

The Importance Of Physical Education In Times Of Pandemics

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Abstract – The article is devoted to the issues of updating the culture of a healthy lifestyle during a pandemic, as well as popularizing the method of health-improving walking among the general population.

Keywords – Means Of Physical Education, Social Activity, Lifestyle, Recreational Running, Physical Activity, Heart Rate, Cyclic Exercises.

I. INTRODUCTION

Nowadays the fight against the spread of coronavirus infection, the state is taking consistent measures to strengthen social protection of population and ensure the sustainability of the economy. The spread of the coronavirus pandemic in our country and its negative impact on human health - it is necessary to identify urgent measures and implement them in social life. In particular, President Shavkat Mirziyoyev on October 30 in his Decree PF-6099 "On measures for the widespread implementation of a healthy lifestyle and the further development of mass sports" - the importance of physical culture and sports in strengthening human health and the social environment. A number of conceptual tasks have been identified [1].

At the same time, the involvement of the general population, young people in physical culture and sports, the importance of mass sports in human and family life, the basis of its physical and mental health. There are important and urgent tasks in the field of physical education. Systematic promotion of healthy lifestyles among the population, strengthening the principles of healthy lifestyles in society, protection of the younger generation from harmful habits. and effective physical education and sports activities in every neighborhood, educational institution, work community, and more it is important to form an organizational system. Building the immune system of the population in Uzbekistan by mitigating the negative effects of the global pandemic and involving all segments of the population in regular physical culture and sports, as a guarantee of a healthy lifestyle "Let's overcome the pandemic through sports!" In the Republic of Uzbekistan, a program to accelerate sports policy for 2020-2021 is being developed. In this regard, the most important task for physical education and sports professionals is the development and promotion of science-based health, strengthening, wellness technologies of physical education and sports. In particular, it should be noted that the development of mass sports and promotion of a healthy lifestyle among the population of the country is one of the priorities of the President - walking, running, mini football, cycling, badminton, volleyball, streetball, fitness. It is planned to develop a draft resolution for this purpose, emphasizing the definition of "workout" -types of neighborhood (street) fitness. In the Republic of Uzbekistan until February 1, 2021, in order to promote the daily walking and running of the population, created a platform "New Breath", in which at least ten thousand a day, three hundred thousand a month, 3.6 million a year. . One of the important steps is to provide a 50% discount on all public services and a season ticket for the use of sports facilities [1].

So, in today's pandemic, the role of physical education in the rapid formation of collective immunity in working communities, strengthening our body, improving the functioning of the vascular system, strengthening personal immunity without harmful habits is invaluable.

The health-promoting effect of exercise can be linked to the use of moderate-intensity aerobic exercise. In connection with this, recommendations for the use of cyclic exercises such as walking, running, cycling for health purposes are very popular. During cyclic exercise, a significant amount of oxygen is consumed, and 1/5 to 1/2 or more of the muscles of the body are involved in the work, so the level of development of the cardiovascular and respiratory systems is high. It is the condition of these systems of the body that determines the basis of health.

In practice, most professionals use 90-100% endurance exercises in their fitness training programs.

Healthy walking is the simplest and most comfortable exercise. Walking is recommended for people of all ages who differ in physical fitness and health. Walking exercises are especially useful if they are integrated into the lifestyle of people with limited mobility [2].

Walking exercises calm the nervous system through the cardiovascular and respiratory muscles, preventing unreasonable anxiety and tension. The healing effect of walking exercises is the possibility of a strong contraction of the myocardium, increasing the diastolic volume of the heart and the return of venous blood to the heart.

Walking exercises as a means of achieving health were introduced in medical treatises in the IV century BC.

Depending on the type and intensity of walking exercises, energy expenditure increases from 3-8 times to 10-12 times. A person consumes 1.5 kcal / min of energy at rest. A person weighing 54 kg consumes 4.2 kcal per minute at a speed of 5-6 km per hour, 72 kg - 5 kcal / min, 90 kg - 6.1 kcal / min. In other words, the effect of normal walking increases energy consumption by at least 3-4 times.

Walking exercises are varied according to speed parameters as follows (Aronov D.M. 1982, see Table 1)

- Slow step at a speed of 70 steps per minute. It is mainly recommended for patients with pronounced angina, or those recovering from myocardial infarction. In healthy people, the effect of exercise does not occur;

- Walking at a speed of 71-90 steps per minute (3-4 km / h). This type of loading is recommended for people with cardiovascular disease, you will not notice the level of exercise for healthy people;

- Walking at a speed of 91-110 steps per minute - the effect of exercise is high for healthy people;

- 110-130 steps per minute can be affected by a much faster walk - a high level of exercise, but most healthy people who do not exercise regularly can not cope with this load for some time.

Depending on the athlete's walking speed and weight (kg), a person consumes 200 to 400 kcal of energy per hour.

Table 1. Power consumption depending on walking speed (70 kg weight)

№	Walking speed km / h.	Walking intensity step / minute	Power consumption h / kcal
1	3,0	70-90	195-230
2	4,0	110	290
3	5,0	130	390

The level of training is determined by the acceleration of the YUK frequency. Walking exercises have a healing effect on the cardiovascular system only when the heart rate is around 65-80%, depending on age and maximum capacity. The optimal pulse rate for different accelerated walking exercises is determined according to the following table (see Table 2)

Table 2. Pulse rate in men walking (minutes / times)

Walking time is minutes	Age (year)				
	20-29	30-39	40-49	50-59	60-69
30,60	145-155	135-145	125-135	110-120	100-110
90	140-150	130-140	120-130	105-115	95-105
120	135-145	125-135	115-125	100-110	90-100
	130-140	120-130	110-120	95-105	85-95

While low-intensity exercise does not cause the necessary positive changes in the circulatory system, it can provide a good mood. The effects of walking exercises are the same for both men and women.

The health benefits of walking are obvious to all ages and adults.

In order to fully realize the health effects of walking exercises, indicators such as time, speed and distance spent on walking are taken into account.

The distance covered in the first exercise is 1.5 km. after both exercises it will be extended by 300-400 m and 4.5-5.5 km. carried out until. At first, walk along a straight path, then along a low-altitude path: after developing the ability to gently exert a heavy load (in the absence of negative symptoms), switch to moderate and accelerated intensity. 'teeth are possible. The first session lasts 25 minutes, then up to 60 minutes, 4-5 sessions per week.

II. CONCLUSION

In today's pandemic, the population's need for action is not fully met, causes a decline in the human immune system. One of the most important ways to maintain a person's immune system in such a difficult situation is to exercise, eat a full-blooded catering, walk in the fresh air based on natural factors. And the walking exercises we offer encourage people to exercise both in the fresh air. Given this situation, we need to focus on improving the health of the population through exercise, which encourages everyone to do walking exercises in the fresh air to popularize walking exercises. In particular, given the decisions taken by our government and the measures we are taking, we are witnessing the organization of walking marathons to improve the health of the population. At the heart of this is the proper use of walking techniques. This article will help you learn more about the basics of proper walking techniques and how to organize these movements.

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