

**EFFECTIVENESS OF INCREASING MOVEMENT ACTIVITY USING PHYSICAL  
EDUCATION TOOLS IN PROFESSIONAL ACTIVITY**

**Allamuratov Sh.I.**

UzDJTSU "Physical education, sports  
theory and methodology" department professor, Ph.D.

**Uraimov S.R.**

Fergana State University, head of the "exact and natural sciences" department, pedagogy  
Doctor of Philosophy ( PhD )

**Abstract.** This article is intended to provide methodological support in the activities of enterprises, organizations and institutions to increase the labor efficiency of the population and prolong the labor activity.

**Key words:** occupational diseases, osteochondrosis, hypodynamia, set of special exercises, remedial physical education, rehabilitative physical education.

**Introduction.** In our country, by regularly engaging in physical education and mass sports and forming life skills for a healthy lifestyle, every citizen should have a strong immune system against disease, give up harmful habits, follow the principles of proper nutrition, restore and rehabilitate, and mass physical activity events. large-scale works aimed at systematic and effective organization are being carried out.

Decree No. PF-6099 of the President of the Republic of Uzbekistan dated October 30, 2020 "On measures for the wide implementation of a healthy lifestyle and further development of mass sports" in every family, neighborhood and district (city), preschool, general secondary, secondary special, to create conditions for physical education and mass sports in professional and higher educational institutions and other organizations , to create conditions that ensure the satisfaction of the needs of various groups of the population for healthy nutrition, to avoid foods with a large amount of salt, sugar and fat, and doughy foods and sweets, bread A number of activities are being carried out to reduce the incidence of diseases, excess weight (obesity) and premature death by reducing the consumption of products, giving up harmful habits, in particular, the consumption of alcohol and tobacco products [1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16].

**The purpose of the study:** to increase the efficiency of work through physical training tools in promoting a healthy lifestyle.

**Research tasks:**

- to determine the effect of physical exercises and workloads on the physical health of the population;
- to determine the levels of effect of special physical exercises on the body of the population in the prevention of occupational diseases.

**Research methods.** Analysis of scientific and methodological literature, pedagogical observation, pedagogical control, pulsometry, training process analysis, mathematical and statistical methods.

**Discussion of research results.** When a person regularly engages in a profession, some diseases specific to that profession develop in his body. These diseases usually appear as a result of specific characteristics of that profession, the burdens on certain parts of the body during regular

work, various harmful substances and other reasons. As a result of inactivity, an increase in body weight is also observed among those who work while sitting. According to the results of a survey conducted among 700 sewing workshop workers who work while sitting, 55% of them complained about weight gain, including 40% who said that they encountered it during their professional activities. It turned out that office workers (69 %), engineers (56%), teachers (51%) and lawyers (48%) constantly face this problem.

The results of many scientific and research works carried out in the field of pedagogical control of the population's health can be seen from the high-level changes in the health of the population as a result of regular exercise. Overweight or obesity has become a serious problem mainly in developed countries. Obesity is an excessive accumulation of fat in the body. According to data published by the World Health Organization in 2016, more than 1.9 billion people over the age of 18 are overweight, and more than 650 million are obese.

In particular, this problem is causing serious consequences in the healthcare system in our republic. Obesity, mainly its abdominal form, plays an important role in the origin of many diseases, as a result of scientific research conducted in recent years, it has been proven [17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39].

In order to determine the effectiveness of different proportions of specially designed exercises, the same set of special physical exercises was developed for all experimental groups, but special and general developing exercises were used in different variants. The workers of the sewing workshop, who work while sitting, were divided into groups according to the degree of body weight gain. Depending on the level of obesity of the employees, employees of I, II, III and IV levels were selected.

TVI (body weight index) from 30 to 34.9 - 1st degree obesity; 35 to 39.9 - 2nd degree obesity; 40 to 50 - 3rd degree obesity; Over 50 - obesity of the 4th degree, that is, severe obesity;

First of all, in the experiment, when the body mass index (BMI) of the employee was measured, 12 people with obesity of the first degree, 13 people of the second degree, 14 people of the third degree, and 15 people of the fourth degree, a total of 54 employees were diagnosed with obesity and they were combined into the experimental group (n=54). A specific schedule was developed in order to introduce the use of a set of special exercises developed during the research. Based on this schedule, 4 groups of employees trained 3 times a week on a set of special exercises and their duration was 5 to 10 minutes. Depending on the levels of obesity, special exercises affecting local muscles were selected. Special exercise norms have been developed for the age, gender, functional status, obesity levels of employees.

In the study, a sample set of industrial gymnastics exercises was used for occupations who work while sitting [40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59].

1 - sitting on a chair and leaning on it with hands, we stand on tiptoes, raise hands to the side, then up, take a deep breath; return to the previous position and exhale (perform 2-4 repetitions 3 times a week. Rest 3-4 seconds between repetitions);

2 - initial position, hands are held in a locked position above, leg curling exercises (performed 3-4 repetitions 3 times a week. 3-4 seconds rest between repetitions);

3 – the initial position in the position of sitting on a chair, legs on the floor, 1-left leg stretches forward for 2 seconds, 2-d.h. 3- the right leg is stretched forward for 2 seconds, 4-d.h. (4 seconds with 3-4 repetitions 3 times a week. Rest 2-4 seconds between repetitions);

4 - stretching for 10 seconds while sitting on a chair with the left hand joined from above and the right hand behind the waist (3-4 times a week with 3-4 repetitions, 10 seconds are performed by changing the hands after the count. 3-4 seconds rest between repetitions);

5 – the initial position, the left hand is above the right hand on the waist. 1-turn to the right, 2-d.h. 3- change the position of the hands and bend to the left, 4-d.h. (performed 3 times a week with 2-4 repetitions. Rest 3-4 seconds between repetitions);

The analysis of the physical fitness indicator after the use of physical exercises showed that the results obtained after the pedagogical experiment in groups on the levels of obesity of the participants improved, that is, a positive change was observed. This shows that 42.8% of the employees are healthy, their body weight is normal, and they can do physical education and sports through the use of special exercises conducted during the study [60,61,62,63,64,65,67,68,69,70,71,72,73,74].

1 employee from level II to level I and 3 employees from level I to healthy stage were observed. IV from the degree 6 out of 15 employees of the III level were transferred to the main group, which was 40.0%.

**Conclusion** . According to the literature, the risk of developing type 2 diabetes is 18 times higher in men and 13 times higher in women with obesity level 3 under the age of 55 than in people of the same age of normal body weight. Overweight people under the age of 55 have a 3-4 times higher risk of diabetes than people of normal weight at the same age. As the body mass index increases, the risk of cholecystitis is 4-21 times higher in men and 2.5-5.2 times higher in women compared to people with normal body weight [75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92].

Performing gymnastic exercises strengthens the muscular system, improves joint movement, develops strength, speed, and endurance. Thanks to exercises with a strengthening effect, an upright and correct development of the stature is ensured. It seems that both conditions serve to train the human body and get rid of excess weight. During the experiment, it was found that the use of a set of special exercises developed during the research has a great effect in preventing the increase of body weight in employees.

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