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MONITORING OF PHYSICAL EDUCATION CLASSES IN CONDITIONS OF HYPERTHERMIA

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Abstract.The paper presents the results of a pedagogical experiment with girls of the Faculty of Physical Education during the period of summer sports and recreation camp camps in conditions of hyperthermia. The high efficiency of the introduction of the developed complex of gymnastic exercises borrowed from the system of yogis and the use of hypothermic pauses into the educational process is shown.

Keywords. Monitoring, hypodynamia, hyperthermia, yoga, hypothermic pauses, energy consumption, physical activity.

The external air temperature in the summer months of the Republic of Uzbekistan often exceeds body temperature, therefore, in conditions of hyperthermia, maintaining the heat balance by the body is extremely difficult due to the sharply limited capabilities of heat transfer, which threatens overheating of the body and leads to a sharp decrease in natural motor activity.

It is well known that the motor activity (DA) of young students, determined by the number of steps performed during the day, decreases several times compared with similar indicators recorded in other calendar periods of the year [4, 6,7]. In this regard, the relevance of the development of means, forms and methods of physical exercises in conditions of external hyperthermia becomes an important pedagogical task.

In order to determine methodological approaches to conducting physical education and mass sports in the system of educational institutions, a pedagogical experiment was conducted, the results of which indicate that the use of complexes of gymnastic exercises (borrowed from the yoga system) aimed at improving flexibility and external respiration largely compensates negative phenomena that are associated with forced hypokinesia observed during periods of the year when the temperature of the external environment is excessively high.

Introduced into the educational process, developed by us a set of physical exercises and recommended by many authors [1,2,3,5] turned out to be quite effective in terms of their effect on flexibility and speed-power qualities. Gymnastic exercises, proposed for implementation in the educational process, statistically significantly improved the results in tests, long jump from a run, forward bend, and dynamometry, which, in our opinion, can largely serve as a means of combating the phenomenon of hypodynamia.

The performance of combined exercises for stretching, balance and strength in combination with breathing exercises in the presence of sufficiently long rest pauses between the performance of individual exercises in the form of hypothermic pauses is perceived by students positively.

It was revealed that the regular use of a specially selected complex of physical exercises allows maintaining at a sufficiently high level the indicators of strength, flexibility and speed-strength capabilities, contributing to the improvement of the health of the trainees.

An analysis of the results of a pedagogical experiment with girls studying at the Faculty of Physical Education during the summer health-improving and sports camp camps revealed that the most favorable changes were observed in the experimental group, whose representatives were engaged in both gymnastic exercises aimed at developing flexibility in the summer months, and the developed complex physical exercise that does not cause high energy expenditures.

Experimental studies have shown that during this period, the stabilization of body weight in girls was achieved, which varied in a small range from 0.2 to 1.7 kg.

Over the summer months, the body weight of the girls in the control group, who were trained according to the traditional scheme, increased by 2.3 kg. Thus, comparing the dynamics of body weight indicators among the representatives of the experimental group, we can conclude that the inclusion of specially selected physical exercises of a sufficiently high intensity and volume in the training program led to an increase in energy consumption (playing volleyball, basketball and national outdoor games), and allowed stabilize body weight, equalizing the body's energy consumption with energy input.

The results of the pedagogical experiment with the girls of the Faculty of Physical Education are presented in Fig. 1

№	Indicator	may, month	September, month	Differences	
				X+ σ	P
1	Body weight	51,6±4,3	51,8±4,7	+0,2±1,7	HC
2	Run 100 m, s	16,1±0,10	15,9±0,08	0,2±0,1	0,05
3	Running 500 m, s	116,0±11,7	114,0±11,1	2,0±0,9	0,05
4	Long jump with a run, cm	332,1±26,3	340, 0 ± 22,8	+8,0±3,1	0,01
5	Throwing grenades, m	22,4±3,8	22,6±3.2	+0,2±0,8	HC
6	Forward tilt, cm	5,0±3,6	7,9+3,1	+0,9±0,4	0,05
7	Dynamometry kg.	31,1±5,1	33,2±4,8	1,9±0,6	0,01

The conducted pedagogical experiment revealed that static gymnastic exercises for flexibility and balance, as well as breathing exercises are insufficient to provide energy consumption, which would allow stabilizing the body weight without purposefully affecting the nutritional content. The inclusion of the same intense physical exercises such as sports and national outdoor games held in the evening, allows you to stabilize the body weight of the studied contingent of girls(9,15,16,17,18).

Analyzing the results of pedagogical testing of the motor abilities of female students studying at the Faculty of Physical Education, it should be noted that when determining the speed capabilities in 100 m running, achievements improved from 16.1 seconds to 15.9 seconds, which amounted to 0.2 seconds (1.3 %) ($p = 0.05$).

Motor quality endurance according to the results in running on 500 meters, significantly improved. So, in the month of May, the girls tested on average showed a result of 116.0 seconds, then with repeated testing at the end of the camp camps, an improvement in the results was observed on average up to 114.0 seconds, which amounted to a difference of 2 seconds (1.8%) ($p = 0.05$).

Evaluating the results of the speed-power capabilities of girls in the long jump from the run, the girls in the experimental group increased the indicators by 8 cm (2.2%), while in the initial testing carried out in May, they had a result of 332.1 cm. Over the summer period conducting sports and health-improving camp camps, when the external ambient temperature was much higher than body temperature, repeated studies at the end of the camps showed an improvement in the result up to 340.4 cm.

According to the test results, the flexibility indices of the tested girls improved from 5.0 cm to 7.9 cm.The change in the result was 2.9 cm, which is obviously associated with those static exercises hectares of flexibility that were developed and introduced into the educational process of girls of the Faculty of Physical Education ...

The dynamometric characteristics of girls for this period tended to improve. So, in May, when conducting the initial testing of motor abilities, the average achievement among girls was 31.1 kg, and at the end of the camp training, the result improved to 33.2 kg, where the increase in the result was 2.1 kg (6.4%)

Thus, it was found that body weight did not increase statistically and there were significant positive changes in the level of motor abilities in 5 out of 7 tests. Stagnation was observed in the result of throwing a grenade. It should be noted that in the process of conducting physical education classes in conditions of high external temperature of the environment, hypothermic pauses were widely used, previously we experimentally tested on a contingent of students of a specialized lyceum and showed their high efficiency. [8,10,11,12,13]

Thus, according to the results of the pedagogical experiment with the girls of the Faculty of Physical Education during the period of summer sports and health-improving training camps and aimed at identifying the possibility of effectively conducting physical exercises in conditions of hyperthermia, it can be concluded that the use of a combination of static physical exercises aimed at developing physical abilities, such as flexibility,

combined with the introduction of sports and national outdoor games in the process of training, the greatest effect was revealed in comparison with traditional physical education classes.

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