

# WORKOUT AS A MEANS OF DEVELOPING PHYSICAL QUALITIES

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## Abstract:

Currently, there are innovative approaches to the development of physical qualities. Using the example of the youth workout movement, it became possible to build up the training process with the complex impact on the development of physical qualities. The article presents the developed methodology of the extracurricular activities with the use of workout means among old boys for the development of physical qualities, individualized according to age characteristics.

**Keywords:** workout, street workout, physical qualities, schoolchildren, exercise, means of development.

## Introduction

The most important problem in the educational process is a decrease in motivation and a decrease in interest in physical education and sports. The majority of students have no interest in classes, and therefore there is a search for innovative approaches and teaching methods.

Youth subcultures, which include all components of physical culture, have a great potential for increasing physical activity. One of them is a workout. Workout is a youth subculture consisting of basic exercises such as flexion and extension of the arms, pull-ups, various vises, squats, as well as exercises that are performed only in the workout "typewriter", "exit of the prince", "horizon", "captain's exit", "dragon flag". The wide variation in the performance of well-known exercises, as well as the combination of more complex elements and combining them into bundles, allows you to build a multifunctional workout aimed at the development of all major muscle groups. The advantage is the availability of classes, the opportunity to practice on sports grounds for free. As we can see, workout exercises can be used to develop the physical qualities of children of different ages. This is especially important at the time of searching for oneself and solving internal contradictions in middle and high school age. In this regard, the development of a methodology for extracurricular activities using workout tools for young men will be an urgent study.

The purpose of the study is to substantiate the use of workout tools in extracurricular activities for the development of physical qualities of young men.

It was assumed that the method of physical training using workout tools in classes outside of school hours would increase the level of development of physical qualities of young men.



### Research methodology

In order to test the effectiveness of the developed methodology of physical training using workout tools in classes outside of school hours, a pedagogical experiment was organized on the sports field.

The experiment was conducted from September 2020 and ended in May 2021. The control groups were engaged according to the curriculum in general physical training groups outside of school hours.

The experimental groups were engaged in physical training using workout tools in extracurricular activities, which is designed for 9 months. It consists of 115 classes of 3 academic hours 4 times a week. The total volume is 221 hours.

Organizationally, each lesson was determined by a generally accepted structure consisting of preparatory, main, and final parts, with a duration of 90 minutes for each lesson.

The preparatory part of each lesson included running for 5-8 minutes, then simple general developmental exercises were performed, which included exercises to warm up the muscles of the arms, legs, back and abdominal muscles 7-10 minutes.

The main part, lasting 60 minutes, included training and improvement of the technical actions of the workshop and the development of physical qualities.

According to the classification of the workout, we attributed to the means of developing qualities those that were included in the complexes for the development of physical qualities: pull-ups on the crossbar, bars, hanging on the crossbar, front, rear, diagonal flexion and extension of the arms from the floor, from the support, on high ground, with cotton, upheavals, turns on the crossbar various lunges and squats, as well as exercises in statics, exercises were used to develop speed-strength qualities, strength endurance, flexibility, coordination, depending on the goals and objectives of the classes.

In the final part, exercises aimed at developing flexibility, bends, grays, lunges were used. Variations of the tools and methods used varied in accordance with the set goals and objectives of the classes.

### The results of the study

In accordance with the objectives of the study, in order to determine the level of physical fitness of boys aged 14-15 and boys aged 16-17, testing was conducted in a control and experimental group at the beginning and at the end of the pedagogical experiment. According to the results of the experiment, statistically significant improvements were revealed in the experimental group of young men, in all indicators of physical fitness, pulling up from the vise on a high crossbar, an increase of -35.2%, leaning forward from a standing position on a gymnastic bench, an increase of 60.52%, a long jump from a place with a push of two legs, an increase of 7.23%, shuttle run 3×10 m, increase-3.29%, run 2000 m, increase – 4.48%.

In the control group of boys aged 14-15 years after the experiment, there were changes in physical fitness indicators, but statistically significantly revealed in the tests, leaning forward from a standing position on a gymnastic bench, an increase of 17.07%, shuttle running 3 × 10 m, an increase of 0.89%, running 2000 m, an increase of -0.75%. A comparative analysis of the indicators of physical fitness of young men aged 14-15 in the control and experimental



groups, after the experiment, shows a significant increase in indicators in pulling up from the vise on a high crossbar, more by 27.77%; in the long jump from a standing position, the push of two legs is 6.51% more. In other indicators, the results are not reliable, but show a positive trend in leaning forward from a standing position on the gymnastic bench by 27.08% more; in the 3×10 shuttle run by 2.81% more: in the 2000 m run by 2.14% more. The positive dynamics of the development of physical qualities of the experimental group of young men, compared with the control group, can be explained by the inclusion of interesting strength exercises with their own weight.

According to the results of the experiment, statistically significant improvements were revealed in the experimental group of young men in all indicators of physical fitness: pulling up from the vise on a high crossbar, an increase of 35.71%, a long jump from a place with a push of two legs, an increase of 7%, leaning forward from a standing position on a gymnastic bench, an increase of 32.78%, shuttle run 3×10 m, increase -4.09%, run 3000 m, increase -1.99%.

### Conclusions

As a result of the experiment, the dynamics of physical fitness indicators in the control and experimental groups of boys aged 14-15 and 16-17 years indicates an improvement in all indicators in the control tests, but a statistically significant and more pronounced increase in results in the experimental groups.

Consequently, the developed experimental method of physical training using workout tools in extracurricular activities makes it possible to more effectively raise the level of physical fitness and functional condition of young men.

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