

**A REGULAR PRACTITIONER OF THE SPORT OF BOXING  
PHYSIOLOGICAL DEVELOPMENT OF PHYSICAL DEVELOPMENT IN  
ATHLETES PROCESSES**

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**Annotation:** *The article lists athletes who regularly compete in the sport of boxing reflections on physiological processes and methods of physical development brought. Physiological features of exercise and sports were crowned.*

**Keywords:** *boxer, physiological processes, exercise, sports, physical loading, combat training.*

**Introduction**

Purposefully with exercise and sports when dealing with it, it is important to know the physiological laws of the human body profession. Any physical work performed, muscle movements all over the body actively affects the function of the system and members. For example, simple daily movements, such as running, running, jumping, manual labor, etc., heart rate, breathing, metabolism, energy, circulation, blood pressure, digestive tract accelerates vitality activities such as function. In the case of hard physical labor, however such functional changes observed are maximized, leaving the condition indifferent to the organism. Stylish in the training of athletes the system includes three smaller systems of the following appearance:

-including the competition system;

-ports Training System; additional training and competitions, factors that optimize their impact effect system.

In which all these listed components have in common, their one the Assembly as a whole system generates a positive effect effect on sports activities can bring. Additional training and competitions and their impact the main place in the system of factors optimizing its effect is training and the loading of competitions is occupied by issues of Planning, Organization. In this, it is noted that their importance and role are constantly growing.

Among the basic principles by teachers during the period of taiorgism the following are highlighted on the spot: including all aspects of preparation – Tashkent factors, training and competition processes, restoration system, scientific, medical, informational and material and technical education functional an important place is occupied by information about one whole uniqueness of our Mexicans makes.

Training and competition loadings volume and intensity in recent years according to the increase in the value of the marginal degree for the human organism observed. For this reason, the increase in the level without sensations is often in cases can lead to interruptions

in adaptation (adaptation) mechanisms, including physiological fatigue and its next stages – excessive exhaustion, over-the-norm strain can lead to over-the-norm exercise and in turn, these conditions create attenuations in sports results it is noted that it is possible. Individual wrestlers at different country levels the results of the training practice show that increasing the volume of training work the fact that the attempt to increase the results of sports through almost lost its importance observed. Depending on this case, personal sports over the past years maximum realisation of the old potential and in the following steps achievement in sports direction direct training and competitions compile and organize in a reasonable order, in case of not increasing the size of the Downloads closely related to the process of making are a large number of scientific facts and found its confirmation in practical examples.

Regular day after day youth with boxing sport immersed in his life, there are more and more people who are engaged in boxing. On the ground of this is the protection of Health and health, labor productivity increase the establishment of friendly relations between nations and states and it lies in educational and political activities such as strengthening. Hence the sport of boxing system and members of the organism of exercise and muscle activity in the type studying the secrets of influencing the activities of each coach in this area is the main one of its functions.

The practice of boxing sports is the development of physical development in athletes physiological processes, in the ability of the body to work, substances and energy in it in the metabolism, as well as in the cardiovascular system, respiratory organs, digestion make a number of specific changes in the functioning of the organs, nervous and muscular system causes. These changes have their own characteristics, without being the same in the exercise process according to divided into different periods, and these periods, which are described below, are physiological from the point of view it is different from each other. They are the reaction, the razminka, the exercise of short-term strengthening of working capacity in the initial part (getting to work), the stagnant state is divided into periods of exhaustion and recovery.

Started reaction-athlete before training or competitions the change in meioral physiological processes observed in the body began the reaction is called. It is a physical that is performed directly before or during physical action it can occur much earlier than activity. Physiological changes observed during the training period of the boxer being diverse, they are in the excitation force of nerve centers, substances and at the speed of Energy Exchange, the heart at the frequency of war, the exchange of gases and is manifested in other cases. Observed before the start of the race the heart rate in the starter reaction is output to 100-130 per minute, oxygen increase in absorption relatively 2-3 times at a calm time, blood pressure can be raised somewhat. Features of such changes everyone has every being different, often to the preparation of the athlete for the training of the competition and other depends on factors.

The higher the race lead, the higher the start reaction it will be so strong. The mechanism of occurrence of the starter reaction is conditional explained by reflexes. Outline of race venues the presence of sports inventories of spectators heart on the basis of a conditional

reflex beat, accelerates the frequency of breathing. Important practical purpose of this situation there is also, namely the reaction of the startled, due to which the organism of the athlete himself to the upcoming operation prepares appropriately. Started reactions the athlete is in a mental, emotional state it is also possible that the competition will call the joy or fear. Such the centers that control the sensation of the cranial hemispheres of the bark lining located in the cores. Their activity is subject to the bark.

The state of combat readiness received the most favorable, purposeful positive start the reaction is calculated as. In this case, the average in the central nervous system is excitation in force occurs. The result is in the movement and vegetative (internal) organs purposeful physiological, which is important for the implementation of the future work shifts occur. The boxer in this case is full of his strength and capabilities mobilizes, therefore often achieving victory. Breathing, heart rate there will be an average, the athlete will not panic and will be at the same time there will be no indifference to work either. The state of combat readiness is often constantly observed in athletes who train wisely. Non-regular exercise and fight in those who cannot use time, strength wisely in the exercise the state of preparation is poorly observed and becomes very superficial.

The that boxing sports practitioners carry out are two divided into parts, that is, general and special parts. General part of the in the body, the metabolism of substances and energy, body temperature, in the central nervous system strengthening excitability, blood circulation and breathing, in the optimal picture is executed in order. That is why this part of the magnifying glass is common exercise is characterized by performance (running slowly, overall exercise, etc.). And in the special part, the boxer is in the main case he must perform the behavior he performs without light. From this purpose harmonizing the body with the future feature of work, vegetative and among the members of the movement the disjoint connection is calculated to be cauterization to the surface. Reviewed continuation of parts (relative to each other) the physical fitness of the boxer, determined by weather conditions and other factors.

### Conclusion

The duration of this period is physical to the personal characteristics of the boxer to the level of training, the sport in which it is practiced, the exercises it performs depends on what power is required and other factors.

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