

Physical Exercises as an Important Process for Medical Students

Asrorov Akmal Aminjonovich

Teacher of Bukhara State Medical Institute, Uzbekistan

Annotation: The information about the classification of pupils into medical groups based on their health status and the characteristics of these groups is disclosed in this article.

Keywords: physical education, medical group, activity, organization, main group, preparation, special medical group.

INTRODUCTION.

Citizens of the Republic of Uzbekistan must take care of their physical fitness in order to enhance and strengthen their health, according to the law of the Republic of Uzbekistan" on Physical Education and Sports" [1]. In a literal sense, this legislation is also linked to the work of physical education in the school. And, in order to organize this procedure for its intended aim, the pupils' health is decided to be the most important factor.

Purpose of the study: to investigate the classification of pupils into medical groups based on their health status, as well as the features of these groups.

Method of study: the theoretical analysis and generalization of various foreign and local literature connected to the study of medical groups and their special characteristics, with a focus on schoolchildren's health.

Research result and discussion:

Physical education in the school differs from that of the pupils in a wide range of ways, requiring amateurism, initiative, and planning. They will assist pupils in developing organizational skills, activity and resourcefulness.

The goal of school-based physical education is to:

1. Recovery.
2. Educate every sided made mature human.
3. Preparation for the motherland defence and work.

Physical education's key duties are specified in terms of enhancing students' health, tempering, physical development, and formation of movement qualifications and skills: strengthening health, assisting students with healthy physical development, and tempering. Under the impact of water, sun, and air, natural factors improve pupil health by tempering and increasing the body's resistance to diseases. Conduct physical education classes outside as often as possible or arrange for the supply of open-air gyms. Provide water treatments, swimming and bathing sessions, and supervise sun-treatment activities for students. These activities take place as part of the Sayres, excursions, and tourism. This is the most crucial task in all of the school's physical culture and

sports activities. It is vital to be at the center of each teacher's attention, as well as the educational community's. During the school years, every effort should be made to ensure that children's physical development is as normal as possible. Aries plays an important role in the peaceful growth of students. Flatulence is linked to the proper development and functioning of all internal organs. Natural ingredients are commonly employed to improve health and temper the body.

Physical education work in the school is organized. All employees of the school should be able to correctly understand the purpose, tasks, content and forms of Organization of physical education of students, participate in practical work for their own strength, actively promote physical culture and sports among students and parents.

Physical education teachers are obliged to perform the following tasks:

1. maintain a high level of teaching and complete the appropriate physical education program in the classroom;
2. conduct a timely medical examination of students in collaboration with the doctor and incorporate the results of the medical examination into their work;
3. maintain a high level of teaching and complete the appropriate classroom physical education program;
4. maintain a high level of teaching and completion of the appropriate classroom physical education program;
5. maintain a high level of teaching and completion of the appropriate classroom physical education program
6. ensure that the locations where the lesson is held are kept in a sanitary and hygienic state;
7. all youngsters engage in physical activity while wearing comfortable clothing;
8. engagement in the planning and execution of extracurricular physical education programs, as well as widespread student participation;
9. conduct educational work with parents on the value of children's physical education.
10. regular expansion of children's understanding in the field of physical education;

Teachers share their knowledge and experience in order to better their abilities and they organize an analysis of each other's lessons. A Physical Culture team is in charge of the major tasks in the organization of physical education and sports activities in the school. The director of the school leads the Physical Culture team. In addition to managing all physical education and sports activities in the school, he and the director have a role in instructional work. Physical education lessons are taught by physical education teachers, and physical education activities are on the agenda. Physical education athletes, students, members, and leaders of the Youth Society work closely with physical education teachers to plan physical education events and sports contests, vacations, tours, excursions, and tourism, and tourist trips. At the same time, sportsmen play an important role in attracting other students to sports and increasing their interest in physical education. In our article, we want to dwell on the fact that when conducting physical education classes with schoolchildren, students should be divided into medical groups taking into account their state of Health, and the peculiarities of these medical groups.

Medical supervision in physical education. Well-organized medical supervision is one of the most important requirements for good physical education at school. The basic tools and methods of physical education are used to strengthen the health of students, and their right application is controlled, as well as the establishment of adequate conditions for physical education work is facilitated by medical supervision in the school. Throughout the year, medical monitoring is scheduled twice in all educational institutions. It takes place in the fall, at the start of the training process, and in the summer, at the conclusion of the training period. The goal of medical supervision is to encourage physical activity and keep track of physical growth.

The school doctor is the teachers' most trusted advisor on matters of children's health and physical education, overseeing the implementation of sanitary and hygienic regulations. The teacher must follow all doctor's directions about children's health and physical education. During a medical examination, the doctor will learn everything there is to know about each student's health: Identify the diseases that the examined student's family and he has: pay attention to tonsil and flu infections; concerned in infectious diseases that spread quickly; Examines the appearance and decides the state of the skin, lymph glands, chest, spine, and other body parts; conducts an examination of the appearance and determines the condition of the skin, lymph glands, chest, spine and other body parts. As well as the shape of the legs and thighs; does an anthropometric examination; pays close attention to the detection of cases of nerve systems, respiratory and circulatory organs, eyesight, hearing, and other similar issues. He performs X-rays, blood tests, urine tests, and other laboratory testing on occasion. Electrocardiograms are used to monitor the activity of the cardiovascular system under the effect of physical stresses on a regular basis. In comparison to students, children's medical supervision of sports is significantly more well-organized. Sports coaches see both positive and negative changes in the athletes' bodies as a result of medical supervision. Based on the outcome, they design their next training session.

Children of school age are grouped into three medical categories based on their health, physical development, and level of general physical training: primary, preparatory and special.

The core Medical Group is made up of students who are all in good health and have good physical training. Compulsory full-size training (according to the training program) is utilized as the major training material in this group, and they pass the control norms if a differentiated (differentiated) assessment is performed; sports activities are recommended for them.

The preliminary Medical Group is made up of pupils with minor differences in their physical development and health, as well as those who need enough physical training. Relaxation of the complexities of the training program content is accomplished in this group by reducing the duration and number of repetitions of the exercises, as well as all methods of training and control tests utilized in the main group. Students with major health problems are grouped together in a dedicated medical group. Physical overload is detrimental to the health of students in this group. Students may be admitted to a particular medical group on a temporary or permanent basis (depending on the type of illness and other defects in the state of Health). The doctor and the physical education instructor should work together to transition from a special medical group to a preparation group, and ultimately to the main medical group. The emphasis here will be on the favorable outcomes obtained during training in the preceding groups. Stopping physical exercises completely can only be a temporary solution. Following the transfer of injuries and diseases, the doctor prescribes additional Physical Culture training for each student, taking into consideration clinical data and age.

A lesson is the most common kind of physical education for pupils with a health deficiency.

Physical Education sessions with kids from a special medical group are subject to the following requirements:

1. To instill in students the importance of breathing in a sensible manner.

Children who belong to an unique medical group based on their health status are frequently affected by hypoxia, thus it is critical to educate them how to breathe properly first. The optimum effect of physical education teachings can only be reached through sensible breathing. Proper breathing should be taught in both static and dynamic conditions.

2. Forming and securing a straight pin correctly.

The straight squat is a type of bench action that ensures the regular functioning of internal organs while also allowing for a more efficient use of energy when conducting physical workouts. The formation of the spine is a constant process, which means that the child's organism must be performed at all times during its development.

3. Take a one-on-one approach to recruiters.

This is one of the most important needs for a specialty medical group's training. There may be youngsters in this group who have various health problems and are prone to various adaptations to physical stresses. As a result, the requirements for taking into account individual characteristics and load stratification should be enhanced in the lesson.

4. The emotional nature of teaching.

Classes in special medical groups should be lessons of delight, artistic pleasure, and children should recall their problems in physical education classes.

Finally, it is critical to remember that in the process of physical education, it is critical to consider the health of pupils.

Other forms of physical education are utilized in addition to classes with students with disabilities in the state of Health: morning hygienic gymnastics, gymnastics before classes, minutes of Physical Culture in general education, and pauses of Physical Culture while performing domestic responsibilities. During the summer and winter seasons of the year, it is possible to organize games such as low-intensity action games, as well as diverse sports entertainment in the open air.

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