ISSN: 2349-7793 Impact Factor: 6.876., Volume: 16 Issue: 06 in June 2022

DEVELOPING STUDENTS' ENDURANCE QUALITY IN PHYSICAL EDUCATION CLASSES (ON THE EXAMPLE OF GRADES 5-6)

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Annotation. *This article provides information on developing students 'resilience to physical qualities and improving students' physical fitness and thereby improving the quality of resilience in children. The degree of resistance to fatigue during exercise in muscle activity is called endurance quality.*

Keywords: *physical qualities, physical development, wellness, sports, physical culture, physical perfection.*

A person who engages in physical labor (sports activities) gradually finds it difficult to continue his activities. Sweat begins to flow, redness on the face, discoloration, fatigue in the muscles, impaired coordination of movements, the sequence of elements of the movement technique, changes in the depth of the rhythm of breathing. In the course of the action he is performing, additional unnecessary actions appear and are added. This is mainly due to physiological, biochemical and biomechanical changes in the body. Continuation of activity is done at the expense of mental, volitional and other qualities. This condition is called the compensatory fatigue phase [1,2,3,4,5,6,7].

If the intensity of work decreases despite the increase in the level of willpower, we observe that the phase of fatigue without compensation has begun.

What is fatigue? A temporary decrease in the ability to work during exercise (exercise) is called fatigue. It has been proven in practice that fatigue varies from person to person during the same activity. Because the development of endurance of each individual is different.

Much attention has been paid to the subject of fatigue from the scientific heritage of our ancestor Abu Ali ibn Sina. In the Kitab ul Qanun fit Tib, which began writing in the one thousandth year and became a perfect historical scientific work in the one thousand and twenty-fourth year, he explained that chronic exercise causes fatigue and divided it into four types:

1. Wound fatigue - it feels like a sore on the face or under the skin.

2. Severe fatigue - in which a person feels heat and relaxation in the body, as if his body is crushed or crushed.

3. Swollen fatigue - the body is redder than usual and feels like a rash.

4. Weight loss - the person who suffers from it feels drier and drier.

ISSN 2349-7793 (online), Published by INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES.,
under Volume: 16 Issue: 06 in June-2022
https://www.gejournal.net/index.php/IJRCIESS

It should be noted that the first scientific and practical ideas of physical education in the history of physical education of the peoples of Central Asia until the X century were expressed in the above-mentioned work.

In the practice of physical education we have to distinguish between mental, physical, emotional, sensory fatigue.

Durability is measured with and without tools. To measure endurance with a tool, it is recommended to run at a certain speed, as well as the time to catch that intensity without loosening (until the speed starts to decrease). It is therefore very inconvenient to measure endurance directly. More toolless measurement is used. In sports practice, endurance is assessed based on the time spent running long distances (10,000 m; 20,000 m).

Human movement activities vary. Depending on the nature and mechanism of fatigue, specific and general endurance differ. The endurance required for a chosen (specialty) sport or labor activity is called special endurance, and the endurance required for activity in other living conditions is called general endurance. The terms boxer's special endurance and player's overall endurance are used in practice [8,9,10,11,12,13,14,15,16,17].

In sports such as running, swimming, skiing, rowing, almost all muscles are involved in motor activity. Therefore, the presence of fatigue in some muscle groups, as well as in all muscles of the body, makes endurance specific and general, and allows you to perform exercises that are the same in shape at different intensities. Endurance also varies. Therefore, the body's demand for fatigue during exercise varies [29,30,31].

Endurance depends on a person's functional ability to perform the required exercises, on the one hand, the level of mastery of the required movement skills and techniques, on the other hand, the aerobic and anaerobic (oxygenated, oxygen-free) capabilities of the organism. The specificity of the breath beliefs is relatively low, and they are not sufficiently dependent on the external form of the movement either. Therefore, running exercises that increase the level of aerobic capacity, such as rowing, walking, cycling, also benefit from endurance. For example, the coordination structure of movements in walking and running and the characteristics of speed and strength often differ. The improvement in speed achieved through training does not have a positive or negative effect on the maximum speed of walking. There is no "migration". Running speed did not affect the change in walking speed. But it has been scientifically and practically proved that long-distance exercise can "move" to each other while walking and running at the same time (V.M. Zatsiorsky et al.). Thus, if we take into account the functional capacity of the autonomic system of the athlete's body in the performance of coordinated movements, in general, "vegetative" exercise opens up a favorable opportunity for the "transition" (endurance) of endurance. However, the fact that migration does not occur in any case depends not only on the energy potential of the organism, but also on the nature of the coordination of motor skills, without requiring all the qualitative features of the movement [18,19,20,21,22,23,24,25,26,27,28].

Solving the specific tasks of general and special endurance requires the performance of the same amount of heavy work, of the same size and to the greatest extent possible. It is important not to stop exercising even when fatigue begins to turn into fatigue. This places a high demand on the manifestation of mental readiness.

ISSN 2349-7793 (online), Published by INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES.,
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https://www.gejournal.net/index.php/IJRCIESS

The development of endurance is carried out by cultivating diligence, readiness to withstand heavy loads, as well as extreme fatigue. Only when athletes feel more or less tired in training will their endurance increase. This is manifested in an increase in endurance from the outside. Adaptation is determined by the amount of change and the purpose for which it is, the degree of nature of the response in the body as a result of training loads.

Criteria and components of the load play an important role in cultivating resilience. If we pay attention to the fact that endurance develops during endurance training, the athlete will not develop endurance if the recovery after exercise occurs in a very short time. When the workload is large and done with fatigue, the body begins to adapt to the load, and after a series of exercises it is noticeable that the endurance increases. Adaptation occurs through the degree of change in the body, the nature of the response to the load, the direction of its scale. Fatigue is not the same in different types of loading.

A complete description of the load for endurance when performing cyclic exercises can be seen in the following five components;

1) the absolute intensity of the exercise (speed of movement);

2) duration (length) of the exercise;

3) small size of the rest interval;

4) the nature of the holiday (active or passive);

5) the number of repetitions (repetitions) of the exercise;

It has been proven in practice that the load given by the interaction of these components with each other leads not only to the scale of the response of the organism, but also to its qualitative characteristics. Let us consider the effect of the above components in the example of cyclic exercises:

The absolute intensity of exercise has a direct impact on the nature of the energy supply of the activity. Great energy is not expended at low speeds. The extent to which an athlete's body needs oxygen is less than its aerobic capacity. In this case, the current demand for oxygen does not compensate for the expenditure, if we do not take into account that the need for oxygen at the beginning of the work is not sufficiently regulated, and the work is performed in a real state of stagnation. This velocity is called the subcritical velocity. In the subcritical velocity zone, the oxygen demand is approximately proportional to the velocity of motion. If the athlete is moving faster, he will reach a critical speed, where the need for oxygen is equal to his aerobic capacity. In steam, the amount of oxygen consumption is calculated to the maximum with the completion of the work. The higher the critical speed, the higher the athlete's ability to breathe. The speed is called the high critical speed because it is higher than the critical speed.

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ISSN 2349-7793 (online), Published by INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES.,
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