

CLASSIFICATION OF COMPRESSION SPORTS JUHOSES WITH COMPRESSION CAPACITY

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Annotation. This article provides information on sportswear with a compressive effect on the body, their use, the purpose of use of compression sportswear, the range and functions of compression sportswear made of knitted fabrics.

Keywords: primary education, sports, physical education, physical development, physical qualities.

Among the assortment of sportswear, in recent times, the share of compression sports items in the wardrobes of athletes engaged in many professional sports (volleyball, basketball, handball, cycling, heavy and athletics, tennis, gymnastics, etc.) is constantly growing. Also, the demand for such clothes is growing for people involved in general health physical culture (sheiping, aerobics, fitness). The term "compression item" refers to the human body 0-65 mm. it applies to items made of elastic fabrics that exert high pressure on the mercury Column [1]. Compression clothing belongs to the corrector class of functional clothing. They are designed to have the desired compression effect on body parts [2]. The use of stretchy materials creates the ergonomic comfort necessary for sportswear that adheres tightly to the body, ensuring that it stands on the body without folds. The use of the effect of sticking to the body in sportswear is to keep the body shape in its original position and create comfort at the time when the compression effect is formed [3].

The analysis of data on compression sportswear available in the literature shows that the decisive factor in its use is the type of sports training carried out in two directions, which are general development or health-improving physical culture and specialized educational processes.

During the analytical study carried out, the process of studying, analyzing and evaluating sports items of more than 100 different brands (Nike, Chanel, Puma, Reebok, Adidas, etc.) available in shopping centers and internet resources was carried out. Each item according to the following criteria: sport type; type and purpose of the item, assortment group; tolaviy composition of materials; analytical studies were carried out on the basis of model-constructive solutions.

Analytical studies have shown that compression Sportswear is used for the following purposes:

- to increase the physiological parameters of muscle tissue during training and during Exercise: Strength, strength, endurance; improve the circulatory system; proofreading The Shape of the body in order to reduce the resistance of the environment (air, water) in sports of high-speed movement; thermocouple; protect joints and tendons from injury, as well as from stretching;

- during training and at rest-to accelerate the recovery of physical indicators and reduce muscle pain;

The main task of compression sportswear for general training exercises is, first of all, to provide a comfortable environment for athletes during training. An analysis of the literature showed that a wide range of compression sports products contributes to the supply of oxygen during muscle tension and slowing the formation of lactic acid. Athletes highly value their performance, such as strengthening muscles, reducing vibrations, and reducing the risk of microjarets. Compression items support the calf muscles, reducing the pressure on the calf and giving athletes a sense of safe movement by protecting them from the overload that occurs in cold weather. During difficult training and after a long journey, compression is a preventive measure. The most popular compression sports items include T-shirts, leggings, shorts, T-shirts, sleeves, knee and elbow bandages, calf bandages, and others [4]. As a result of the constant expansion of the market for compression products, materials, structures, lead to rapid improvement of their production methods.

An improvement in the indicators of physical strength and endurance in sportswear is achieved by a decrease in muscle tissue vibrations, coordination of movements, a decrease in the number of

microjarahats of muscle tissue under excessive load. The study of the chemical composition of the blood during the recovery period shows the rapid outflow of harmful metabolic products from muscle tissue cells when using compression clothing [5].

Even when other conditions remain unchanged, reducing the spontaneous vibration of muscle tissue contributes to the preservation of energy in the tissues and the implementation of greater physical activity. This is especially important for athletes who demonstrate high athletic performance. In amplitude movements, local stretching of the skin in the textured areas of the elbow and knee is 50% along the arm, 28% in the transverse section, an increase in the posterior half-thigh of the knee when bending forward is observed with a stretch of 35% in the vertical direction and 21% in the thigh section, as well as when simultaneously bending

The use of compression items serves to improve jumping performance in basketball, volleyball and other similar sports. Athletes note pain that occurs in their muscles after training, reducing fatigue and rapid muscle recovery. Compression items provide the desired muscle tone by reducing muscle vibration, which, in turn, is a positive factor for improving their performance in sports [7]. The use of compression items leads to oxygen saturation of the muscles, reduces fatigue and enhances vital activity [8,9]. Muscle efficiency increases by about 5-6%. Compression Sportswear is designed to affect muscle tissue, and they can be combined (full length with or without sleeves, up to the ankle, up to the knee, up to the top of the thigh or in the form of a closed swimsuit); or separate (in the form of leggings, shorts, jumpers, shortened narrow fibers). The initial data for the use of compression sportswear are as follows: have a compression effect; body indicators associated with sports activity; are considered to be the achieved sports results. The results of the use of compression garments are summarized [10] in scientific sources.

The demand for sportswear is achieved mainly through the use of elastic knitted fabrics with a high stretch, which put pressure on the soft tissues of the body and at the same time provide the muscles with the necessary tone, compression and support. Thus, the high degree of extensibility of these materials contributes to the athlete's free movement. It also prevents sticking to the figure, the appearance of creases and folds, which in turn serve to improve the aesthetic appearance of the garment. Increases the "regulation" of the adhesion of clothing to the body, which is an important factor for high-speed sports (cycling and brisk walking, volleyball, football, running). Based on the foregoing, we can conclude that correctly selected compression clothing in all parameters (size, pressure, model) can increase work efficiency, reduce muscle pain and fatigue after training.

As a result of the analysis of certain classifications of compression sports products, the features of their classification were determined [11-13].

The main classification features of compression items are as follows: the area of application of items (sports and sports medicine), the name of the item, the part of the body to which the compression effect is given, the method of influencing the part of the body, the degree of compression, the method of preparing the item. Among the many classifications of compression items, the most common and completed is N.L.Kornilova, Ye.A.Dubonosova, V.N.Compiled by the philatovs, it is also considered their classification, which is presented in the standards [14-16]. N.L.Kornilova presented a detailed diagram representing all types of corset items, in which the functional level of the items is determined depending on the size of the correctional effect of underwear.

G.P.According to the scientific study of Starkova [13], the existing assortment of sports goods made of highly elastic materials is constructively different: for the upper part of the body, for the lower part of the body, and will be combined. Its drawback is that this classification includes only types of clothing, the composition of which is for sports purposes and does not include types of correctable items.

One of the main criteria for determining the size of compression items is the degree of pressure that the item exerts on the human body. Its value determines the class of degrees of compressive pressure.

The recommended pressure values for compression sportswear are 667-3332 Pa, for power recovery clothing-up to 3999 Pa [17].

As with medical clothing to improve blood circulation in the limb area, gradient pressure distribution is used in these garments. The minimum values of pressure required to improve hemodynamics are as follows: in the ankle part-2399 Pa, in the calf part-1866 Pa, in the knee part-1066 Pa, around the lower part of the thigh-1333 PA, around the upper part of the thigh-1066 PA [18]. According to another study, the minimum required pressure values are 2306 Pa in the calf part and 2013 pa in the thigh part/..

N.Filatov based on the study of the optimal pressure of elastomer items used for various purposes (the author uses the term “elastomer” instead of the term “compression”) and divided them into classifications according to acceptable pressure [16]. The classification differed from the previous ones in the width of the coverage area, which affected all areas of application of items made of elastic materials. As a basis for the classifications, the permissible pressure of the item on different parts of the body was taken. All elastomer items can be divided into five groups, depending on the pressure on the body: comfortable; prophylactic; compression; compensatory and special.

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society.

The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

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