

MEDICAL-BIOLOGICAL AND PSYCHOLOGICAL PROBLEMS PHYSICAL CULTURE AND SPORTS

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Annotation. In this article it is considered about problems of health of athletes, arising at their diligent trainings. Also that preservation of health and maintenance of high performance of athletes possibly only when performing physical and psychoemotional activities and that good results in sport can achieve only with certain abilities.

Keywords: sports skill, massive sport, prepathological and pathological changes in an organism, organism, health.

Every year, a huge number of physically gifted young men and women reach significant peaks in sportsmanship, becoming professional athletes. The level of sports achievements in professional sports is currently so high that not every athlete with high results can become a professional.

The effectiveness of the training of highly qualified athletes and the growth of results in sports largely depend on the quality of the organization and methods of the training process, the progress of technical equipment, the timely and effective rehabilitation of athletes, the mass character of sports and the correctness of sports selection. The quality of professional selection and sports orientation is largely due to the talent of the coach-teacher, his experience and intuition. Sports orientation comes from an assessment of the capabilities of a particular person, on the basis of which the choice of the most suitable sports activity for him is made.

The problem of selection in professional sports, sports of the highest achievements is complex. Its main aspects are pedagogical, psychological and biomedical.

Medico-biological methods, as a rule, on the basis of a medical and physical education dispensary, determine the state of health of people involved in sports. At the same time, the morphological and functional features of their organism, general physical performance, coordination mechanisms of motor activity, the state and capabilities of analyzer systems are analyzed. The main task of sports medicine in this case is to study the effect of the training process on the body and ensure constant medical monitoring of people actively involved in sports.

It is known that maintaining the health and maintaining high performance of athletes is possible only when performing physical and psycho-emotional loads that correspond to their adaptive capabilities. Loads below the optimal level do not give the desired training effect, above the optimal - they become excessive and can cause various pre-pathological and pathological changes in the body from overstrain, both physical and psycho-emotional.

In general, the basis of serious sports is the constant desire to improve sportsmanship in order to achieve ever higher sports results. It's no secret that in elite sports, in professional sports, there is a concept of "victory at any cost." And the price in such a case is most often the health of the athlete. Lest it turn out to be too expensive, high athletic performance should always be the result of increased levels of physical ability and excellent health. Therefore, without a doubt, only absolutely healthy people should be engaged in professional sports, sports of the highest achievements.

Unfortunately, during medical examinations of people involved in active sports activities, they still make the diagnosis "practically healthy". This creates the prerequisites for the appearance among young men and women involved in sports of the highest achievements, persons with health problems as a result of overstrain of organs and systems due to increased physical and psycho-emotional stress.

Currently, there are few criteria for assessing the prospects of an athlete in terms of achieving high results. High results in sports can be achieved only with certain abilities, but so far no absolute scientific criteria have been identified that can be used to determine natural talent in a particular sport, scientific criteria for selecting promising athletes for professional sports, sports of the highest achievements.

The level of adaptive capabilities of an athlete can be indirectly judged by his resistance to fatigue with the help of functional tests that allow assessing the activity of the cardiovascular and nervous systems under extreme loads.

The human body in conditions of sports activities is constantly experiencing stress. Under conditions of stress (including from increased physical and psycho-emotional stress), the most important metabolic processes are significantly rebuilt: the metabolism of carbohydrates, proteins, amino acids, and others, which ultimately contributes to the adaptation of the central nervous system to activities in extreme conditions. According to this provision, the athlete's body must be considered as a dynamic system that continuously adapts to certain conditions of activity by changing the level of functioning of individual systems and the corresponding tension of regulatory mechanisms.

From the above, I would like to highlight one thing, health is above all. Yes, although they say go in for sports, for health, but do not overdo yourself. If you are not suitable for the Olympic Games due to health reasons, there is nothing wrong with that, it is already good that you are involved in mass sports. If you have reached your limit and go even further, you work on yourself, you are in the gym for hours, not for awards, not for statuses, then you are above it. There are people who cannot do this and assure you that you will not succeed, but you set a goal for yourself and prove the opposite to them, this is already a victory, a victory over yourself.