

Eurasian
Research Bulletin

Analysis of Physical Development Indicators

Abdurakhmonov Khairullo

Teacher Fergana State University

Rahmonova Mohinur

2nd year master Fergana State University

ABSTRACT

This article thoroughly analyzes the physical development of a person, as well as his indicators. Also, the gradation of the proportion of physical development of a healthy person, adopted in our country, is now referenced.

Keywords:

Size, sculptor, breath, indicator

From time immemorial, people have been puzzled over the standard of the proportion of the development of the human body. They relied on the environment, conditions, theoretical knowledge of their time. First of all, physical development was interpreted differently by artists. Based on the results of the observations, they tried to create the overall size of the body based on the structure (level of development) of the human body, selecting a part of his body and its size. For example, in ancient Egypt, the length of the index finger was obtained by modulating the physical size of a person and multiplying it by 19 times, the length of the body was estimated. If it is shorter or longer than 19 fingers, the length of the body is considered abnormal. The head is measured in 3 finger lengths, the thigh in 4 finger lengths, and so on.

The ancient Greeks used the scheme of the great sculptor Polycletus, the author of the famous Doriphorus sculpture. Polycletus took the width of the palm based on the size of the structure of the human figure. According to his rule, the head should be $\frac{1}{8}$ palm width, the face should be $\frac{1}{10}$, and the head and neck should be $\frac{1}{6}$ palm width.

It is also extremely important to learn to take anthropometric measurements (especially

chest circumference, vital lung capacity, and muscle strength).

Chest circumference is measured in three different situations: maximum inhalation, maximum exhalation, pause. The centimeter tape passes from the lower corners of the ribs when measured from the back - when measured from the front, it passes through the middle of the chest for men, and in front of the nipples for women. The person being measured with the tape should raise his hand up.

It is inconvenient to measure the chest while pausing or speaking. The difference in chest parameters during inhalation and exhalation is called chest excursion. The centimeter tape should not hang in the measurement area, the back shoulder should not bend, the shoulder should not move. Shoulder and chest muscles should not be exaggerated. Following these rules will allow you to accurately measure the chest.

Vital capacity of the lungs. It is measured by different types of speedometers (water or air speedometer). During the measurement, the breath air in the lungs is first expelled, then the maximum air is taken at once, and the fist of the speedometer is taken and all the air is expelled from the lungs. The measurement is repeated two or three times. The highest figure is

recorded in the diary. The vital capacity of the lungs in healthy men is from 3500 to 4500 mm, in women from 2500 to 3500 mm. Depending on the training experience, it increases to 100 -- 200 mm. Decreased lung capacity is a sign of fatigue or illness.

Muscle strength. Muscle strength or body strength is measured with dynamometers. To measure the strength of the paw muscles, the hand dynamometer is maximally compressed and the reading on a certain scale is recorded.

Lumbar (spine) strength is measured with a "Stanovoy dynamometer" that measures the strength of the spine. The maximum measuring capacity of the palm dynamometer is up to 90 kg, the "Stanovoy dynamometer" can measure up to 300 kg. Strong norms have been created for the youth, young men and men of our republic (M.S. Abramov, 1990). According to the measurement result, if your palm strength is from 65 to 90 kg, you have "excellent" strength; If it is 51-64 kg, your strength is considered "good"; If it is 39 to 50 kg, you have a "satisfactory" grade of palm strength, if it is below 39 kg, your grade is considered "bad". For women, it is necessary to make a correction of 15-20 kg to get such estimates.

Spinal strength is usually determined by applying limit or near-limit forces. Therefore, it is recommended that people who live with less movement and have more mental activity should observe the limits of caution during the measurement, not to forget to first prepare the muscles around the spine for that work (measurement). According to the measurement results, the strength of the spine is "excellent" if it is from 155 to 200 kg, "good" if it is from 110 to - 154 kg, "satisfactory" if it is from 70 to - 109 kg, 70 If it is less than kg., you will be given an "unsatisfactory" rating.

So, the physical culture of STT embodies normal physical development, weight, harmony in muscle development, movements as well as life-necessary, professional-practical qualifications and skills.

Depending on the indicators of physical development, selection events are held to acquire various professions and trades. Because the indicators of physical development and the

size of our body parts are important for choosing a profession.

In particular, development indicators are taken into account in competitions held for sports.

Length of height is a necessity or benefit for training basketball players, volleyball players, handball players, etc.

In football, hockey, gymnastics, the length of the body is not so important, but the length and width of the body of football and hockey goalkeepers is important. Body mass index does not necessarily have to be high, as high height and large body mass can interfere with running and other speed-intensive activities.

Weightlifters are characterized by average body length, higher than average body mass, wide pelvis and large chest circumference, and a good level of fat layer development.

Separate parts of some members, for example, a weightlifter with a shorter shoulder bone and a relatively longer wrist, benefit from his results, while in wrestlers, it is the opposite, a longer shoulder bone, and a shorter wrist, because in a strength test, long wrists are more likely to stick (grab) the opponent. convenience is born and so on.

In order for our external organs to function at a high level, it depends on the readiness of the internal organs and systems of the body to function at a high level for a long time, their (external and internal) compatibility (authenticity) and adaptation. creates complete balance.

We have brought to your attention the gradation of the proportion of physical development of a healthy person accepted in our country today:

- average length of height is 165-175;
- the length of the spine is 40% of the height;
- when standing, the index finger of the hand reaches the middle of the femur;
- the length of the spine should be equal to the length of the arm extended to the side;
- the length of the elbow should be equal to 75% of the length of the shoulder bone;
- the length of the legs (the bump on the side of the thigh, touching the hand, up to the heel) should be equal to 53% of the length of the height on average;
- hip length to - $\frac{1}{4}$ of the average height, etc.

These sizes can vary by 2-3 cm in the shortest and up to 20-23 cm in the longest.

Table 1
The norm of a person's weight depending on gender, height and width of the chest
A.A. Pakrovsky

Бўйи (см)	Эркактарни вазни меъёри(кг)			Бўйи (см)	Аёлларни вазни меъёри (кг)		
	Кўкрак қафаси				Кўкрак қафаси		
	Топ	Меъёрида	Кенг		Топ	Меъёрида	Кенг
56,0	49,3	56,0	62,2	152,5	47,8	54,0	59,0
157,5	51,7	58,0	64,0	155,0	49,2	55,2	61,6
160,0	53,5	60,0	66,0	157,5	50,8	57,0	63,1
162,5	55,3	61,7	68,0	160,0	52,1	58,5	64,8
165,0	57,1	63,5	69,5	162,5	53,8	60,1	66,3
167,5	59,3	65,8	71,8	165,0	55,3	61,8	67,8
170,0	60,5	67,8	73,8	167,5	56,6	63,0	69,0
172,5	63,3	69,7	76,8	170,9	57,8	64,0	70,0
175,0	65,3	71,7	77,8	172,5	59,0	65,2	71,2
177,5	67,3	73,8	79,8	175,0	60,3	66,5	72,5
180,0	68,9	75,2	81,2	177,5	61,5	67,7	73,7
182,5	70,9	77,2	83,6	180,0	62,7	62,9	74,9
185,0	72,8	79,2	85,2				

Explanation: when the age is over 30, it is normal for the body weight to exceed the weight recorded in the table by 2.5-6 kg.

Literature

1. Abdullaev, A., & Khankeldiev, Sh. X. (2017). Theory and methodology of physical culture. Textbook for OO'Yu, (Volume I)/Tashkent/"NAVRO'Z" publishing house.
2. Abdullaev, A., & Honkeldiev, Sh. (2016). Theory and methodology of physical education: ucheb. posobie. Tashkent: Izd-vo Gulistan State University.
3. Kholmiraevich, A. J. (2022). Improving Theoretical Fundamentals of Physical Culture Classes. Texas Journal of Engineering and Technology, 9, 88-91.
4. Egamberdiev, S. S., Salahutdinov, I. B., Abdullaev, A. A., Ulloa, M., Saha, S., Radjapov, F., ... & Abdurakhmonov, I. Y. (2014). Detection of Fusarium oxysporum f. sp. v asinfectum race 3 by single-base extension method and allele-specific polymerase chain reaction. Canadian Journal of Plant Pathology, 36(2), 216-223.
5. Abdullaev, A., Salahutdinov, I., Kuryazov, Z., Egamberdiev, S., Rizaeva, S., Ulloa, M., & Abdurakhmonov, I. (2011). Study on Fusarium wilt disease (F. oxysporum vasinfectum) in Upland cotton (G. hirsutum). World, 5.
6. Kholmiraevich, A. J. (2022). Improving Theoretical Fundamentals of Physical Culture Classes. Texas Journal of Engineering and Technology, 9, 88-91.
7. Abdullaev, A., & Honkeldiev, Sh. X. (2007). Theory and method of physical education. Textbook for higher educational institutions. T. Self-publishing. be
8. Abdullaev, A., & Kh, K. S. (2005). Theory and methods of physical education. T.: UzDJTI Publishing House.
9. Tuychiev, A. I. (2022). TECHNOLOGY RAZVITIYA DISTsiPLINARNYX NAVYKOV UChAshchIXSYa NA OSNOVE IGROVYX SREDSTV: uychiev Ashurali Ibragimovich, Prepodavatel

- Ferganskogo gosudarstvennogo universiteta. Obrazovanie i innovatsionnye issledovaniya international scientific-methodical journal, (2), 160-162.
10. Ashurali Ibrahimovich Tuychiyev (2022). DEVELOPMENT OF DISCIPLINARY SKILLS IN STUDENTS AS A KEY PEDAGOGICAL PROBLEM. Academic research in educational sciences, 3 (2), 896-901.
 11. Ismailov, S. (2021). PEDAGOGICAL PSYCHOLOGICAL OPPORTUNITIES FOR THE DEVELOPMENT OF STUDENT THINKING ACTIVITY IN SCHOOL AND FAMILY COOPERATION. Galaxy International Journal of Interdisciplinary Research, 9(12), 1209-1212.
 12. Ismailov, S. (2021). PEDAGOGICAL PSYCHOLOGICAL OPPORTUNITIES FOR THE DEVELOPMENT OF STUDENT THINKING ACTIVITY IN SCHOOL AND FAMILY COOPERATION. Galaxy International Journal of Interdisciplinary Research, 9(12), 1209-1212.
 13. Ismailov, S. (2021). Developing A Valued Attitude Towards the Family in Students as a Topical Pedagogical Problem. Zien Journal of Social Sciences and Humanities, 3, 91-93.
 14. Ismailov, S. D. (2022). SPECIFIC IMPORTANT ASPECTS OF FAMILY VALUES DEVELOPMENT IN ADOLESCENT STUDENTS. INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL, 3(5), 96-100.
 15. Ismailov, S. (2021). SPECIFIC FEATURES OF FORMATION OF FAMILY VALUES IN STUDENTS IN THE EDUCATIONAL PROCESS. Galaxy International Journal of Interdisciplinary Research, 9(12), 693-696
 16. Kasimov, A. N. (2021). FORMIROVANIE I FIZICHESKOE RAZVITIE SOMATOTIPOV MYShTs U STUDENTOV 13-15 LET, ZANIMAYushchIXSYa ShKOLNOY PROGRAMMOY. Scientific progress, 2(8), 849-853.
 17. Kosimov, A. (2021). Issledovanie fizkulturno-ozdorovitelnoy raboty v sisteme skolnogo obrazovaniya. Nauka segodnya: reality and perspective [Text]: materia, 77.
 18. Kamolidin, P. (2021). Physical Preparation and Development of School Students. Journal of Pedagogical Inventions and Practices, 3, 161-163.
 19. Kholmiraevich, A. J. (2022). Improving Theoretical Fundamentals of Physical Culture Classes. Texas Journal of Engineering and Technology, 9, 88-91.
 20. Kholmiraevich, A. J. (2021). Innovations In Fitness Works and Physical Education. Texas Journal of Medical Science, 2, 4-5.
 21. Kholmiraevich, A. J. (2022). Innovations in Fitness Works and Physical Education. Journal of Pedagogical Inventions and Practices, 6, 159-161.
 22. Sidikova, G. S., & Ibrahimovich, T. A. (2021). FORMATION OF CHILDREN'S HEALTH CULTURE AS A SOCIAL AND PEDAGOGICAL PROBLEM. Conference, 71-74.
 23. Sidikova, G. S. (2022). FORMIROVANIE ZDOROVOGO OBRAZA JIZNI U DETEY STARSHEGO DOSHKOLNOGO VZROSTA. ONLINE SCIENTIFIC JOURNAL OF EDUCATION AND DEVELOPMENT ANALYSIS, 2(1), 6-11.
 24. Sabirovna, S. G. (2021, November). FORMATION OF A HEALTHY LIFESTYLE FOR PRESCHOOLERS. In Archive of Conferences (Vol. 22, No. 1, pp. 44-48).
 25. Tuychiev, A. I. (2022). TECHNOLOGY RAZVITIYa DISTsIPLINARNYX NAVYKOV UChAshchIXSYa NA OSNOVE IGROVYX SREDSTV: uychiev Ashurali Ibragimovich, Prepodavatel Ferganskogo gosudarstvennogo universiteta. Obrazovanie i innovatsionnye issledovaniya international scientific-methodical journal, (2), 160-162.
 26. Tuychiyev, A. I. (2022). DEVELOPMENT OF DISCIPLINARY SKILLS IN STUDENTS AS A PEDAGOGICAL PROBLEM. Academic research in educational sciences, 3(2), 896-901.

27. Sidikova, G. S., & Ibrahimovich, T. A. (2021). FORMATION OF CHILDREN'S HEALTH CULTURE AS A SOCIAL AND PEDAGOGICAL PROBLEM. Conference, 71-74.
28. Ubaydullaev, R. M. (2021). MONITORING THE PHYSICAL FITNESS OF GIRLS IN GRADES 8-9 OF RURAL SECONDARY SCHOOLS. Herald Pedagogics. Nauka i Praktika, 1(2).
29. Ubaidullaev, R. M. (2020). Comparative monitoring of indicators of physical fitness of girls in rural schools with the standards of health tests "Barchina". In Science Today: Basic and Applied Research (pp. 37-40).
30. Usmanov, Z. N., & Ubaidullaev, R. M. PROBLEMS OF PHYSICAL AND HEALTH WORK IN THE SCHOOL EDUCATION SYSTEM. 11. Usmanov, ZN, & Ubaidullaev, R. (2020, December). PROBLEMS OF PHYSICAL AND HEALTHY WORK IN SCHOOL EDUCATION SYSTEM. In Conferences (Vol. 12, pp. 114-119).
31. Usmonov, Z. N. (2020). Monitoring OF physical and health works IN rural comprehensive schools. European Journal of Research and Reflection in Educational Sciences Vol, 8(3).
32. Xolmirzaevich, A. J. (2022). Improving Theoretical Fundamentals of Physical Culture Classes. Texas Journal of Engineering and Technology, 9, 88-91.
33. Usmanov, Z. A. (2019). Hypodynamic factor and physical condition of schoolchildren. Science today: facts, trends, forecasts [Text]: mothers, 77.
34. Usmanov, Z. A. (2019). Study of the theoretical training of secondary school students in the subject of "physical culture". Science today: fundamental and applied research, 90.
35. Usmanov, Z. N., & Ubaidullaev, R. (December 2020). PROBLEMS OF PHYSICAL AND HEALTHY WORK IN SCHOOL EDUCATION SYSTEM. In Conferences.
36. Khaidaraliev, H. H. (2019). MOTIVATION OF THE CHOICE OF A PROFESSION AS A MANIFESTATION OF PATRIOTISM OF MODERN STUDENTS. In EUROPEAN RESEARCH: INNOVATION IN SCIENCE, EDUCATION AND TECHNOLOGY (pp. 50-52).
37. Xaydaraliev, K. (2019). THE EXPERIENCE OF CHARGES AND FACULTIES USING THE NEW MODERN INFORMATION DISTRIBUTION SYSTEM IN TRAINING. European Journal of Research and Reflection in Educational Sciences Vol, 7(6), 28.
38. Khaidaraliev, H. H. (2022). THE ROLE OF RHYTHMIC GYMNASTICS IN THE PRESCHOOL EDUCATIONAL INSTITUTION FOR PRESCHOOL CHILDREN. Academic research in educational sciences, 3(3), 591-599.
39. Hamrakulov, R. (2021). THE IMPORTANCE OF THE ORGANIZATION OF PHYSICAL CULTURAL ACTIVITIES BASED ON ADVANCED PEDAGOGICAL TECHNOLOGIES. CURRENT RESEARCH JOURNAL OF PEDAGOGICS, 2(05), 114-119.
40. Khamrakulov, R., & Abduzhalilova, K. (2022). FEATURES OF PHYSICAL EDUCATION IN GRADES 5-6 OF SECONDARY SCHOOL. Academicia Globe: Inderscience Research, 3(05), 82-90.
41. R. Khamroqulov, & N. Muhammadov. (2022). VOLLEYBALLCHILARNING JISMONIY SIFATLARINI VA HARAKATLI OYINLAR RIVOZHLANTIRISH. World Scientific Research Journal, 2(2), 185-192. Retrieved from <http://wsrjournal.com/index.php/wsrj/article/view/93>
42. Hamroqulov, R., & Nishonov, S. (2022). Methods of increasing physical faith during the training of football players. Texas Journal of Multidisciplinary Studies, 8, 130-132.
43. Xolmirzaevich, A. J. (2022). Improving Theoretical Fundamentals of Physical Culture Classes. Texas Journal of Engineering and Technology, 9, 88-91.
44. Khamrakulov, R., Karakulov, K., & Jabbarov, A. (2019). TECHNOLOGY TO

- IMPROVE THE DURABILITY OF CONCRETE IN THE DRY HOT CLIMATE OF UZBEKISTAN. *Problems of Architecture and Construction*, 2(1), 74-77.
45. Hamrakulov R. PEDAGOGICAL BASES OF FORMATION OF PHYSICAL EDUCATION AND SPORTS TRAINING IN HIGHER EDUCATION SYSTEM.
46. Hamrakulov, R. PEDAGOGICAL BASES OF FORMATION OF PHYSICAL EDUCATION AND SPORTS TRAINING IN HIGHER EDUCATION SYSTEM.
47. Yuldashev, M. (2021). INNOVATIVE ASPECTS FOR HEALTHY LIFESTYLE FORMATION AND DEVELOPMENT OF SPORTS. *CURRENT RESEARCH JOURNAL OF PEDAGOGICS*, 2(05), 102-107.
48. Ma'mirjon, Y., & Saminjon, X. (2022). MAKTAB YOSHIDAGILAR HARAKAT AKTIVLIGI (FAOLLIGI) NING ME'YORI. *Conferencea*, 75-78.
49. Yuldashev, M., & Qobuljonova, M. (2022). GOALS AND OBJECTIVES OF CHOREOGRAPHIC TRAINING IN GYMNASTICS. *Academicia Globe: Inderscience Research*, 3(05), 76-81.
50. Yuldashov Ikromjon, Parpiev Oybek, & Abdurakhmonov Shavkat (2022). ZHISMONIY TARBIA TALLIMIDA SPORT OF IFODASI. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, 2 (Special Issue 2), 222-225.
51. Yuldashov Ikromjon, Makhmutaliev Adhamjon, & Tukhtanazarov Ismatulla (2022). YOSH OUQUVCHILARNING ZHISMONIY SIFATLARI NAMOYON BOLISHIDA ZHISMONIY MASHKLARNING ORNI. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, 2 (Special Issue 3), 96-102.
52. Yuldashov, I., Parpiev, O., Makhmutaliev, A., Tukhtanazarov, I., & Umaralievich, K. U. (2021). Pedagogical bases of formation of physical culture and social culture in Youth. *Asian Journal of Multidimensional Research*, 10(11), 54-58.
53. Yakubova, G. K. (2021). MONITORING OF PHYSICAL EDUCATION CLASSES IN CONDITIONS OF HYPERTHERMIA. *Herald Pedagogics. Nauka i Praktyka*, 1(2).
54. Kuchkarovna, Y. G. Y. (2022). Bolalarda Bronxid Kasalligini Davolash Jismoniy Tarbiyasi. *Periodica Journal of Modern Philosophy, Social Sciences and Humanities*, 4, 1-4.
55. Jalolov, S. V. (2021). Improvement of motor preparation of younger schoolers in the annual cycle of learning. In *Priority areas for the development of sports, tourism, education and science* (pp. 246-250).
56. Sh, D. (2020). Monitoring of physical activity of junior schoolchildren at physical education lessons. *European Journal of Research and Reflection in Educational Sciences*, 8(10), 187-189.
57. Valievich, D. S. (December 2020). System of organization of movement activities in primary school students. In *Conferences* (Vol. 5, pp. 48-50).
58. Valievich, D. S. (December 2020). FEATURES OF MOTOR ACTIVITY AT PRIMARY SCHOOL AGE. In *Conferences*.
59. Jalolov, Sh. V. (2019). Analysis of somatometric indicators of children of primary school age. *Science today: problems and development prospects [Text]: ma*, 87.
60. JALALOV, Sh. (2020). ZHISMONIY MADINIYAT (TARBIA) DARSLARIDA KICHIK YOSHDAGI MAKTAB OUQUVCHILARIGA YENGIL ATHLETICS MASHGULOTLARINI OTIS METHODIKASINING OZIGA KHOS KHUSUSYATLARI. *Fan-Sportga*, (5), 48-50.
61. Sherzod, J. (2022). PHYSICAL EDUCATION PROCESS TAKING INTO ACCOUNT REGIONAL FEATURES. *Thematics Journal of Physical Education*, 5(1).
62. Xolmirzaevich, A. J. (2022). Improving Theoretical Fundamentals of Physical Culture Classes. *Texas Journal of Engineering and Technology*, 9, 88-91.

63. Kholmiraevich, A. J. (2021). Innovations In Fitness Works and Physical Education. Texas Journal of Medical Science, 2, 4-5.
64. Kholmiraevich, A. J. (2022). Innovations in Fitness Works and Physical Education. Journal of Pedagogical Inventions and Practices, 6, 159-161.
65. Jalolov, Sh. V. (2019). Age dynamics of speed-strength abilities in children of primary school age. In SCIENCE TODAY: BASIC AND APPLIED RESEARCH (pp. 72-73).
66. Kholmiraevich, A. J. (2021). Innovations In Fitness Works and Physical Education. Texas Journal of Medical Science, 2, 4-5.
67. Kholmiraevich, A. J. (2022). Innovations in Fitness Works and Physical Education. Journal of Pedagogical Inventions and Practices, 6, 159-161.
68. Gennadyevna, K. G. (2022). HISTORICAL SKETCH OF THE LONG JUMP. Galaxy International Interdisciplinary Research Journal, 10(3), 530-534.
69. Kamolidin, P. (2021). Physical Preparation and Development of School Students. Journal of Pedagogical Inventions and Practices, 3, 161-163.
70. Robilova, S. M., & Patidinov, K. D. (2022). Physical training of handball and its comparative analysis practitioners. Asian Journal of Research in Social Sciences and Humanities, 12(4), 173-177.
71. Gennadyevna, K. G. (2022). Long Jump with a Running Start. Periodica Journal of Modern Philosophy, Social Sciences and Humanities, 5, 19-30.
72. Kamolidin, P. (2021). Physical Preparation and Development of School Students. Journal of Pedagogical Inventions and Practices, 3, 161-163.
73. Ubaydullaev, R. M. (2021). MONITORING THE PHYSICAL FITNESS OF GIRLS IN GRADES 8-9 OF RURAL SECONDARY SCHOOLS. Herald Pedagogics. Nauka i Praktyka, 1(2).