

Physical Education for the Treatment of Height Defects in Children

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Abstract: The article highlights the importance of physical education exercises in the treatment of height defects in children, as well as the defect (physical defect) of height changes - the shoulder arches of the body, the changed position of the pelvis and head, and the changes in the physiological curvature of the spine. Given in the formation of the figure, the spine and the iliac bone are of great importance, as well as the individual measurements of the isthmus, height, weight, the level of muscle development, and the activity of subcutaneous fat.

Keywords: Stature, spine, period of growth and development, correct stature, symmetrical position, formation of stature, defect of stature changes, chest and diaphragm movements.

Physical exercises used in treatment physical education consist of gymnastics, sports and games.

All conditions aimed at preserving, strengthening, prolonging human life and preventing diseases of the population of the Republic of Uzbekistan have been created and are being created. For this purpose, in order to educate the athlete to be healthy, training and treatment of the population of our country in a healthy way of life is one of the requirements of the time.

It is known that doing physical education and sports leads to all-round physical development and strengthening of the human body, improvement of physiological functions and health.

Taking into account the age, gender and specific characteristics of the participants, properly organized physical education exercises, physical education, and treatment are highly effective. Otherwise, they will lose the importance of physical education in solving the health problem.

It allows those engaged in physical education and sports to effectively perform their tasks in accordance with the purpose. Thanks to the effective implementation of the knowledge of physical education, the opportunities for training in the gymnastics types of modern sports have been created. All areas of therapeutic physical education are developing widely. New modern medical examination methods have been introduced to monitor the health and functional status of our country's residents and athletes, and to determine their level of preparation. New functional tests are used to determine the physical ability and fitness of those engaged in physical education and sports.

The formation of the figure occurs under the influence of many factors, and these are the following:

The level of development of the bone system, joint-joint and neuromuscular apparatus, work and living conditions, disruption of work, some diseases are the result of body structure disorders, especially late childhood diseases.

These mentioned factors are the main reason for changes in the structure and activity of the organism.

The correct figure creates optimal conditions for the performance of the following functions of organs and systems in the body.

In the formation of the figure, the spine and the iliac bone are of great importance, as well as the individual measurements of the isthmus, height, weight, the level of muscle development, and the activity of subcutaneous fat.

The formed spine will have 4 physiological curvatures in the segmental plane, two of which are cervical and lumbar lordosis, i.e., the front of the spine, and two of the anterior-posterior activity are the backward convexity of the thoracic cavity and the humerus. tail discrepancy (roundness).

These curvatures are formed during the growth and development of the child. The right body is moving with a symmetrical arrangement of the body parts in relation to the spine. In this case, the head is slightly raised in a straight position, the shoulders are spread, the abdomen is drawn, the legs are bent at the knee-hip joints, the chest is symmetrical to the middle line, the chest is close to the body, the waist triangle is symmetrical. .

Any change or defect in the state of correct stature is not considered a disease.

The external environment can change the shape and state of the body in the course of training and work.

Under the influence of physical exercises, the connection between capillary tissues and cells improves, muscle tissues more effectively separate, absorb and use oxygen from the blood.

The blood in the vein contains oxygen-alkaline, so it helps to move the blood and lymph in the vein without using the tissues. This function of the muscles is so important in hypodynamics that it is even called the peripheral heart. The suction power of the heart, which is increased by the relatively weaker right ventricle, is much stronger than the pumping power of the left ventricle, and must be equal to the amount of blood pumped by the left ventricle: this it can be increased only with the help of this "peripheral heart".

Defect (physical defect) of height changes consists of changes in the shoulder arches of the body, the changed position of the pelvis and head, and changes in the physiological curvature of the spine.

Basically, such cases occur in children who have a negative physical development. height defects worsen the function of internal organs. Restriction of movements of the chest and diaphragm changes the function of the respiratory and cardiovascular systems. Due to the change in the pressure of the gastric cavity, the functions of the stomach and intestines are weakened. Disturbance of sleep and appetite, deterioration of movement coordination occurs.



Such children are shy, do not have courage and rarely interact with their peers at home.

Height changes are sagittal and frontal. Height changes on the sagittal surface develop round back, botic-round back and flattened back types due to the increase of the physiological curves of the spine.

Rational implementation of physical education and hygienic rules at home is of great importance in the prevention of height changes. The child must lie on a flat, hard bed, sit upright at the desk at school, and not lift heavy objects in one hand for a long time. In the treatment of height changes, various general development exercises for arms, legs and body are used in physical education classes.

The back of the body and the shoulder are shown in Figure 1. a-view "normal" developed figure; b—"round quality" developed figure; v-leaf developed; g-saddle-like developed figure. Such naming is accepted in the science of anatomy.

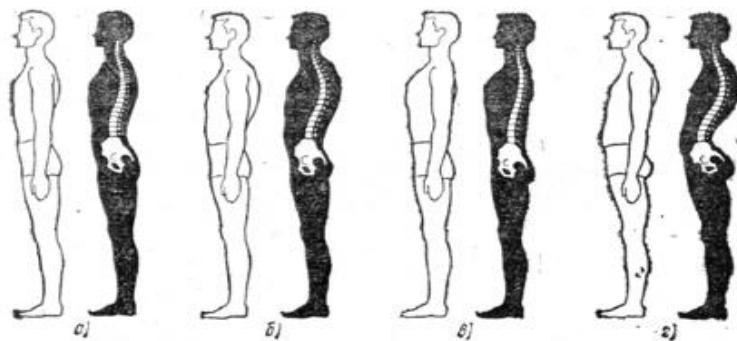


Figure 1. Back shapes:
a) normal; b) circle; c) flat; g) saddle-shaped

Body muscle strengthening exercises are mainly used in the lying position, leg movements in the supine position: lifting up, moving the legs apart and bringing them closer together, rotation movements, transfer from the lying position to the sitting position are used. while lying down with a bed, pull the legs back, lift the head and shoulders and bend the body back, simultaneously stretch the legs behind and bend the body back (legs and shoulders should not be raised too high).

All exercises are performed at a slow pace. Bending the body back and keeping the chests close to each other is used as a static exercise. In order to strengthen the muscles of middle-aged and older schoolchildren, dumbbells and resistance exercises are used in a standing position, 2-3 exercises are included in each of them to increase the emotionality of the exercises. The duration of the lessons is 45 minutes. It is held 3 times a week during the academic year. Such students are not exempted from physical education classes conducted according to the main program and must attend special corrective gymnastics classes.

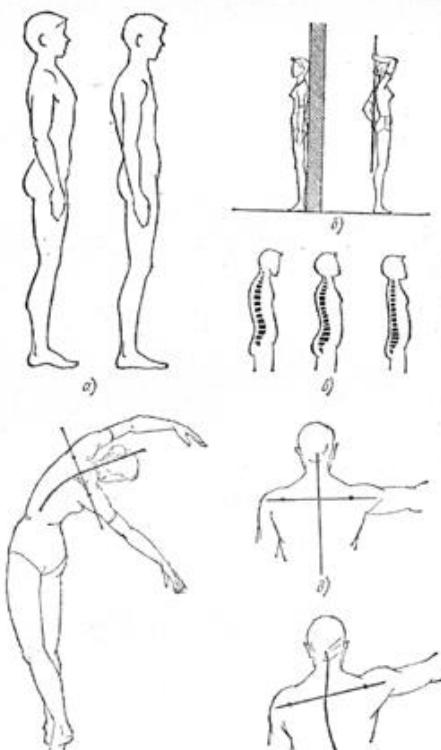


Figure 2. a-straight and deformed figure; b-its inspection; figure through round, round-bent and flat (flat) with v-deficiency; g-d is a well-formed figure; a figure formed in the form of a raised arm or a lowered shoulder.

Defects in the formation of stature, whose growth and development are not controlled, lack of training of the muscles that help to maintain the stature correctly, failure to form the correct habits during the activity of those who serve to maintain it correctly, lead to the formation of defects in the formation of a negative stature and this, in turn, has a negative effect on the service of internal organs, it has been proven in the practice of physical training. Their formation is related to the development of the muscles of the spine. You can find out whether your height is straight or crooked by comparing it with the 2nd picture. In Figure 3, we recommended physical exercises that help to correct a deformed figure.



Figure 3. Gymnastic exercises to shape the figure and correct its deficiencies

It is important to pay attention to the practical importance of physical exercises, especially those that affect the correctness of the figure.

Defects in stature cause damage to the manifestation of physical abilities due to the negative impact on the function of a number of internal organs. The main task of adults and educators is not to get tired of training the muscles that serve to maintain the teenager's height correctly, to give warnings to correct conspicuous sitting slouched, slouched writing and other defects. must For example, simply not holding the shoulders correctly will negatively affect chest excursion. The consequence of not reaching the required level of chest excursion leads to insufficient absorption of oxygen, which is a source of energy for the organs. Low oxygen intake affects the amount of energy that needs to be produced. Poor posture also affects the alignment of our internal organs.

We have provided you with a set of body building exercises for teenagers on the next page.

The same dominant (stable) stimuli that are extremely strong and for a long time - (from the content of exercises or trainings) are manifested by a sharp expression of excessive inhibition in

adolescents. According to this, paying attention to different types of load during training through exercises related to endurance performance in teenagers allows to achieve the desired result.

Speed and speed-strength abilities are developed and cultivated with relative success in the potential composition of physical abilities of adolescence. The element of speed is the foundation of this, and its development has been given and placed in our vital program by nature. If we pay attention to the table of development of abilities, the first of the theoretical and practical knowledge of the physical fitness of the teenager is the speed training according to the development. It makes sense to plan and implement speed-strength training at the beginning or at the end of the training process, and it has been proven by a number of studies and practice to give good results¹.

In today's practice, it has been proven that the physical activity of a teenager is more successful with the use of exercises that are mastered through traditional forms of organized training. These activities are: physical education lessons, physical education breaks, activities during breaks organized for the purpose of active recreation, school competitions, sports holidays, parties, walks, excursions, trips, activities in sports sections, exercising at home. to achieve the result, there can be independent training, two or three trainings for rehabilitation, etc.

If the training duration is 70-90 minutes, it is observed that the efficiency is high. To increase the benefits of the mentioned exercises, it is very important to use competitive loads. This, in turn, is considered a leading tool for teenagers to demonstrate their physical abilities.

A teenager who has seen and participated in various examinations, competitions, strength tests, contests, how to behave during victory and defeat, management, handling, attitude and other life skills becomes, learns, teaches, gets used to analyzing and making the necessary conclusions.

We must not forget that the educational importance of satisfying the needs of high school students to show themselves in competitions is incomparable. The large number and variety of competitions allow them to test their physical abilities in more types of movements.

In conclusion, I would like to say that the topic of the article is health care and strengthening, which is becoming one of the urgent issues of today, popularizing sports and preventing any disease based on it and treating it with physical education, working after graduating from today's higher education institution. I think they should know that it is one of the tasks of the beginning specialist.

Basically, such cases occur in children who have a negative physical development. height defects worsen the function of internal organs. Restriction of movements of the chest and diaphragm changes the function of the respiratory and cardiovascular systems. Due to the change in the pressure of the gastric cavity, the functions of the stomach and intestines are weakened. Disturbance of sleep and appetite, deterioration of movement coordination occurs.

It has been determined that "Scoliosis" diseases can occur as a result of these influencing factors.

Scoliosis is a deformative change of the spine, characterized by its curvature. The disease is divided into "S" and "S" forms, and 3 types are divided into discogenic, myogenic and gravitational types. There are 4 levels of the disease:

1. Light level
2. Middle level
3. It is divided into severe and extremely severe.

In general, scoliosis affects not only the appearance of people, but also the internal organs of the body, and it is considered a general serious disease.

As a result of increased curvature of the spine in the frontal plane, it leads to curvature of the spine in the plane (kyphoscoliosis, lordoscoliosis), and rotation of the vertebrae around the

¹ Камениер М.Г. «Урок после уроков». – М.: Физкультура и спорт, 1987 г. – Стр. 109.; ил.

vertical axis (torsion). Such a multi-axial deformation of the spine leads to the bending of the ribs and to the deformation of the chest as a whole.

This disrupts the relative position of the organs located in the chest, and causes severe functional disorders of internal organs and systems. First of all, the activity of the respiratory system, then the cardiovascular system is impaired, as a result of which chronic hypopermanent shortness of breath occurs, changes in the activity of the gastrointestinal system, and changes in the function of the urinary organ. Therefore, scoliosis is considered a general serious disease.

Therefore, it is better to prevent stunting and scoliosis than to make children sick.

Preventing disease, being able to shape the figure correctly is an art that depends on each person. For example: a child or a teenager should always have a straight and beautiful figure, imitate the figure and perform regular physical education training.

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