



The effect of sports on physical development

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ABSTRACT

In this article, the impact of sports on physical development, the main advantages of playing sports, the most important factors of sports physical development, and specific responsibilities of sports in increasing physical development are discussed.

Keywords:

sports, physical development, regular sports, sports activities

Introduction:

Sport is one of the most important factors of physical development. With the help of physical exercises and sports activities, a person's body structure and functions can be changed. Physical exercise helps to increase the muscles, internal organs, endovascular system and physical strength. These changes improve a person's physical condition and allow them to feel better in their general conditions.

Physical development is one of the main goals of sports. The sport aims to increase blood flow, protein management, strengthen internal organs and improve blood flow for physical development. This will help you feel better physically, support the development of the heart and blood vessels, increase energy levels and produce substances that fight weight gain. With the help of physical exercises, athletes get a strong and healthy body structure.

Literature analysis and methodology:

At the same time, the impact of sports on physical development also plays a major role in improving personal conditions. Sports activities are important in improving physical health, increasing energy levels and managing protein. Regular exercise produces new

neurotransmitters and endorphins, which make a person feel good. It also recommends participating in sports for young people who learn to focus on their physical appearance and be active on a daily basis.

Physical development is not limited to the benefits of sports alone. Sports activities also help to improve personal performance, increase physical and mental well-being, and reduce stress. With the help of sports, one can increase freedom and one's ability to travel. Exercise and sports activities speed up the travel of the os in observers and allow them to go rough.

In addition, physical development also benefits the community. With the widespread use of sports, physical development is aimed at improving fitness and healthy lifestyles at the age of sports participants. Also, the importance of sports in mass education increases the general health of the community.

To increase the effect on physical development, it is important to do sports and exercise. Carrying out these activities ensures the physical development and improvement of a person. Sport is also important in public education, as it forms a healthy community of citizens.

Improvement of natural condition, health and physical development are among the main interests of sports. Sports include combating diseases and ailments, increasing physical composition, increasing light circulation, strengthening the skin of the legs, increasing lightness and many other benefits. Doing sports through physical exercises is of great importance in preventing diseases. Regular physical activities have a profound effect on personal lifestyles and serve to promote a strong body, a healthy mind, a structured spirit, light and enlightenment.

Results:

Sport is an important part of physical development. There are several important benefits of regular sports training, which are effective in later development and in the general professional field.

First, sport has a positive effect on physical development. By practicing and participating in games, the main components of the sports world, such as strength, pitch and Saturday, are more developed. Regular sports training increases physical strength, improves oxygen exchange processes, increases blood circulation and improves the quality of muscles. This increases physical and energy levels, as well as strengthens and self-repairs the endovascular system.

Secondly, sport has a structural effect through physical development. This feeling lowers the decision and gives a special feeling of happiness. Comfort and labor from sports increases the ability to think and act courageously.

Physical development is perfected through sports. From young adults to seniors, all levels of sports can be more effective. Also, the impact of sports on physical development also provides development in physical and structural professional areas. Along with the acquisition of physical development through sports, the requirements and regulations related to the seeker and community foundations, rapid development, self-organization, content and destination of sports are also affected.

For each individual, the extent to which sport should affect physical development may vary. It is everyone's responsibility to choose suitable sports, taking into account their physical condition and goals, and to take initiative in physical activity. The effect of sports on physical development can be increased by monitoring simple and continuous activities over a period of time.

Sport is a great tool that has its own responsibility in increasing physical development. Many studies have been conducted on exercise, sports, and developmental outcomes. It has been shown that sports activities are important in reducing the risk of diseases, increasing life expectancy and having a well-structured life.

Discussion:

Sports activities increase physical training, strength and endurance. In this, body systems, muscles, pons, endovascular system and self-determination system are strengthened. On the basis of regular sports exercises, the body has the opportunity to regenerate and form itself. Physical strength, strong muscles and physical qualities are increased with the help of sports. Physical development is increased through sports-based activities that strengthen physical systems and involve interdependence. The most important indicators of physical development are self-determination, reduced risk of future diseases and increased life expectancy. The impact of sports on physical development is why vigorous exercise, fitness and sports have good results in preventing diseases.

The impact of sports on physical development is confirmed by scientific research and practical practices. This makes sports one of the best tools for physical development. It is important to learn about the general changes in physical development through sport, to determine which types of sport are suitable for personal goals, and to learn useful techniques that encompass the process of accessing and training exercise.

Physical development is not the main goal of sports, but it is also important for people to maintain a healthy lifestyle, spend energy and

get a high level of activity. Sports and activities must be chosen to achieve these goals, and self-determination, continuity, and discipline are essential in enhancing physical development.

The effect of sports on physical development is very important. Sports activities establish physical changes and without change, in people's lives also sports activities provide good health and strong life. In this article, we will consider several important areas for the impact of sports on physical development.

Cardiovascular system: Sports activities establish physical changes, for example, increase blood speed, increase visibility and tension. This leads to better functioning of the cardiovascular system. If there is a strong experience of the sport, it will strengthen and interact with the system.

Prevention of serious diseases: Sports activities help to prevent diseases. Regular physical training helps normalize blood flow by increasing blood circulation and reducing weight. At the same time, it is also important to prevent diseases such as walking, cycling, etc.

Self-control: Being involved in sports develops self-control. According to this, sports training helps to reduce stress, extinguish depression and feel new.

Conclusion:

In conclusion, it should be said that although any type of sport that affects physical development has its own opportunities, constant activity and motivation are important for each person. There are many articles on the effects of sport on physical development, including interesting information on fitness, disease prevention, physical attributes, and energy expenditure.

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