

Level and harmony of physical development of the pupils who are engaged and not engaged sports

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Уровень и гармоничность физического развития учащихся, занимающихся и не занимающихся спортом

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Abstract: 1217 pupils (705 boys and 512 girls) of the sports schools and Republican college of the Olympic reserve, and also children of general educational schools, professional colleges and academic lyceums of Tashkent were examined. It was revealed that systematic sports activities are promoted more harmonious development of pupils.

Аннотация: обследовано 1217 учащихся (705 мальчиков и 512 девочек) спортивных школ и Республиканского колледжа олимпийского резерва, а также дети общеобразовательных школ, профессиональных колледжей и академических лицеев г. Ташкента. Выявлено, что систематические занятия спортом способствовали более гармоничному развитию школьников.

Keywords: physical activity and sport, physical development, harmonious and disharmonious development, pupils-athletes.

Ключевые слова: физическая культура и спорт, физическое развитие, гармоничное и дисгармоничное развитие, учащиеся-спортсмены.

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Children's population health is one of the main characteristics of life quality of the population, one of the main results of government functioning, it is an integrated indicator of public progress, the main element determining feasibility and system effectiveness of economic society development, its social policy [1, 2, 7, 8, 9].

The government of Uzbekistan Republic is developed and adopted the State social programs which are referred on strengthening of children health state and diseases prevention, by broad promotion of a healthy lifestyle, instilling of interest in physical activity and sport ("Year of youth", 2008; "Year of harmoniously developed generation", 2010; "Year of a family", 2012; "Year of wellbeing and prosperity", 2013; "Year of the healthy child", 2014; "Year of healthy mother and child", 2016).

According to carrying out three-stage system of sports competitions among pupils of general educational schools, academic lyceums and professional colleges, and also students of higher educational institutions ("Umid nikhollari", "Barkamol avlod" and "Universiade"), the program for continuous involvement of pupils and students to systematic occupations of physical activity and sport is realized in the republic that promotes principles of a healthy lifestyle in society (№ RCM-244 of June 3, 2003).

Determination of physical development level is an integral part of the general medical examination so children's population health is defined not only existence or absence of diseases, but also a harmonious, corresponding to age development [3, 4, 5, 6].

Study goal is consisted in determination of level and harmony of physical development between children of sports schools and the Republican college of the Olympic reserve, and also children of general educational schools, professional colleges and academic lyceums of Tashkent. 1217 pupils, 705 boys (57,9%) and 512 girls (42,1%) of them were surveyed. For identification of level and harmony of physical development, pupils have been divided into 2 groups: 1 – children who are engaged in any sport occupied no less than 1 year; 2 – children who aren't engaged sports. The study was conducted according to realization of the State grants ADSS-15.17.1 and ATSS-24.3 projects.

By carrying out an individual assessment of physical development indicators it was established that more than 68,2% of boys going for sports had a normal, corresponding to age and sex development, 13,2% were with slowed, and 18,6% - with an accelerated development. At boys who aren't going for sports, an average level of physical development met at 2% less whereas the slowed level development was at 4% more, and accelerated – was at 2% less.

In girls group, it wasn't dependent on physical activity level, with an average values of physical development there were 68,8%. A proportion of girls-athletes with a slowed level physical development were 12,4%, and among peers of general educational schools there were 15,5%. While among the girls who were systematically

going for sports at 18,8% an accelerated physical development, and among their peers who weren't going for sports at 15,7% were stated.

Therefore, among the school students who are playing and not playing sports almost identical number of children with a normal level of physical development was marked out. At the same time systematic sports activities influence decrease in number of children with low parameters and increase in number of the children having high parameters of physical development.

Research results have been showed that systematic sports activities promoted more harmonious development of school students. So, among boys athletes of 87,2% had a harmonious level of development while among the school students who aren't playing sports those there were only 82,1%; at girls a difference was less expressed (83,3 and 81% respectively). Disharmonious development among children-athletes was observed, generally due to deficiency of body weight and, more extent, took place at girls, than at boys (14,8 against 12,3%). Disharmonious development due to excess of body weight prevailed among the children who aren't playing sports whereas among those children athletes was more less (boys - by 4,6 times, girls - by 2,2 times).

This means, larger number of children with overweight among pupils of general educational schools can be bound to low level of their physical activity. Reliable differences in a disharmonic development between boys and girls weren't established, but the group of boys-athletes was more favorable as revealed much more children developing harmoniously.

Overall, health workers need to consider the level of a biological maturity of children's organism, their somatotype, a harmony and proportionality of a morphofunctional state at establishment of interrelation between a health state and physical development. Carrying out a complex assessment of physical development of children allowing to define compliance of biological age of the child to his calendar age, and also a morphofunctional condition of an organism, a harmony development degree of the child taking into account ethnic features is necessary.

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