



Scientific and Methodical Basis of Normalization of Loads in Physical Education and Public Sports Health Care

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ABSTRACT

This article discusses the issues of normalization and proper conduct of physical education and public health training, as well as possible methodological recommendations.

Keywords:

Training, loads, sports, skills, physical education, method

Introduction

As a consequence of improper distribution of loads and improper control of the impact of loads on the body of a young athlete, they could damage their health badly. In addition, we will lose an athlete who could become a world or Olympic champion in the future.

The following are tips for controlling loads and directing loads to athletes to develop the qualities you need.

Research Methodology And Empirical Analysis

It is a well-known fact that sports exercise is good for the cardiovascular system. However, sometimes overloading can put human health at risk. The question arises as to how to determine the intensity of exercise so that physical activity does not harm the cardiovascular system and the body.

Cardiologists and sports medicine experts recommend measuring heart rate during exercise and paying special attention to its speed. Usually, if the heart rate exceeds the norm during exercise, the load is considered excessive, and if it does not reach the norm - not enough. However, there are physiological features of the body that affect heart rate. The following principles determine the norms of sports loads:

The principle of regularity

The principle of regularity is reflected in the regularity of physical education and sports, as well as the alternation of rest with physical activity. The benefits of regular exercise are enormous. The regularity of the process of physical training is characterized by the fact that it depends mainly on the optimal sequence of rest with exercise. Continuity-physical training is a process that continues uninterrupted from all stages of human life.

Due to exercising continually, the functional and structural changes in the body begin to contradict each other, the resulting conditioned reflex connections begin to fade, the achieved level of functional capacity decreases, and even some regressive changes become noticeable when not exercised for 5-7 days.

In the process of physical education, specialized training will be important. Initially, the necessary movements, especially hand movements, skills and abilities are formed, and then the basic skills of leg and torso movements are improved. This leads to specialization in the chosen sport. In the process of physical training, it is necessary to make the most of the positive addition of movement skills and abilities, and to eliminate the negative addition as much as possible. Effective

exercise is one of the key factors in the principle of regularity. It is also necessary to organize active and passive rest after such training. The sequence of training and exercises depends on the personal characteristics of the participants, the direction of training, as well as the amount and composition of physical activity, as well as the strength of the impact.

The principle of development

This principle reflects the general direction of the requirements for participants in the process of physical education, and includes setting and performing new tasks becoming more and more complicated, gradually increasing the volume and intensity of related workload. Physical training is also in constant motion and growth through continuous change from exercise to exercise gradually. At the same time, an increase in the complexity of the exercises and a decrease in the impact force is a characteristic feature.

The main conditions for increasing the requirements in the process of physical education are the analysis of the principles of lightness, individualization, systematization, which show their compatibility. Increasing the requirements leads to positive results, if the readiness of those involved in the implementation of new tasks and loads is consistent with the functional capabilities of the body, age, gender, individual characteristics. Consistency associated with the exchange and interaction of exercises, the regularity of training, the optimal exchange of load and rest are also key conditions. The body does not get used to the load all at once, but it takes different periods. It always takes some time to adapt to the effects of new loads. Weekly, monthly, annual wave oscillations of loads depend on the specific task and conditions of the forms. The linear increase in loads is used when their overall level is not high. In the gradual increase of loads, the task is to increase physical fitness or exercise.

Methods of physical education

Pedagogical methods of education and upbringing, such as teaching, are widely used to implement the process of physical education. Different methods are used in the process of physical education. These methods are based on the use of direct, emotional perception or words, or practical actions. Loading and resting are an

integral part of physical education methods and are used in the educational process. The order of organization of workload and its combination with rest is the basis of the structure of methods of physical training. The loading effect depends on its size and intensity.

Strictly regulated exercise methods consist of repeating movement exercises many times under strictly regulated conditions. In the specified action program; strict control of the load and full control of its dynamics during exercise, strictly regulated exercises are used to strictly regulate the rest interval and alternate them with loading in the prescribed manner.

Competition style

Competitive methods are important in physical education. Competition is a common social process. It is typical for all fields and encourages those who work to achieve high results. The method of competition in the process of physical education can be organized both in training and in the form of independent competitions. A characteristic feature of the competition style is the testing of strengths in the fight for the first place or high result. In sports competitions, rivals compete more often than in the game. Inter-team competitions are characterized by a sense of responsibility for the struggle for victory and a sense of mutual support. The peculiarity of the competition style is that it provides a limited opportunity to regulate the load and control the participants.

Conclusion And Discussion

The type and intensity of physical activity is of great importance to a person. For example, long-distance runners have a lower heart rate than athletes who expend a lot of energy during exercise. It is inevitable that sportsmen will achieve the desired results if they set the load correctly.

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