

**VARIOUS ECOLOGICAL IN THE CIRCUMSTANCES LIVING SCHOOL OF ARCHERS
PHYSICAL ABILITY TO WORK AND HEMODYNAMIC PARAMETERS.**

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Abstract: PWC₁₇₀ test was used to determine students' physical work ability. Anfilov's correction chart was used to monitor mental performance. Changes in hemodynamic indicators were determined for the physiological classification of the effects of physical activity.

Keywords: hemodynamic indicators, physical activity, industrial enterprises.

The development of industrial enterprises and vehicles causes negative changes in the ecology of the cities of the Fergana Valley. As a result of such negativity, some undesirable results may occur in the growth, development, activity and productivity of the human and animal organism, and in the effectiveness of vegetative functions. There have been insufficient studies of the functions of the main vegetative systems involved in ensuring the physical activity and physical movements of a person living in a different ecological situation. However, such work is very necessary for the development of effective measures and activities to ensure the proper growth, development and mental and physical performance of the organism.

Our research is devoted to the physical development of schoolchildren living in different environmental conditions, mental and physical work ability, and the determination of the laws of reactions that ensure the adaptation of the organism to the ecological situations that provide them. Physiological observations and studies of student performance are devoted to determining whether there may be differences in vegetative functions, the laws of reactions that ensure the adaptation of the organism to ecological situations. Physiological observations and determination of students' performance were carried out in the morning before the beginning of classes and after the end of classes in the academic shift. Observations were carried out in the fall and winter months in the 3rd, 8th and 11th grades of schools No. 2, 1 and 4 in Kuvasoy, Fergana and Vodil [1,2,3,4,5,6,7,8,9,10,11,12,13].

The PWC₁₇₀ test was used to determine the physical work ability of students. Anfilov's correction chart was used to monitor mental performance. Changes in hemodynamic indicators were determined for the physiological classification of the effects of physical activity. Heart rate, systolic and minute conditions of blood, average dynamic pressure, aging in poriferial vessels piovmotax. appropriate methods were used to determine indicators, maximum oxygen intake, etc. The parameters of the students' physical fitness, assimilation of educational materials and changes in attention were regularly taken into account. A total of 165 boys and 175 girls participated in the observations. The received evidence was analyzed using the Student's method in the method of mathematical statistics [14,15,16,17,18,19,20,21,22,23,24, 25,26,27,28,29,30,31,32,33,34,35,36,37].

Determining the physical development of students living in different environmental conditions of the Fergana Valley showed that there is a certain difference between boys and girls living in Vadil, Fergana and Kuvasoi, but these differences are not statistically significant. Heart rate, systolic and minute blood volume of schoolchildren living in different cities do not differ from those of children in the morning and when they are at rest. As the amount of work performed on the cycle ergometer increases, heart rate and maximum arterial pressure increase proportionally.

According to experimental evidence (Table 1), physical work ability of school children living in Vodil is higher than that of students living in Kuvasoy and Fergana cities. Physical work capacity always decreases after the end of the classes in the morning shift [38,39,40,41,42,43,44,45,46,47,48.

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Table 1. Decrease in physical performance of 11th-grade students living in different environmental conditions after shift classes. N = 20

Cities	Situation s	PWC 170 kgm / min / kg weight					
		Boys			Girls		
		X	SX	SX	X	SX	SX
Kuvasooy	Dol	12.5	1.85	0.41	5.7	0.66	0.15
	Dn	10.0	2.00	0.45	5.0	0.85	0.19
Conductor	Dol	15.4	1.26	0.36	11.6	3.26	0.80
	Dn	11.6	0.95	0.27	8.7	1.32	0.29
	R	< 0.01			< 0.01		

Dol- before classes, DK- after classes.

The study of the maximum amount of oxygen changed by the human body showed that it is not the same in students living in different environmental conditions (Table 2). The maximum amount of oxygen received by children living in Vodil region, where the atmosphere is considered clean, is 23% more than the amount of oxygen received by children living in Kuvasooy. After giving birth in the morning shift, both the maximum oxygen intake and the child's physical capacity are reduced. This situation can only be explained by the boredom that develops during the study and the state of exhaustion that appears because of it [49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,67,68,69,70,71,72,73].

Table 2

Decrease in the maximum amount of oxygen received by 11th-grade students living in different environmental conditions after the end of classes. n=20

Cities	Status	Maximal oxygen uptake, ml/min/kg body weight					
		Boys			girls		
Kuvasooy	Dol	43.8	5.01	1.25	32.8	3.25	0.56
	Dk	39.7	5.62	1.33	32.1	3.65	0.66
Conductor	Dol	51.6	3.98	1.32	43.9	7.94	1.35
	Dk	45.6	3.54	2.09	38.6	3.80	0.72
	R	< 0.01			< 0.01		

Reactions that occur due to the performance of work of the recommended volume for students are characterized by an increase in maximal oxygen uptake. The amount of oxygen taken during maximum physical activity is 18% higher in 11th grade boys living in Vodil region and 34% higher in girls ($r < 0.01$). As a result of standard work, the pulse of boys living in Vodil increases by 97%, maximum arterial pressure by 24%, systolic blood volume by 36%, and minute blood volume by 72%. These changes are 79%, 23%, 12% and 98% in Kuvasooyli students. With these differences, it is possible to explain the relatively low performance of Kuvasooy students [74,75,76,77,78,79,80,81,82,83,84, 85,86,87,88,89,90,91,92,93,94,95].

Thus, students living in Vodil and Kuvasooy do not differ from each other in terms of physical development and cardiovascular activity. So the environmental situation is not important for human growth and development. Our evidence shows that students living in Kuvasooy have limited hemodynamic capabilities, and therefore their performance is low.

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