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APPLICATION OF COMPLEX EXERCISES FOR THE DEVELOPMENT OF PHYSICAL QUALITIES OF HIGH CLASS STUDENTS IN MIDDLE DISTANCE RUNNING

Annotation. In this article, the theoretical concepts of complex exercises and recommendations for the organization of exercises for improving the physical qualities of students during lessons and after-school exercises in educational institutions are covered.

Аннотация. В данной статье изложены теоретические положения комплекса упражнений и рекомендации по организации занятий по совершенствованию физических качеств учащихся во время уроков и внеурочной зарядки в образовательных учреждениях.

Key words. Exercise, physical exercise, complex exercise, exercise form, internal form, external form, special endurance, strength endurance, fast endurance, middle distance, 1500 meter run.

Ключевые слова. Упражнение, физическое упражнение, комплексное упражнение, форма упражнений, внутренняя форма, внешняя форма, специальная выносливость, силовая выносливость, быстрая выносливость, средняя дистанция, бег на 1500 метров.

Exercise is a process that is repeated many times in order to thoroughly master a specific direction of some activity or to improve its quality. Physical exercises are conscious actions specially selected to increase the level of physical development of a person. Regular and consistent various physical exercises form the basis of physical education. In general, **physical exercise** is understood as a variety of voluntary movement activities that meet the requirements of the laws of physical education and are performed consciously. Such movement activities were historically systematized, methodically collected and supplemented as gymnastics, games, sports, and tourism exercises.

Physical exercises are one of the main means of physical education, and since ancient times they have been divided into several groups such as gymnastics, games, sports and tourism, and used as a means of the educational process.

Physical exercises related to the surrounding global phenomena and processes also have their own specific content and form. The complex of mechanical, biological, and psychological processes that take place during the targeted performance of physical exercises creates the content of physical exercises, and from their positive effect, the ability to perform the necessary movement develops. Also, the content of the exercise includes a set of its parts, for example, speeding up the body in high jump, jumping in the air, performing body coordination in the air, special links of landing on the floor, and tasks to be solved during the exercise, as well as the results of these exercises in one's own body. includes theoretical knowledge and practical movement skills about the functional changes that occur. All these elements make up the overall content of physical exercise.

The form of physical exercise is seen in the consistency of the internal and external structure of the exercises. The internal form of exercises includes the skeletal muscles involved in this activity, their contraction, stretching, twisting and similar biomechanical and biochemical connections - energy consumption, cardiovascular, respiratory, nervous control and processes in other organs, their relationship, includes. The interaction and coordination of biological, mechanical, psychological and other processes during the conscious performance of exercises is different in running exercises, but different in lifting weights, that is, the internal structure is different.

The external form of the exercises is characterized by the external appearance of the performed conscious exercises, the time spent during the movement or the standard of effort and the intensity of the movement. The form and content of physical exercises are interrelated, and a change in the content leads to a change in the form. For example, the manifestation of the quality of speed at different distances causes the running technique to be different (step size, frequency, body position, etc.).

Job relevance:

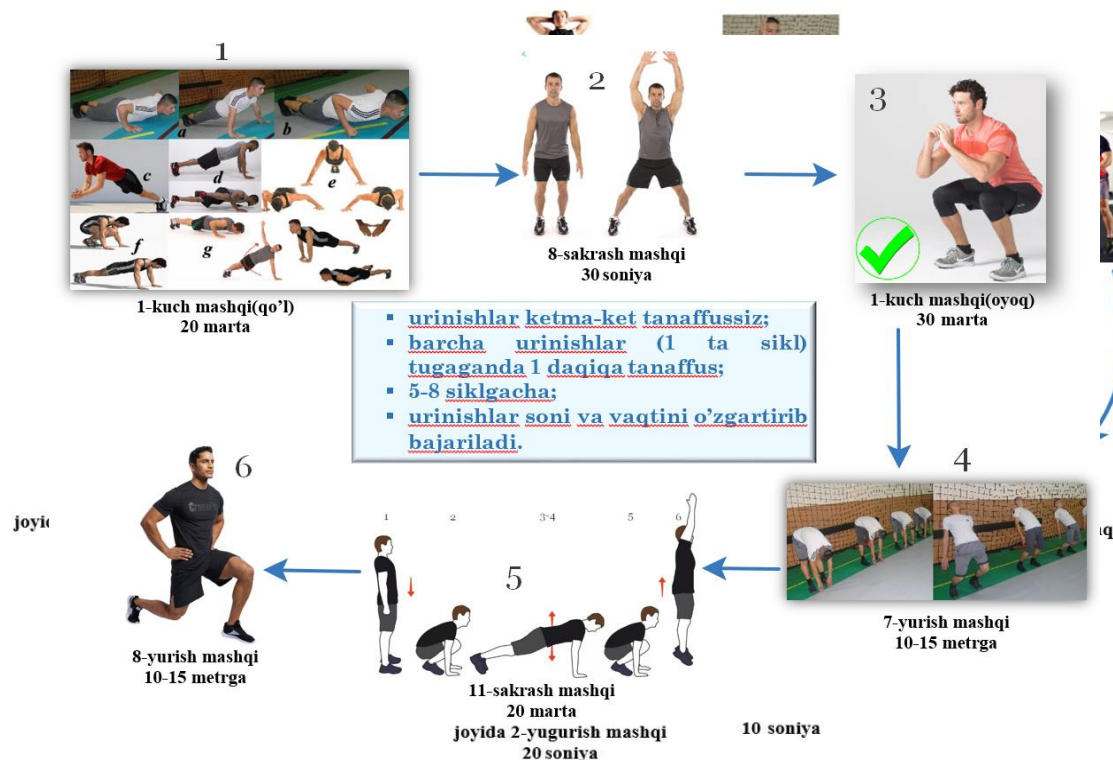
Taking into account the content and form of the exercises, it leads to the achievement of certain goals faster and better, to alternate training, to use exercises in a complex way, to work with several students at the same time, and to constantly monitor them. . In this case, it is possible to conduct separate conversations and activities with students who have personality traits such as intense or sluggish, fatigued or not, meticulous and inattentive. . Distances of 400-1500 meters are considered as different distances in the middle distance, and physical qualities of endurance, strength and speed are more loaded.

Purpose of work:

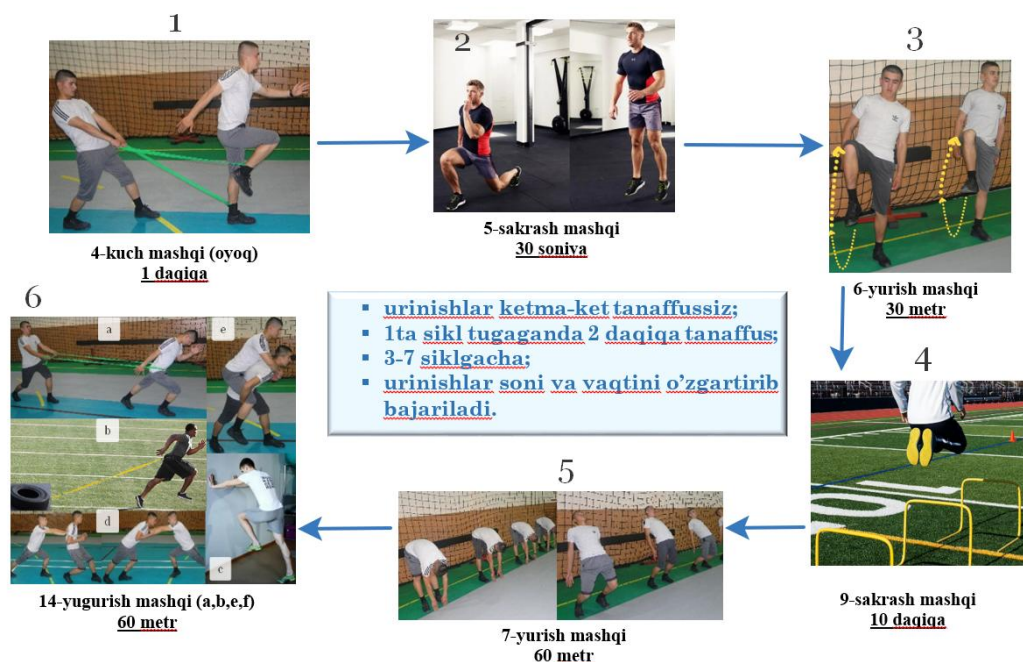
Complex exercises for the development of physical qualities.

Endurance exercises: Special-endurance complex exercises.

Strength training.



Quick-strength complex exercises. The result of the work:



If you pay attention to the results of the study (**Table 2**), some students have a positive change in large seconds as a result, some have average, and some have changes in less seconds. In order to find out the reason for this, when we interviewed students with short-term changes individually, it was found that they tried to fulfill sufficient standards and decided to spend the rest of their attention and energy on mastering other subjects. It was found that the improvement of the results of the rest of the students has a positive effect on their psyche, they compete among themselves about whose results are better and similar reasons.

Standards required for running 1500 meters Table 1

running 1500 meters	
minute/second	grade
5.30	5
5.31 – 6.10	4
6.11 – 6.30	3

The following table shows the effect of various activities and loads applied as a result of the research conducted in 1500 meter running.

Table 2

№	Name	At the beginning of the academic year (m/s)		At the end of the academic year (m/s)		The difference
1	Asadillayev Nurullo	6,23	3	5,41	4	0,82
2	Choriyev Jamshidbek	6,19	3	5,35	4	0,84
3	Dilmurodov Davronbek	6,11	3	5,27	5	0,84
4	Gadoyev Lochinbek	6,12	3	5,26	5	0,86
5	Jovliyev Dilshod	6,21	3	5,36	4	0,85
6	Maxmanabiyev Shahzod	6,25	3	5,40	4	0,85

7	Maydonqulov Otabek	6,11	3	5,19	5	0,92
8	Muqumboyev Shahzodbek	6,20	3	5,38	4	0,82
9	Ne'matov Sardor	6,17	3	5,30	5	0,87
10	Ne'matullayev Sirojiddin	6,35	2	5,56	4	0,79
11	Nurillayev Sarvar	6,11	3	5,21	5	0,9
12	O'rolboyev Oybek	6,26	3	5,42	4	0,84
13	Payzullayev G'ayratjon	6,16	3	5,30	5	0,86
14	Sa'dullayev Ziyovuddin	6,10	4	5,13	5	0,97
15	Saidazimov Saidumidxon	6,15	3	5,20	5	0,95
16	Shodiyev Yashnar	6,11	3	5,16	5	0,95
17	Soatov Elyorbek	6,36	2	5,48	4	0,88
18	Sodiqov Mirjalol	6,29	3	5,33	4	0,96
19	Toshtemirov Shoxruxbek	6,11	3	5,19	5	0,92
20	Tuychiyev Alisher	6,10	4	5,12	5	0,98
21	Xolmaxmatov Lazizbek	6,28	3	5,35	4	0,93
22	Xolmurodov Amirxon	5,10	5	4,50	5	0,6
23	Yaxshinorov G'iyosiddin	6,27	3	5,34	4	0,93
24	Yoqubov Ibroxim	6,38	2	5,51	4	0,87

In short, by carefully planning the training processes, placing the cross-training and loads in an orderly manner in the weeks, and adopting the control standards at the end of the month and semester, it is possible to achieve the desired result, that is, the general endurance needed by the military. In this case, it is necessary to control the relaxation of newly admitted students by giving them additional loads. It should be noted that taking into account the set agendas of students of military-academic lyceums, it is a somewhat complicated process to develop them mentally, physically, and spiritually at the same level. Therefore, before assigning them, it is necessary to find out information about their health, when they were off duty, the level of mastery of subjects, their family situation (mental state). I think that in the future, it will be our great task to educate young students who are educated in the spirit of patriotism, who will sacrifice their lives for the peace of our country by developing both physical and military qualities.

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