

**ORGANIZATION OF RECONSTRUCTION MEASURES AND PROCESSES FOR
ATHLETES**

I.Fozilov

*Fergana State University Correspondence Department Teacher of
"Exact and Natural Sciences"*

Annotation. *One of the most important for training is the tools of selective influence. Combining them in different conditions, with different training loads, helps to manage the athlete's ability to work as he moves from training to training within the microcycles. Rehabilitation is the optimal form of using the tools and is considered as the first or complex treatment in series and in parallel, such an approach increases the effectiveness of the overall interaction with the first tool and has a targeted effect.*

Keywords: *Training and competition from medium and high altitudes, step-by-step training, Strengthening of current working capacity, means of rehabilitation complexes, medical-biological means, psychological methods and means, means of pedagogical rehabilitation.*

It is widely used in sports practice from various additional means that affect the acceleration of the recovery process of the body after competition and training loads. Expecting general and specific work ability to perform workouts will ensure the effective utilization of functional reserves to help the athlete's body adapt effectively.

The means used in rehabilitation and sports training can be divided into three groups: pedagogical, psychological, medical and biological.

Pedagogical rehabilitation tools are organized in accordance with the purpose of the work of athletes and the process of recovery of muscle activity. There are many aspects of pedagogical tools. It should be noted here that the choice of methods and tools during the exercise, depending on the characteristics of the variable, combine different loads within the microcycle.

Psychological methods and tools - autagen and psychology management exercises, convincing sleep relaxation hypnosis, self-assurance have become widespread in recent years.

Through psychological exposure, a clear indication for the rapid recovery of nerve energy spent on neuropsychological stress, mental depression, and the precise execution of a training and competition program is to the limit of individual stress capacity.

Medical and biological means. It is possible to increase the body's resistance to loading. Rapid reduction of general and local fatigue can help to effectively replenish energy resources, adapt, accelerate processes, increase work capacity, and withstand non-specific stress effects.

Rehabilitation treatments apply to different groups, respectively, and have a general effect. In a broad sense, the means of action, by their effect, cover all the basic functions of the body system of athletes. These include dry air and steam baths, general hand massage.

Selective influencing tools are influenced by individual feature systems or sections.

One of the most important for training is the tools of selective influence. Combining them in different conditions, with different training loads, helps to manage the athlete's ability to work as he moves from training to training within the microcycles. Rehabilitation is the optimal form of using the tools and is considered as the first or complex treatment in series and in parallel, such an approach increases the effectiveness of the overall interaction with the first tool and has a targeted effect.

Means of recovery complexes. It should be noted that recovery and performance-enhancing tools do not only affect the body aimed at relieving fatigue.

Enhancing work capacity and managing the use of recovery tools is to eliminate the appearance of fatigue faster after loading.

It is associated with an increase in the total volume of training on microcycles, as well as an increase in the number of individual exercises.

Improving an athlete's initial performance before a workload is both a capacity building and a performance management tool. Increasing the volume and intensity of exercise increases functional reserves, which speeds up energy transport and respiration in the blood and increases the effectiveness of adaptation to this process.

In the process of training athletes, it is necessary to link the specific task to the specific process, taking into account the training process in the planning of means of strengthening and rehabilitation.

The specified means can be conditionally accepted at three levels: the current intermediate and the phased level.

The task of the current work capacity building and recovery process is to build fast working capacity in order to complete a single workout program. Intermediate-level activities focus on optimizing the athlete's body in some competitions in meso and microcycles.

At the level of the stages, after the training microcycles, the task is to normalize the functional state of athletes, to restore them physically and psychologically.

The weather, geographical conditions, major competitions in the countries of the world set special tasks for the preparation of athletes for the competition.

Training and competition from medium and high mountain heights.

Today, most major competitions are held in the mountains at an altitude of 2000-2700 m above sea level.

This raises issues related to the training of athletes, their participation in competitions.

In this field he gained a great deal of experience at the 1968 Olympic Games in Mexico at an altitude of 2240m above sea level.

Decreasing air density in mountain conditions helps to increase rapid strength performance. For example: a decrease in air density at an altitude of 2200-2400m above sea level, 1.5-1 behind the sprint run. It affects distances of 500 m in 100, 200 and 400m skates as it acts at a speed of 7m \ s. Under such conditions, the results of natural and disc, copy throwing, long jump, squat jumping hammer throw increase. For example: the result of throwing a nucleus at an altitude of 2240m above sea level is 5cm. cop to 69 cm, increased to 162 cm.

Two weeks of vigorous training leads to adaptation, regardless of the size of the indicators, which are 200-2500m above sea level, associated with endurance sports. Increase the volume of 1kg muscle in the body, the content of hemoglobin. Decrease in lactate leads to an increase in the content of minnoglobin, an increase in the activity of aerobic enzymes, which is why in Uzbekistan, sports facilities have been built in Chimgan and Bildersoy.

In recent years, in the practical training of athletes, various hypoxia gas mixtures and hyperoxide 40-60% oxygen and inhalation options from the mixture are used.

Low oxygen content in the gas mixture during intense hypoxin training is similar to the average and high mountain altitudes in the athlete's body: at standard loads, the heart rate decreases, and lactation decreases. The ability to maximize oxygen increases.

Training and competition in cold and hot weather.

The optimal level of air temperature at full human life activity is 18-20 s. Intense physical activity is associated with lowering the optimal temperature of the air. When the heart rate is reduced to 140 beats per minute, the work can be done accurately in 16-17 s. 10KTU 170-180 strokes are performed with a mixed comfort zone. Among all physical qualities, there is a lot of endurance that depends on external movement. It is known that about 75% of energy is released into the external environment during intense work.

At high outdoor temperatures, the physiological, effective difference between the internal and external levels of the body disappears and leads to an increase in high heat output.

The fluid that is excreted through sweating to intense work, as well as the repair of the skin with blood, has a high effect on the blood supply in the transition muscle work in severe transition. On a hot day, pulmonary ventilation increases the heart rate, the systemic volume of blood decreases, the level of lactate in the blood increases. For example: N. Bruxi and co-authors - 1960 showed that during a 25-30 s 15-minute running load and then a 20-minute rest, the heart rate doubled.

Against such negative indications it is often necessary to drink 200 to 300 ml of water every 15-20 minutes in a small portion and rinse your mouth. It is permissible to mix 1 l, Z g of sodium chloride in water. Athletes going from a cold place to a warm place and vice versa need to be acclimatized in advance. It is enough to do 5-8 trainings for 2-3 hours.

Exercises in cold weather can increase the ability to insulate the skin at low temperatures by 5-6 times due to the narrowing of the arteries, which is less of a problem than in the heat.

To prevent colds by cooling as a result of rapid changes in temperature, the necessary attention should be paid to the equipment of motor activity. It is permissible to accelerate muscle activity several times to ensure accurate heat transfer under certain conditions.

Athletes travel from continent to continent to compete in major competitions. In this regard, it is necessary for the organism to adapt to the new conditions, to change the time in the geographical base.

It is known that the human body has its own daily rhythm. Biologically active substances in the internal environment of the body during the day and evening, a person's ability to vary depending on various physical and psychological influences. A high level of the body's functional capacity was noted to decrease from 10 to 13 o'clock, then to 16-19, and then a slight decrease. The minimum activity of vital functions is set from 2 to 4 at night.

The key to regular success in sports competitions is to improve the general and special sports training of athletes. Improving sports training is inextricably linked with the means and periodic stages of the training process. The process of improving physical fitness, which is the basis of special training of athletes, is studied in the final qualifying work.

The process of organizing practical training in sports was analyzed in the final qualifying work. During the pedagogical practice in the process of pedagogical control on the topic of the final qualification work were studied physical, technical and tactical training, spiritual and moral training of pupils and students in sports.

Based on the above considerations:

1. In order to ensure the physical fitness of athletes, it is advisable to develop their physical qualities in an integrated and regular manner;
2. Great attention should be paid to the development and improvement of physical fitness of athletes during the training period of training periods;
3. It is advisable not to organize physical training processes during sports competitions;
4. During the transition period of sports training, the process of physical training and the composition, volume and impact of physical activity are planned in accordance with the activities and results of the athlete.

LITERATURE

1. Khakimjonovich A. I. PEDAGOGICAL FORMATION OF THE IDEA OF PEACE IN THE STUDENTS OF MILITARY MILITARY EDUCATION FUNDAMENTALS //Web of Scientist: International Scientific Research Journal. – 2022. – T. 3. – №. 1. – C. 739-743.

2. Ruzmatovich U. S., Omonboevich T. S. CHANGES IN THE FUNCTIONAL ACTIVITY OF THE BODY IN THE PROCESS OF HEALTH TRAINING //World Bulletin of Social Sciences. – 2022. – Т. 9. – С. 41-43.
3. Omonboevich T. S. CLASSIFICATION OF PHYSICAL MOVEMENTS BY CONTENT, STRUCTURE, STATUS OF TIME AND SPACE //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 733-738.
4. Orifjon M. NO ONE CAN MAKE THE COUNTRY FAMOUS IN SPORTS //Galaxy International Interdisciplinary Research Journal. – 2021. – Т. 9. – №. 12. – С. 908-911.
5. Khalilovich G. K. et al. Eriosoma Lanigerum Hausm Juice Damage Properties And Effects Of Entomophagy Against It //Texas Journal of Multidisciplinary Studies. – 2022. – Т. 7. – С. 78-84.
6. Mirzakhililovich Y. M., Nabibullaevich K. F., Abdulazizovna K. B. ECOLOGICAL-GEOGRAPHICAL DISTRIBUTION OF APHIDS (HOMOPTERA APHIDINEA, APHIDIDAE) IN THE FERGANA VALLEY. – 2021.
7. Kizi M. I. B., Khasanbaevna R. D., Abdulazizovna K. B. USE AND PROTECTION OF WATER RESOURCES IN UZBEKISTAN: CURRENT STATE AND DEVELOPMENT PATHS //Достижения науки и образования. – 2021. – №. 3 (75). – С. 10-12.
8. Ruzmatovich U. S., Abdknabievna Q. D. HEALTH EXERCISES FOCUSED ON THE DEVELOPMENT OF STRONG PHYSICAL QUALITIES //World Bulletin of Social Sciences. – 2022. – Т. 8. – С. 46-48.
9. Ruzmatovich U. S. et al. CHANGES EXPECTED TO COME IN OUR LIFE MOVEMENTS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 3. – С. 485-489.
10. Sh A. et al. Research Of The Physical Education Of Students Of The Military-Technical Lyceum" School Of Temurbeks" Taking Into Account The Influence Of Regional Factors //Turkish Journal of Computer and Mathematics Education (TURCOMAT). – 2021. – Т. 12. – №. 11. – С. 7009-7011.
11. УРАИМОВ С. ВОЕННО-ТЕХНИЧЕСКОГО ЛИЦЕЯ //Фан-Спортга.–2019. – 2019. – Т. 2. – С. 68-71.
12. Ханкельдиев Ш. Х., Ураимов С. Р. Пульсовая оценка беговых упражнений первокурсников Военно-технического лицея на занятиях по физическому воспитанию //Теория и методика физической культуры. – 2017. – №. 1. – С. 15-19.
13. Uraimov S. R., Qambarov O. F. Qualifications of physical education teachers forms of growth //Конференции. – 2020.
14. Ураимов, Санжар Рўзматович. "Теоретическая подготовка по физической культуре учащихся школьной системы образования." Педагогика ва психологияда инновациялар 11.3 (2020).
15. Ураимов С. Р. Влияние гиподинамического фактора на физическое состояние учащихся военно-технического лицея //материалы. – 2019. – С. 117.
16. Akhmadjonova S. et al. USE OF ADVANCED TECHNOLOGIES IN TEACHING THE TOPIC OF “ANALYZERS” IN THE FIELD OF HUMAN HEALTH //CURRENT RESEARCH JOURNAL OF PEDAGOGICS. – 2022. – Т. 3. – №. 01. – С. 9-16.
17. Каюмова, Ё. К., Мухамедиева, И. Б. К., Гофурова, О. М., & Туйчиева, Х. З. К. (2021). ВОПРОСЫ ИСПОЛЬЗОВАНИЯ ПЕДАГОГИЧЕСКИХ ТЕХНОЛОГИЙ В ПРЕПОДАВАНИИ ВАЛЕОЛОГИИ. *Вестник науки и образования*, (9-2 (112)), 16-20.

18. Kamalova H., Tuychieva H. Improving the spiritual immunological education of academic lyceum students specific issues //ASIAN JOURNAL OF MULTIDIMENSIONAL RESEARCH. – 2021. – Т. 10. – №. 4. – С. 616-620.
19. Abdullaeva Mavsumakhon Kuldosheva, Rakhimova Dilfuza Khasanbaevna, Tuychieva Khilola Zokirjon Kizi, Shodmonov Usmonbek Bakhodir Ugli FORMATION OF KEY COMPETENCIES IN CHEMISTRY AND BIOLOGY // Вестник науки и образования. 2021. №8-2 (111). URL: <https://cyberleninka.ru/article/n/formation-of-key-competencies-in-chemistry-and-biology> (дата обращения: 05.05.2022).-in-chemistry-and-biology (дата обращения: 05.05.2022).
20. Baltabayeva M., Kodirova D. The need to provide the priority of spiritual and educational processes in the modern education system //ACADEMICIA: An International Multidisciplinary Research Journal. – 2022. – Т. 12. – №. 1. – С. 423-427.
21. Matluba M. The Role of Effective Use of Information Technologies in Teaching Natural Sciences //International Journal of Culture and Modernity. – 2022. – Т. 14. – С. 82-85.
22. Tursunalievich F. I. MOVEMENT OF CHILDREN ON THE BASIS OF THE MEANS OF OPTIMAL DAILY PHYSICAL ACTIVITY AND THEIR TRAINING //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 744-750.
23. Ruzmatovich U. S. et al. INCREASING THE ACTIVITY OF SCHOOL-AGED CHILDREN //World Bulletin of Social Sciences. – 2022. – Т. 8. – С. 49-51.
24. Shahbazova G. Physical Culture Of Preschool Children //Journal of Academic Leadership. – 2022. – Т. 21. – №. 1.
25. Akhmadjonova, S., & Kamalova, K. (2022). USE OF ADVANCED TECHNOLOGIES IN TEACHING THE TOPIC OF “ANALYZERS” IN THE FIELD OF HUMAN HEALTH. *CURRENT RESEARCH JOURNAL OF PEDAGOGICS*, 3(01), 9-16.