



Means of restoring the ability of athletes to work

**Irmatova Sayyora
Umaraliyevna**

Institute of retraining and advanced training of specialists in physical culture and sports Department of Sports Management

ABSTRACT

This article provides information on the means of restoring the ability of athletes to work, the most important problems of modern sports.

Keywords:

Sports, physical activity, recovery, development, fatigue.

One of the most important challenges of modern sports is to improve the performance of athletes. Leading world athletes exercise at least 3-4 times a day. As the scale and intensity of sports activities increases, so does the number of sporting events. According to the data, some of the leading athletes have competed 51-54 times during the period. Fatigue is a physiological process caused by a mental or physical load and passes after a short rest. Excessive fatigue is a condition in which the development of a pathological condition occurs when the fatigue process is overloaded, when participants participate in activities without recovery from illness, when the training regime is violated. two opposing situations develop:

1. Increased ability to work out and exercise (in case of recovery of spent energy resources);
2. Chronic fatigue and dehydration of the athlete (with regular prolongation of recovery processes). In modern sports, in order to increase the activity and ability of the athlete's body, it is advisable to carry out the next training in a state of incomplete recovery. Reasonable use of restorative means is of great

importance in the extreme physical and mental (mental) loads of modern sports.

At present, rehabilitation is carried out in two different ways:

a) the system of rehabilitation of athletes in the process of sports products and competitions

b) medical rehabilitation system: in other words, the restoration of the ability of athletes to work after illness, injury, extreme fatigue and stress. Classification of means of rehabilitation. Rehabilitation means are divided into three main groups - pedagogical, psychological and medical. .

Pedagogical tools:

- are the main tools, as only rationally designed sports products accelerate the recovery process and increase sports results. At the same time, great attention is paid to the following factors: in micro and macrocycles. introduction of special recovery cycles, days off, training in different conditions, muscle relaxation exercises, light crosses, rational design of the introduction and end of the product, etc.

Psychological means: - Psychological - relieves nervous tension, so the movement and

physiological functions of the body are quickly restored.

These include methods of managing various nervous and mental states: sleep, self-confidence, self-determination, muscle relaxation, meaningful leisure, hypnosis, etc. enters.

Medical means used to restore physical ability play a key role. Recovery means the return of the body to a state of homeostasis before or near work after the change in functional status. The predominance of azo reactions and assimilation is a characteristic feature of recovery processes. It is known that in the post-work period not only the resources expended by the organism and, therefore, its physiological functions are restored, but also important functional structural transformations. Therefore, knowing and taking into account the recovery process always helps the training load. As a result of the load, strong changes occur in the internal environment of the body, the blood reaction is shifted to the acidic side, energy resources are reduced, thermoregulation is disrupted, cardiovascular, respiratory systems malfunction. Medical tools help to improve their performance. As a result, fatigue disappears, capacity increases, the body adapts to the next load. Athletes use a wide range of tools in sports medicine to restore the body's ability to work. This includes, first of all, a special diet, ergogenic diet and vitamins. Pharmacological preparations made from old plants and artificially are used. Hygienic means are also widely used - a moderate regime, natural strength in nature, etc. The most important thing is the combination of physical means of recovery: from massage, sauna, thermo (hot) - electro, baro, -magnet and other methods. Many medical devices have a great effect on the body. Improper use of these drugs, incompatibility with the state of the organism, an increase in dosage, the impact on the tax of athletes, leads to a deterioration of his ability to work. Therefore, in applying it, it is necessary to take into account the individual condition of athletes, age, gender, physical development, the specific condition of the

organism, the stage and nature of the product or competition. These products are used under the guidance of a doctor. In the course of products and competitions, nutrition plays an important role in improving the performance of athletes, accelerating the recovery process and preventing fatigue. [1] The need for nutrients in large physical loads, in part due to an increase in protein and vitamins, also increases energy expenditure with increasing strength and power. Athletes and sports coaches can determine the suitability of energy for different physical loads. In order to quickly restore the recovery process, it is necessary to increase the caloric intake of food during heavy loads and competitions by 5-10% of the established norms, and the liquid by 0.5-1 liters. During the recovery period, great importance is attached to the consumption of nutrients and protein.

Conclusion:

Thus, the protein in the food loses its original appearance, and the amino acids formed from it are adapted to the body - structural, fermented, etc. forms a protein. Incomplete breakdown of some proteins in the gastrointestinal tract can lead to more serious diseases. Inadequacy of protein and its shortcomings. The following factors can cause the body's inability to absorb protein: insufficient intake of protein in the body with food, poor digestion and poor absorption of nutrients (severe diarrhea, dyspepsia, dysentery, chills, dysfunction of the digestive glands) high protein metabolism in the body, and, consequently, the high need for it in cases of physiological conditions (pregnancy, lactation, etc.) in cases of burns, bone fractures, surgical operations, infectious diseases, etc., in various diseases, such as nephrosis, blood loss, the transition of protein to exudates and transudates, disorders of protein synthesis in tissues, serum, in a number of diseases (gastritis, ulcerative colitis, ileitis, etc.) from the intestinal epithelium of the protein in the disappearance of medicine. Lack of protein leads to the breakdown of protein in the tissues of the body and the disruption of nitrogen balance. Initially, hypoproteinemia occurs with

a decrease in serum protein. Hypoproteinemia leads to fluid leakage from the blood into the tissues and the formation of tumors. Disorders of the central nervous system have a significant impact on protein metabolism. Protein breakdown is accelerated and regeneration is slowed down. This causes atrophy, dystrophy and other defects. Hormones play a special role in protein metabolism. Thyroid hormones increase the breakdown of proteins in the body and accelerate their formation. Under the influence of growth hormone produced in the pituitary gland, the formation and synthesis of protein is accelerated. This allows you to increase the amount of protein and the growth of the body. These include sports drinks with protein hydrolyzate. Dry sports drinks are Olympia, Sportakiad, Victoria, Ergoton, Vyeleton, Diet Extra and protein-glucose chocolate, protein pie, Olympus protein marmalade and others.

References:

1. Belya N.A. "Therapeutic physical training and massage". M.: Sov. sport, 2001. [1]
2. Epifanov V.A., Apanasenko G.L. "Therapeutic physical training and medical supervision." M.: «Medistina», 1990 y. [2]
3. Vasileva V.E. Methodical collection "Therapeutic physical training in scoliosis", M.: 1984 [3]
4. Devyatova M.V. «Therapeutic body in lumbar osteochondrosis of the spine y tarbia ». Novosibirsk, 1976 [4]
5. Pravosudov V.P. under the editorship of "The Book of the Instructor of Healing Physical Education." M.: FiS, 1980 y. [5]