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DEVELOPMENT OF QUALITIES OF ENDURANCE OF THE STUDENT-YOUTH

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Annotation
This article covers theoretical concepts about the quality of endurance and recommendations on the organization of classes in military-academic lyceums and militarized boarding schools on improving the overall endurance qualities of students in the course of classes and post-class training.
Endurance, that is, when we pay attention to athlete endurance - this is the ability of the body to resist fatigue during prolonged exercise. Endurance is theoretically divided into two types – general and special endurance, physiologically differentiated into 4.

INTRODUCTION

General endurance is understood as the ability of a sport to perform a relatively low intensity muscle strength over a long period of time, which is different in its character for a long time, is relatively not very high and moves most muscle groups.
In the development of endurance in general, the use of cross-country runs is considered more effective. It is necessary for students to increase endurance, speed-strength and decisive factors for the stage of development of movement techniques during running. Cross country running is a popular sport in athletics, and is a sport of Athletics held in areas with Texan, Texan-lowland, Sandy, watery and 30-40 cm hurdles in natural conditions. In normal conditions, cross training is carried out along the streets, along the gardens.
When improving overall endurance, it is necessary to prevent homogeneity, which negatively affects the nervous system of students. That is, if in two days it is necessary to solve the same task, it is necessary to do it not through the same, but through different means. For example, Day 1 is a stadium run, day 2 is a cross-country run along the street. Alternative application of training methods, i.e., the use of different means of training
In the cold months, it is necessary to engage in exercises related to special rigor, special endurance in closed structures. For indoor facilities, training is carried out when the standard sports are themed, that is, on 200-meter treadmills mannequins.
On hot summer days, it is necessary to carry out training during the morning hours of the day and in the second half of the day, that is, when the air temperature is +20-220 C.
In the science of Physiology, the ability to resist fatigue in some activity is called Endurance. In general, the degree of endurance is determined by the degree to which fatigue can withstand all phases. If the reader is performing any load, he will notice that after a while he is increasingly struggling. Despite the difficulty, it can maintain the initial intensity of work for some time at the expense of willpower. Such a state is called – the compensatory fatigue phase. If, despite the increased difficulty, the intensity of work of willpower decreases – the phase of decompensating fatigue begins. A temporary decrease in a person's ability as a

result of mental work or physical activity is called fatigue. If several people are advised to perform the same task, they will get tired after different periods of time. The reason for this is the variety in the level of endurance in these people. The time when a person's activity can maintain a set intensity is the main measure of endurance.

There are several types of fatigue, depending on the specific direction of the types of activity. These consist of mental, sensory (feeding with physical load on the sensory organs), emotsonal and physical exhaustion. In the field of physical education, the physical fatigue generated by muscle activity is more important, since, in the case of fatigue, the activity provides an opportunity to train endurance.

Depending on the size of the muscle groups involved in the physical load, there may be local fatigue and general fatigue.

Work performed with the participation of local (in one place) muscles is not associated with much more activation of the cardiovascular and respiratory systems. The work in which more than 2/3 of the muscles of the torso are involved usually involves a lot of energy. This energy makes great demands on metabolism systems, including respiratory and circulatory organs.

In the determination of endurance, one of the main factors is immortality in the tension of the mechanisms that provide energy for muscle activity. Depending on the breakdown of microenergetic associations, physical loading has a low, high, equal or long effect on the energy supply of muscle activity to aerobic and anaerobic processes or combinations of their nutrition. The ratio of aerobic and anaerobic processes, relative content, maximum nagruzka, which lasts at different times, to the fact that it requires total energy.

In order to increase overall (aerobic) endurance, in practice, non-discontinuous and interval physical load methods of a strictly ordered exercise method are used. In the continuous standard physical load method of a strictly regulated exercise method, exercise in training can range from 10 to 30 times, and the heart rate can range from 150-175 times in 1 minute at this intensity of exercise. Performing exercises will provide such a heart with a high level of war volume and oxygen intake. The strictly ordered exercise method is based on the interval physical load method, aimed at expanding the size of the heart beats in the rest interval, in relatively vigorous work. Planning the duration of the exercises at intervals of 1-3 minutes is obliged to ensure that the intensity of the performance of the work reduces the heart rate to 170-180 at the end of the exercise and continues the work, and 45-90 seconds, depending on the degree of satisfaction with the exercise. Often in practice, a circular training method is also used.

Relevance of Work

While performing anaerobic exercises, strength (speed-strength capabilities) is the leading quality, and when performing aerobic exercises — endurance.

Endurance-dependent exercises are those that, when performed, develop less muscle contractions, in terms of strength and speed, but in doing so, the muscles will be able to support these contractions or to resurface for a long period of time, from a few minutes to

several hours. For this group of exercises, endurance is the leading physical quality. Sports exercises that require the manifestation of endurance include all aerobic exercises of a cyclic nature, in particular, light athletic running at distances of 800-1500 m or more, sports walking, cycling on the chassis, all-distance ski racing, skating at distances of 3000 m or more, swimming for distances of 400 m or more, etc.

In accordance with the general kinematic descriptions of exercises, i.e. the nature of the transition in a unit of time, exercises are divided into cyclic and acyclic. Locomotor (moving from one place to another) has the character of cyclic exercises such as running, walking, running skis and skis, swimming, rowing, cycling that is, exercises performed with respect to structure and strength that are relatively constant.

Since the quality of endurance is considered the leader in militarized knowledge lands, research aimed at developing the quality of endurance is enhanced. Also, if introduced in the initial training processes based on video recordings on the technique of long-distance running, explained about the technique of running excessive energy expenditure, the removal of the front of various injuries is achieved. Recruits are required to start running first, starting with the 1,000-meter freestyle. It is then gradually increased from 2,000 meters to 10,000 meters. Exaggeration is carried out depending on the degree of assimilation of students. That is, an athlete running 1000 meters goes through the process of adaptability by running at medium pace in the early stages of training periods. In later stages, certain normatives are placed in the 1000 meters, such as 4 minutes or 3decording 50 seconds. It is then run over the 2,000 metres and until the overall endurance levels are increased, alternating with free running and a set time. As the distance goes away, moving the running area along the street in the open air will give an effective result. It is worth mentioning that students in Cycle 1 are required to increase their overall endurance by running up to 5-6 km, while students in Stage 2 are required to run up to 9-10 km masfa. Because in military-academic lyceums, the important task of students is carried out not only in sports competitions, but also in the production of personnel worthy of the state and higher military educational institutions. The implementation of classes and post-class activities on the basis of the established agenda causes the exclusion of certain rules inherent in athletes. For example, training sessions, the introduction of additional training 2 times a day, etc. The total sum of running distances in a single session to grow the overall and special endurance to the runs would be 1.5-2 times, or even more, the base distance. For example, 5-6 km will be run if the normative transfer to 3 km is divided.

Purpose of Work:

General exercises to develop endurance:

Run. This is one of the most effective ways to achieve good results, which can be done in different ways. From a shorter distance to a longer distance, it is necessary to bring their time to an excellent level from the middle. It will take a day to allow the muscles to recover. It is best to choose an interval training. You should not forget to breathe correctly.

Sit-ups. If it is necessary to strengthen the lack of strength, then pay attention to these exercises. This exercise can be performed in different ways, with weights. A notable aspect of this exercise technique is that when sitting with the leg bent, the upper part of the body from the waist is in an upright position, 5-100C bent forward, without bending the lumbar and thoracic areas of the spine, the level of bending the legs is held at 900C, and the ends of the legs are focused

Hand bending and writing. This exercise can also be performed in different ways, in places. A notable aspect of this exercise technique is that the body is held in a flat position when writing with the arms bent, the upper back is in an upright position, without bending the spine areas, the arms are held at a flexion level of 80-900C, the ends of the legs are joined, and the arms are shoulder-width apart.

Jump on the rope. The duration of the exercise is 1 minute. This exercise not only promotes endurance, but also halos from excess weight and improves muscle training. This is a notable aspect of the exercise technique, performed by combining the tips of the legs without touching the heel to the floor. It is possible to jump up to 5-10 times. After each 1-minute attempt, 2-3 minutes of rest are taken.

Ishning natijasi:

The result of the work:

The effectiveness of the various activities carried out as a result of the research carried out and the given uploads is presented in the table below.

№	Surname	Year of admission		At the end of the year		2 half of the year *	
1	Abdiahadov Shohruh	15,00	2	13,28	4	12,50	4
2	Abdumo‘minov Abdulaziz	14,56	2	13,21	4	12,58	4
3	Abdurazzoqov Bekzod	13,12	4	11,38	5	11,31	5
4	Ahadov Jon-Muhammad	14,51	2	13,27	4	12,02	5
5	Begaliyev Xursanmurod	14,37	2	12,32	4	12,24	4
6	Boboqulov Ozodbek	14,2	3	13,38	3	12,15	5
7	Hamroyev O‘tkirbek	13,24	4	12,28	5	12,06	5
8	Jovliyev Nozimjon	13,18	4	12,04	5	11,33	5
9	Jumanov Jonibek	13,25	4	12,31	4	12,07	5
10	Mahmadrasulov Hayitqul	13,29	4	12,54	4	12,15	5
11	Raimboyev Javohirbek	14,28	3	12,16	5	12,05	5
12	Sattorov Baxtiyor	13,44	3	12,42	4	12,14	5
13	Shomurotov Asilbek	13,45	3	13,00	4	12,34	4
14	Suyunov Sardor	13,25	4	12,41	4	12,03	5
15	Tangirov Urol	14,28	3	12,11	5	11,44	5

16	Temirov Nurbek	15,12	2	12,58	4	12,03	5
17	Tursunov Otabek	0**	2	14,17	3	13,31	3
18	Tursunov Sardorbek	15,2	2	13,26	4	12,02	5
19	Xo‘janazarov Elbek	15,2	2	14,29	3	13,20	4
20	Xoljigitov Eldor	14,57	2	12,04	5	11,54	5
21	Xudoyberdiyev Jahongir	13,16	4	11,52	5	11,46	5
22	Shovxiyev Shohbozjon	14,5	2	13,33	3	13,04	4
23	Shopulatov Asror	15,11	2	13,01	4	12,08	5
24	Shoyqulov Elbek	15,21	2	12,1	5	11,53	5
25	Shukurov Sultonbek	15,00	2	13,18	4	12,14	5

**2 course norms have changed during 2 years of study (5 grades for 3 km in 1st Year 12 minutes 30 seconds , 12 minutes 20 seconds in 2nd year).*

***students who failed to finish.*

While the research results are looked at, some students have positive-sided large second variations as a result, some are moderate, and some have fewer second variations. In order to find out why, when interviewed individually with students with low-second variations, it was found that students tried to meet sufficient standards and decided to spend the rest of their attention, energy, on mastering other subjects. The rest of the students were found to be positively affected by their performance improvement psyche, competing over who was more likely to have a better outcome, and similar reasons.

In conclusion, it is possible to achieve the desired result, that is, the general endurance required in the military sphere, by carefully planning training processes, placing cross-country and loadings in order for weeks, adopting control norms at the end of the month and semester. In this case, it is imperative to control their rest by giving additional downloads to newly admitted students. It should be noted that taking into account the established agendas of students of military-academic lyceums, the work of conducting their development at the same level, both mentally and physically and mentally, is a somewhat complex process. Therefore, before giving them a load, it is necessary to determine information about their health, when they came out of duty, the degree of mastering the sciences, their marital status (psychic state). I believe that in the future it will be our high duty to educate the young students who were raised in the spirit of patriotism, who, by cultivating both their physical and military qualities, gave their lives on the path of peace in our country.

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