

**DUE TO ANTHROPOGENIC CHANGES IN THE ECOLOGICAL CONDITIONS, THE NEGATIVITY THAT OCCURS IN THE AEROBIC CAPACITY OF STUDENTS.**

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**Annotation:** In Vodil and Kuvasoi, the physical and work abilities, maximum breathing with oxygen, and heart activity of students with different environmental conditions were studied. It was found that the ability of a boy living in anthropogenic conditions is lower, pupil fatigue is in Kuvasoi.

**Key words:** School, Fergana, Kuvasoy, Vodil, Cycle ergometer, Student, Ecological.

Teaching the issue of adaptation of the organism to the increase in intensity of mental and physical work of schoolchildren, improving the daily routine for schoolchildren, clearly defining the mental and physical work capacities or volumes that are acceptable for them depending on the biological age and gender of the students, at the same time, 6-8 hours of classes for students gives an opportunity to find measures not to harm health. The issues of whether school lessons are appropriate for the age of students, adaptation of the body to lessons, the state of hypodynamia during the study shift, the level of difficulty of lessons and other educational and pedagogical activities on the physiological state of the body and its working capacity have not been sufficiently studied [1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24].

Our observation work is devoted to the research of changes in the physical and mental abilities of schoolchildren living in Fergana, Kuvasoy and Vodil, the functions of the cardio-respiratory systems that support them, and the aerobic capacity of the body due to hypodynamia associated with classes in the morning shift and fatigue that gradually develops during classes. Observations are conducted on boys (166) and girls (172) studying in 3rd, 8th and 11th grades. The physical performance of students and the functions of the cardiovascular and respiratory systems that provide it, maximum oxygen intake, attention indicators are determined at 8:00 a.m. before the beginning of the lessons and at 2:00 p.m. after the end of the lessons.

Pupils' physical activity is determined by means of the PWC<sub>170</sub> test, and their attention is determined by the correction table. Appropriate complex methods are used to monitor hemodynamic changes occurring in the body (Korotkov, 1905; Khikem, 1948; Starr, 1954).

Observations of schoolchildren show that the mental and physical performance of students decreases after the end of morning shift lessons. The reduction was 3.1 kgm/min/kg in 11th grade boys, 1.3 kgm/min/kg in girls, 2.4 kgm/min/kg in 8th graders, and 2.2 kgm in girls. /min/kg, 2.6 kgm/min/kg in 3rd grade children, and 3.3 kgm/min/kg in girls (Table 1) [25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48].

**Table 1. Changes in physical performance and maximal oxygen uptake of students of different classes after the completion of the training shift. n = 166**

Students	PWC <sub>170</sub> kgm/min Max O <sub>2</sub> intake, ml/min/kg				
	classes	Before classes	After classes	Before classes	After classes
Children	11	819	531	48,29	42.36
	8	547	543	57.52	52.60
	3	396	339	69.41	62.15
Girls	11	423	327	35.97	33.98

	8	360	279	48,51	43.72
	3	296	217	65.35	62.48

Observational evidence shows that the heart rate of students increases under the influence of maximal physical work performed on a bicycle ergometer. This increase is further increased after the end of the study shift. Changes will depend on the age and gender of the students. Differences in physical development of students living in Vodil and Kuvasoi are very small, but physical and mental performance of students living in Kuvasoi city is convincingly reduced [49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,67,68,69,70,71,72,73].

After 10 minutes of exercise performed on a bicycle ergometer, systolic arterial pressure increased by 12-23%, and diastolic pressure decreased by 5-23%. In proportion to the increase in the power of the performed work, the increase in heart rate leads to an increase in the systolic minute of blood (Table 2). [2,3] These changes are not so much in children living in different conditions.

**Table 2. Changes in systolic and minute volumes of blood due to the effect of the work done after the end of the classes. n=166**

Students	Systolic volume, ml Minute volume, ml				
	classes	Quiet until class	After classes	Quiet until class	After classes
Children	11	69.40	89.67	5620	13719
	8	65.89	83,88	5620	13719
	3	51.35	72.07	4652	11603
Girls	11	72.41	92,33	6227	12557
	8	66.01	78.09	5657	11011
	3	60,68	68,62	5787	10362

Changes in heart activity due to the physical work performed after morning shift classes depend on the child's age and gender. Thus, due to morning shift classes, hypodynamia and fatigue, both the physical and mental performance of the student decreases [74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95]. As a result, adaptation of the body to physical work occurs due to increased changes in cardio-respiratory functions. In order to eliminate the negativity that appeared during the lessons, a physical education lesson is needed. It is determined that a child living in relatively good environmental conditions has a high physical and mental capacity.

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