



THEORETICAL FOUNDATIONS OF PHYSICAL EDUCATION AND SPORTS TRAINING IN THE RESTORATION OF WOMEN'S HEALTH

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Annotation: this article describes the problems of women's sports and the laws of physical activity in order to optimize the educational process of the educational direction "Physical Culture".

Keywords: women's sports, Emancipation, physical activity, physical activity, exercise vision, athletics, hyperandrogeny, adaptation.

In order to radically improve the system of Public Administration in the field of physical education and sports, to widely promote a healthy lifestyle among the population, especially among young people, as well as to focus on the problems of women's sports among the tasks set in the five priority areas of development of the Republic of Uzbekistan in 2017-2021 and Since the Times of the distant past, women have somehow fought with men for their equality, freedom and independence. The degree of freedom of women, their participation in social life, has historically been perceived in the form of a qualitative indicator of the development of society. The contribution of scientists, philosophers, poets and women who have left an indelible mark on the world arena over the past 100 years with unique sporting achievements is a significant qualitative indicator of the development of this very society, nation. As a result of the positive "explosion effect" of the women's phenomenon, men were able to achieve equality not only in their field of expertise and the spiritual sphere, but also in the pursuit of great sports achievements.

In psychology, there are concepts of" ideal "woman and" ideal " man, each of which has a special set of characteristics. Different from the conclusion of the science of psychology, the German psychologist O. According to Weininger's research, it has been proven that neither the "ideal" woman nor the "ideal" man in the pure sense can be found in nature. In the true nature of a person, there is bipolarity, on which side the general image of a person is formed as a result of most manifestations in life. In the modern manifestations of human society, one can observe the absence of a purely male sport. Women around the world are engaged in sports that did not fit into the imagination in previous periods, such as Solo Wrestling, Weightlifting. The need to study the problems inherent in women's sports, to develop methodologies based on scientific investigations, does not give room for doubt. Although until now there are no unanimous views on the topic of women-specific sports activities, fundamentally different approaches can be outlined on this issue, consisting of two directions. Professor V. According to Platonov's confession, scientists and practitioners of the first direction recommend adapting the ovarian-menstrual cycle changes of women to training mesocycles, and in the second direction, organizing the training of athletes on the basis of the General Laws of athletes. In the current period, there are such global problems as the pursuit of most unparalleled high results by women, necessitating scientific research that cannot be delayed in the direction of Science: 1. The need for a comprehensive and complete study of the mechanisms of action of training loads on the female body. 2. Development of methodologies in the direction of achieving optimal high sports achievements that have no negative impact on the female body. According to retrospective data,

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among the general requirements equally relevant to men and women in the theory and practice of sports training, it was the parties characteristic of women that took place. Separate sports that allow you to describe the functional characteristics of the female organism are determined by a thorough study of the features of the rejection of various adaptation processes arising from their specific requirements and taking place in the body. 3. In the direction of women's sports as the next important problem the need to create sociopsychological, pedagogical foundations. There are literally requirements for strict adherence to a sports lifestyle by abandoning the natural needs inherent in the organism of athletic women. Even on the social page of the human being, it is important to consciously limit the joys of ordinary life, relationships. The fact that women who regularly play sports experience extremely high loads may not pass without consequences on the female body and its influence on reproductive health. In order for women to actively engage in sports activities in the complex of Real causes and consequences, they require a conscious attitude, both physical and mental readiness. Although it is difficult to predict whether men will be able to repeat the sports records shown by women in the sport of great achievements, or they will be surpassed, some specific trends can be observed in this matter. Today, the Emancipation adaptation of women expects high results from them year to year in sports. An example is the world record for women's swimming sports, which has been repeating the men's record for quite a long time. It can be recognized that in the form of modern trends, the specificity of the athletic form in the female body is developing. In the sense of the term "athleticism", a decrease in the difference in the form of women's and men's women's clothing is considered. In the 80s of the last century, it is possible to observe a reduction in the difference between the records shown by women and men in running competitions at a distance of 100 and 1500 meters, and the situation continues to this day. As stated in scientific language-according to this described trend can be explained by a decrease in the manifestations of sexual difference or sexual "diformism". According to the results of a study conducted in foreign countries (Russia), the phenotype of intersexuality (masculinity, athleticism) was identified in most women athletes. This phenomenon-75% of athletes not related to sports specialization, at this point 98% were observed in gymnasts, 70-90% of those involved in athletics-in women, 71% in skiing, 67% in players and 44% in women athletes in swimming. The problem identified in the sports direction is jotin-girls "hyperandrogeny", as explained in the sources [3]. According to the definition of the term cited, negative clinical changes that are conditioned under the influence of more than normal androgen secretions that can be experienced in the women's body have been considered. In simple language, as a result of excessive physical exertion, masculinity in the body leads to a change in adrenal activity and a state of tremendous stress with an increase in the salinity of sexual Harmons.

According to the opinions of gynecologists, in the essence of the problem of "hyperandrogeny", an athlete is the chief cause of infertility or similar negative threats in the pathology of the Post-Sports pregnancy period of women. In the system of Higher Education, the theory and methodology of physical education are taught as both educational and scientific disciplines. The opening of "Sports of wives" groups in the field of Physical Culture Education indicates that in society, undoubtedly, the need for female physical education teachers, sports coaches, instructors - Methodists increases from year to year. Physical culture the direction of education the specialty taught in the curriculum is the main condition for optimizing the content of disciplines in the requirements of the problems and laws

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of women's sports, revising the methodology of Education-a high - quality provision of the demand of our society. The science of Physical Culture theory and methodology as a scientific science has several centuries of history. Through a retrospective study of the scientific work studied in the field of science, it is required to reasonably consider some significant laws. Women's physical workaholism is 60-80% in the proportion of men. Workaholism-as an organism possibility, actually represents the aspects of the athlete's special physical fitness, in the process of preliminary study it will be possible to base on specific details of the special endurance characteristic of cyclic sports. When the phrase “workaholism” (conditional sign, P) is used, which is found in most sources, thoughts and relationships that are prinstipial in reflections on the essence of some phenomena of this direction are observed scattered. This situation has an undoubted negative impact on the creation of developments aimed at standardizing individual methodologies, evaluation criteria and workaholism parameters for women's and men's sports. Scientific considerations note that the criteria for evaluating all existing expressions (variations) in practice associated with this issue are contrary to formal logic and apply only to certain situations, in most cases, instead of a working expression, pedagogical phenomena are analyzed through the expressions preparation, athlete's condition, exercise vision (or, wholeness with exercise) - a specific state of the organism, indicating changes The true essence of the definitions of exercise vision and physical fitness can be formed only by comparing the parameters of the athlete's all-complex medical examination with those that represent the functional state of his organism. Workaholism is the ability to cope with work, function, characteristic of an organism and its individual organs and systems, and the assessment procedure and comparative characteristics based on its measurements acquire practical and scientific significance.

In all specialists of the sports industry, the phrase “workaholism” is firmly entrenched in the analysis of problem situations with its clear, obvious meaning, and after that there is no need to reissue its main features. Features characteristic of the effect of maximum voltage activity of the organism, which occurs as a result of training, which occurs in quantitative and qualitative parameters with a limit intensity or duration of time, are precisely the main distinguishing targets of workaholism. Returning to the main problem, the process of adaptation (adaptation) to the effects of physical load on women is characterized by the tension of the body's functions and their resumption at a very slow pace. Extremely sensitive to some adverse environmental conditions and psychically excitable. Although the range of functionality naturally expands with the growing level of vision of the exercise, and even approaches men in a number of parameters, today it is clear that there is no opportunity, insignificant, to grow in terms of basic mobility capabilities. The physical, psychic and adaptive-adaptive characteristics of the organism of females only necessitate the practice of certain sports, making the process of achieving results in others difficult, and most importantly, can cause a situation contrary to the qualities of a harmonious personality. Views and opinions against the problem that women are inappropriate to engage in sports such as wrestling, judo, football, weightlifting, powerlifting, hockey, football, boxing are causing controversy.

So far, it is recognized that a unanimous approach cannot be achieved due to the lack of research results based on a dynamic picture of the term process, comparative observations on the problems of women's sports in the direction of neither fundamental nor academic science. On the basis of opposing opinions, the difference in the possibilities of developing endurance abilities in women and men is

not so great, sometimes there are those who believe that they are approximately the same. Because there is a slight similarity in the mechanisms of the circulation apparatus and the aerobic power supply system in them. Through systematic, regular training, it is possible to bring closer the potential opportunities of women at the male level. There are also scientific facts about the resilience of women towards men. For example, women are able to withstand running loads well over long periods and distances compared to men. Namely, a long swimming record was recorded by women. Under the influence of physical load, sweat excretion is only low and begins only under high temperature conditions of the external environment. On the topic of women's sports, one can understand the two-way problem based on scientific facts that are sharply opposed among themselves. On the one hand, supporters of the rehabilitation of women's Sports, on the other hand, sports, are problems aimed at preventing patalogic complications of hyperandrogeny in the early initiation periods by introducing diagnostic methods of training. Of the recognized independent opinions, only one issue is clear that it is impossible to limit the desire of wives to engage in this or that sport, since there is also a difference in their relationship to sports in relation to men.

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