



## Influence of Free Wrestling on Physical Student Development in Karakalpakistan

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### ABSTRACT

Regardless of sports, the increase in muscle strength exceeds rate of increase in muscle mass. Wrestling leads to reliable annual increase in chest circumference and body weight. Doing so power sport, like freestyle wrestling, is the external factor which largely affects the morpho functional state of the body of young people.

#### Keywords:

Physical exercises, analysis, students, Therapeutic physical culture.

**Relevance:** In higher educational institutions, where student youth think themselves in the future as representatives of the emerging, so-called "middle" class, they consider physical education as an element of professional preparation for future activities. Young people focused on work in business and management in today's conditions tend to consider physical fitness, strength, endurance as integral qualities of professional activity. The further development of society prompts to raise physical education to a new level, to permeate it with a humanistic orientation. This indicates the relevance of the studied problem of improving the physical education of students.

**Object of study** -students of freestyle wrestling of the Uzbek State University of Physical Culture and Sports of the Nukus branch.

**The subject of the research** is the study of the process of occupying physical culture in freestyle wrestling.

#### Research objectives:

1. To identify and formulate the main problems of modern freestyle wrestling in student sports.

2. Theoretically, to develop and experimentally substantiate ways to increase the efficiency of the development of freestyle wrestling in student sports.

3. To study the possibilities of optimizing the physical education of students by means of freestyle wrestling.

**The purpose of the study:** to summarize the scientific developments and experience of the practical development of freestyle wrestling in student physical education and sports, to determine the future prospects for student freestyle wrestling and to develop pedagogical conditions for increasing its effectiveness.

**Research methods and organization:** The main research methods were: literature analysis, analysis of documentary sources (protocols, reports, etc.), participant observation, survey methods (questionnaires, interviews, conversations), content analysis of standardized interview materials, methods of pedagogical experiment, theoretical analysis, methods of mathematical statistics.

By the decree of the President of Uzbekistan Shavkat Mirziyoyev, by 2025, it is

planned to increase the number of people regularly involved in physical culture and sports, up to 30%, and the number of young people involved in sports organizations and institutions, up to 20%. [1]

To select young athletes for big sport, schools and universities will specialize in at least one priority sport. Talented athletes among young people will be selected according to a four-stage system: organization - city - region - republic. Along with this outstanding success of physical culture and sports of Uzbekistan was the entry into the international arena of freestyle wrestling. Freestyle wrestling is a part of physical culture. In it, a person seeks to expand the boundaries of his capabilities, this is a huge world of emotions generated by successes and failures, the most popular spectacle, an effective means of educating and self-educating a person, c. there is a complex process of interpersonal relations. Freestyle wrestling is actually a competitive activity and special preparation for it. It clearly manifests the desire to win, to achieve high results, requiring the mobilization of the physical, mental and moral qualities of a person. Therefore, people often talk about the athletic nature of people who successfully manifest themselves in competitions. Satisfying many human needs, sports become physical and spiritual. Sports training in wrestling is a pedagogical process aimed at achieving the highest level of sports preparedness. This process consists in the systematic use of various means that contribute to the education of a wrestler, the development of his physical, moral and volitional qualities, technical and tactical skills. This paper considers the process of freestyle wrestling training of young athletes in the preparatory period. [2]

The purposefulness of classes in various types of martial arts makes significant demands on the physical development of young athletes. The other side of sport is the organization and holding of competitions, without which human sports activities are impossible. The Olympic slogan "Faster, Higher, Stronger" once again emphasizes the professional orientation of sports, where human health can be seriously undermined after heavy training loads. Using

mechanical stress as an example, one can show the enormous impact of sports exercises on a person. The acceleration of the wrestler's head when falling on the carpet is up to 10-11 G. [3]

Analysis of physical development was carried out on the basis of measuring the length and weight of the body, chest circumference, as well as integral indicators: Quetelet index (weight and height index) =  $M \text{ (kg)} : R \text{ (cm)}$ ; carpal index strength (an indicator of the percentage of muscle strength to body weight)  $\text{Hand strength (kg)} : M \text{ (kg)} \times 100$  and back strength index:  $\text{back strength (kg)} : M \text{ (kg)} \times 100$ . The study revealed that the type of biological development has a significant impact not only on the level of physical fitness, but also on the dynamics of annual increases in physical development, which are most intensively improved throughout the academic year. So, in terms of most of the studied characteristics of physical development, students engaged in freestyle wrestling during periods of the most intensive growth rates of body size indicators are 1-2 years ahead, and students who are simply engaged in physical culture lag behind with a normal type of biological development. The study of changes with age in the length of growth revealed the following facts: the body length of wrestlers increased by an average of 3% than that of ordinary students. The body weight of young wrestlers increased by 10% than that of ordinary students.

The body weight of young wrestlers increased by 5-6%, while that of their fellow students - by 4% (that is, it turned out to be higher). But at the end of the academic year, the wrestlers again outstripped their peers in terms of body weight gain (respectively - 15-18 and 12.7%). Thus, the results of the study of the body weight of wrestlers showed that classes in the freestyle wrestling section even lead to some acceleration of body weight gain due to an increase in muscle mass. The first studies of the chest circumference (BCC) in wrestlers and their peers from the control group indicate that this indicator in all groups, on average, corresponded to age norms. The relative increase in this indicator after the academic

year was 10-12% higher for student wrestlers than for untrained students.

Indices of physical development are widely used in the practice of medical and pedagogical control. In our case, the following indices were used: Quetelet index (weight-height), hand and back strength indices (X and Iss). As our studies have shown, the Quetelet index increases regardless of sports activities. Moreover, this index in no way reflects the advantage of high or insufficient physical activity of students in our studies. So, if this Quetelet index increased by 20 and 30 g/cm respectively in the group of wrestlers.

In conclusion, it can be concluded that it was found that freestyle wrestling classes have a stimulating effect on the process of accelerating the physical development of students. freestyle wrestling does not lead to any inadequate changes in body length. At the same time, classes in the freestyle wrestling section lead to some acceleration of body weight gain due to an increase in muscle mass.

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