution of the Cabinet of Ministers "On measures to radically improve the organizational foundations and principles of the development of basketball in Uzbekistan", the Resolution "On the Development of Physical Education and Sports" of October 31, 2002 "On the Establishment of the Fund for the Development of Children's Sports" of May 26, 2000 (new edition), the "For a Healthy Generation" program, and a number of other government resolutions pave the way for the development of the sports movement. Therefore, the widespread adoption of the Healthy Generation Program in our country and the fundamental reform of the education system based on the "National Personnel Training Program" are also important steps towards the implementation of this noble task.

When performing physical exercises in the sport of basketball, the athlete's endurance is necessary to work for a long time without reducing the speed of work. Endurance depends on the functional reserves of the body, the level of physical exertion, and the environmental conditions in which the work is performed. Regularly engaging in special exercises increases the body's resistance to these activities. Endurance is the body's resistance to fatigue, which develops when engaging in physical exercises that lead to a decrease in the body's working capacity. With an increase in endurance, the duration of the body's high level of working capacity is extended. Endurance is divided into several types: general endurance, specific



endurance, endurance to perform dynamic work, endurance to static stress, endurance to perform work in anaerobic conditions, resistance to hypoxia (decrease in the amount of oxygen in the blood), resistance to heat and cold, etc. The development of the above types of endurance occurs as a result of regular training in conditions appropriate for each work and engaging in work at a level that leads to fatigue. The development of endurance occurs as a result of morphological, biochemical and functional changes in the organs and tissues of the body. For example, when regularly engaging in cyclic dynamic activities such as extreme long-distance running, cycling, and swimming, the coordination of the activity of the musculoskeletal system improves, as a result of the coordination of the work of the vegetative organs that provide energy to the working tissues, resulting in the high performance of these organs over time. As a result, the mechanism that controls the work of the musculoskeletal system improves, which is associated with functional changes in the nerve centers, mainly the motor center. The center of motion is adapted to walking and receiving the same impulses for a long time.

Types of endurance. Endurance for work performed with force, this type of endurance is the ability to maintain the optimal strength characteristics of the movement for a long time. The endurance of strength is important for achieving high results in sports exercises where it is necessary to overcome a high level of resistance to movement for a long time, for example, swimming, rowing, skiing and sailing. Endurance for performing static work - this form of endurance is the ability to perform static loads for a long time, such as lifting weights, maintaining a fixed position of the body, holding an angle. In performing such work, muscle tension is of great importance. When developing endurance, it is first necessary to develop a clear general understanding of the types of fatigue and endurance, and to determine which types of endurance development are most characteristic of physical education. The factors that determine the development of endurance are diverse.

The main ones include: personal-psychological, bioenergetic, functional strength of the organism; functional economy and others. The formation of endurance also depends on the level of mastery of volitional qualities and movement techniques. At the same time, the type of fatigue is the controlling factor in all types of muscular activity, and endurance shows a physiological feature. This material is considered the key to understanding the methods of studying it in a broad sense and in depth and methodological problems. Endurance is divided into general and specific types. After studying these concepts, the necessary question of methodology is to teach in what sequence each type of endurance should be trained. To understand this correctly, it is necessary to begin to study the methods, tasks and means of any specific endurance on the basis of general endurance (what are its various types), as well as the level (component) of their development. When characterizing the means of training general endurance, it is necessary to know why these means are so wide. In other words, why the form of exercises is not the main thing, but their certain intensity.

In the process of training general endurance, a great role is played by uniform training, uniform execution of exercises, and the method of repeated interval training (the so-called interval training).

Specific endurance: speed endurance; gradations of endurance for coordination and other endurance; 2/3 of the total muscle, part of it; regional from 1/3 to 2/3; local general exercises with 1/3 of the total movement activity. The student studying by correspondence should pay



attention to the following questions: what each method gives, when it should be used, the exact numerical characteristics of the methods and their physiological justification, the quantification of the load in relation to the physical fitness of the participants, and others.

At the same time, the method of repeated interval training requires a very low level of accuracy in the amount of load, since it has a significant effect on the heart, therefore, it is necessary to know that a slow and competent approach is necessary.

The amount of load can be carried out depending on the frequency of heart contractions, for which special technical devices (autocardiographs) were later created. Then it is necessary to proceed to the study of the methodology for training specific endurance and speed. This material is extensively presented in the textbook. Therefore, we will dwell on some components here. The means of training specific endurance are exercises of the selected type of sport, additional auxiliary exercises, exercises that are close to the first in terms of coordination structure. In training general and special endurance, the method of circuit training helps to increase efficiency to a greater extent.

Training coordination of movements. Initially, it is necessary to better understand the definition of the ability to coordinate movements

as the basis of "agility", and to remember the indicators used to assess the level of development of this quality. The ability to coordinate movements is, firstly, the ability to coordinate movements in accordance with the goal when constructing and repeating a new movement process, and secondly, the ability to add variables, if necessary, to change the learned movement, to rebuild the coordination of movements.

The physiological basis for the development of endurance is the connection of conditioned reflexes, which gradually accumulate; the flexibility of the central nervous system, as well as the improvement of the function of analyzers; mainly motion analyzers). The physiological factors listed above should be taken into account when clarifying the questions of the method of training endurance.

Exercise is a wide-ranging problem, which is defined only from a physiological point of view. Exercise is a pedagogical process in which physical exercises are systematically used, and is the main means of training.

Physiologically, training is understood as the process of regular engagement in muscular work that provides an increase in a person's working capacity. Regular engagement in sports exercises changes the physiological state of the organism. Such a state that occurs under the influence of training is called physical fitness. A physically fit organism has a high working capacity and can perform more work than an untrained organism. In the training of a basketball player, along with the development of breathing, blood circulation, and motor functions, the improvement of nervous processes plays an important role, allowing him to correctly and quickly perform movements performed at high speed, complex motor tasks that suddenly arise during the game.

The effect of the number of training sessions on the effectiveness of training is also complex, interacting with other indicators of training - intensity and duration, purpose. It is known that the ability to achieve sports achievements and endurance to work develops faster the more often the training is carried out. As physical fitness increases, the frequency of training sessions should gradually increase due to the acceleration of the recovery process. In general, the faster



and longer the duration of training sessions, the greater the effect of training on the body. This is especially true for exercises that increase endurance. Endurance - develops most slowly in older children. Although preschoolers are very active, they have very little exercise output. From ages 4 to 7, aerobic endurance, especially for static work, is at a "low level." The endurance of a 7-year-old child is equal to 1/3 of the endurance of a 10-year-old child. From 8 to 9 years of age, general endurance increases slightly. Starting from 11 years of age, it increases sharply and is stable at 14-15 years of age. At 15-17 years of age, it is again shown. In physically untrained children, endurance to static work increases after 10 years of age. Holding a dynamometer with a force equal to 50% of the maximum voluntary force is shown from 96 seconds in 10-year-old children to 113 seconds by the age of 18. An increase in the body's resistance to adverse factors occurs in two ways: inherent and non-existent. In a specific way, the organism's resistance to this effect increases, in a non-specific way, under the influence of one factor, the organism's resistance to other factors increases - infection, hypoxemia, etc. The most convenient non-specific method of increasing the organism's resistance is physical exercise. The increase in the organism's resistance under the influence of physical exercise is associated with the use of some feature formed in other types of reactions of the organism to "strong" events.

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