



**MEDICAL PROBLEMS OF SPORTS SELECTION AND SPORTS ORIENTATION**

**Gafurov Abdushokir Makhmudovich**

Senior teacher of Kokan State Pedagogical Institute, Uzbekistan

[abdushokirgofuro308@gmail.com](mailto:abdushokirgofuro308@gmail.com)

**Annotation:** Based on the determination of morphofunctional characteristics for each age, the periodization of human ontogeny by age is carried out. Among the typical type of development, two different types of changes are observed, and they are the same age-sex majority.

**Key words:** Acceleration (lat. acceleratio - acceleration) - growth and development of children compared to previous generations, increase in body size, premature arrival of puberty.

The development of a child constitutes a complex process and is characterized by several characteristics for each individual, such as the difference in the genetic code, the conditions of the human lifestyle. It turns out that chronic diseases often cause physical development, especially in children and adolescents, to be disrupted. As a result, there is a decrease in the overall dimensions of the body, a decrease in working capacity, disadvantages of the musculoskeletal system (impaired posture, lack of height), changes in The Shape of the chest, legs and heel.

**The main part.**

For each age, age-specific periodization of human ontogenesis is carried out based on the determination of morphofunctional properties. Among the typical type of development, various other two different variations are observed, and they are the majority, one by age-sex.

Acceleration ( lot. acceleratio-acceleration) - the growth and development of children in relation to previous generations, the increase in body measurements, the arrival of puberty periods ahead of time. The main causes of accelerations are accelerated pace of life, improved material conditions, improved quality of food and medical care, improved child care, radioactive contamination of the environment (which leads to increased gene pool), insufficient oxygen (expansion of the chest cage).

1. Hormonal acceleration is the elimination of children by 1-2 years from their peers in all morphofunctional indicators.

Nonhormonic acceleration is the overtaking of one or more morphofunctional indicators from one of its peers.

2. Retardation ( lat. retardatio-slowing down, stopping) - the arrival of children after the time of puberty periods, remaining from growth and development compared to previous generations.

The term " acceleration " was first coined in 1935 by the German scientist Ye. Recommended by Cox. Ye.Cox noted with this term that primary levels of growth and adulthood of children and adolescents of the 20th century accelerated compared to those of the late 19th century.

The term "acceleration" is currently expressed mainly in two different forms: periodic and group. Periodic accelerations indicate that modern times accelerate the physical development of children and adolescents compared to previous generations. The researchers note that when the physical development of children of different ages is checked, the indicators of most functional systems of children and adolescents are far ahead of the chronology of development 30-50 years ago.

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The height of the newborn during this period increased by 2-2.5 cm, Weight by 0.5 kg. Fifteen-year-olds were found to have grown by 6-10 cm in height and 3-10 kg in weight. Also, the acceleration of sexual development, early observation from the previous century to 2-3 years, indicates an acceleration of the development of parts of the skeletal and endocrine system. (Richsieva A.A., Normohamedov K.A., Rixsiev A.I., Nefedova N.V. and B.). The duration of the growth of height has significantly decreased: currently, on average, height barriers in teenage guys and girls end at the age of 16-19, while 50 years ago the height indicator reaches its high mark at the age of 25-26.

There is reliable evidence that the “rejuvenation” of sports records is caused by the acceleration of the development of the cardiovascular, respiratory, musculoskeletal system of children and adolescents. The inextricable connection between physical and psychic development, the accelerations of physical indicators stimulate the acceleration of psychic development. It is possible to associate the development of the child's psyche with scientific and technical progress on the one hand, and with the improvement of the people's educational system on the other. For reasons, one can speak of psychic accelerations of two different types: one is an early maturation of the morphofunctional basis of the psyche, the other is social progress.

Grouping is understood as the acceleration of the physical development of children and adolescents identified in a particular age group. Such changes account for an average of 13-20% of the total number of children of a given age. They are characterized by the fact that they have a fairly high height of the neck, great muscular strength, high functional capabilities of the respiratory system. In addition, the period of puberty in them comes early, and the growth of the neck ends at the age of 15-17 years.

The study of the development of retardation in children and adolescents plays a big role in solving the problem of school-age maturity (Richsieva A.A., Normohamedov K.A., Rixsiev A.I., Nefedova N.V. and B.). Retardant children within age groups make up 14-18%, mainly this condition should be considered when children go to school. Successful results can be achieved only if children with disabilities in their physical development, who are admitted to primary education, are accepted into special groups, educational and educational work is carried out in conditions adapted to them. In some cases, a retard is desirable if school admissions are temporarily delayed to prevent changes in children's health.

The biological mechanism of retardation of children and adolescents has been poorly studied. Endogenous and exogenous factors are of great importance in this. The former include hereditary, congenital and acquired organic defects in ontogenesis, and the latter include social factors of a different nature.

Questions about the accelerations of children and adolescents are currently of interest to biologists, medical workers, psychologists, pedagogues and sociologists around the world. Alas, the signs of acceleration are not always useful for the functional capabilities of the child's organism. There is evidence in the literature that the Accelerate is left behind by the growth and development of children's Hearts, an increase in body length. As a result, the normal functioning of the heart is

disrupted, the basis for the development of diseases of the cardiovascular system of the heart appears. (Kolyojneya R. A.1973).

We can cite the following factors in the biological mechanisms of acceleration:

1. The heterosis effect is the widespread migration of the current population and the increase in mixed marriages. In this, the physical development of the first generation temporarily prevails.
2. Urbanization of the population – an increase in the population of the city, a stimulating effect on the speed of physical development of urban living conditions.
3. Improvement of social and socio-hygienic living conditions of the population.

The improvement of the above-mentioned factors affects the acceleration of the level of physical development of children and adolescents. But these changes are not without stems and are limited to the pedigree program of development.

Selection and selection of sports is carried out on the basis of the complex application of pedagogical, psychological and medical biological methods. The recommendation of each teenager of the type of sports activity serves as a choice for sports, the selection of the most suitable adolescents based on the requirements of the sports type – qualifying for sports.

The level of development of modern sports is high so that the results of the international level in competitions can be shown by few athletes. Some athletes achieve an unprecedented result, which means that great importance should be attached to the ideas of sports talent.

In modern sports, great importance is attached to the issues of selection and selection of capable children and students in the training of highly qualified athletes for several years. It has been proven that the practice of sports activities should begin at the age of 10-12 or 5-6 years.

Sports are finally diverse. Which of them to choose for a child is a problem. Athletics, swimming, skating, skiing, cycling, football, Ball Games, judo, gymnastics, rhythmic, etc. z.

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