

# IMPLEMENTATION OF PUBLIC SPORTS DEVELOPMENT EVENTS AMONG WOMEN IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS

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## Abstract

Reforms in the field of propaganda and involvement of women in physical education and mass sports, the formation of a healthy lifestyle, strengthening the desire for self-expression are urgently needed and require a high-quality and scientifically based solution. In this regard, the ongoing study on the development and implementation of a mechanism for popularizing and involving women in mass sports proves its relevance and will serve as a solution to the priority tasks set in regulatory documents and acts.

**Keywords:** mass sports, health, healthy lifestyle, development, physical education, attraction.

## Introduction

In accordance with the Decree of the President of the Republic of Uzbekistan "On measures for the wide implementation of a healthy lifestyle and further development of mass sports" adopted on October 30, 2020 and the Cabinet of Ministers of the Republic of Uzbekistan "On approval of the concept of physical education and development of mass sports in the Republic of Uzbekistan in the period 2019-2023" active development of physical education and sports in the Republic, among the elderly population, i.e. women (30-35-year-old women) to engage in regular physical education and mass sports, widely promote the benefits and advantages of a healthy lifestyle in society, as well as innovative forms that ensure wide coverage of all segments of the population, especially women, with physical education and mass sports, and is to ensure the development and implementation of mechanisms [1].

Also, as part of the priority tasks set by the President of the Republic of Uzbekistan Sh.M. Mirziyoev at the meeting held on February 26, 2021 regarding the issues of solving the problems of women and their social support, the broad involvement of women and girls in the development of mass sports, their health protection to make it a noble goal in life, physically healthy, mentally mature, modern-thinking, with a sense of belonging to the process of reforms implemented in our country The issue of bringing up the young generation that lives and strives to make a worthy contribution to its development is one of the priority directions of our state policy [2, 3, 4].

**The purpose of the study** is to form an active and healthy lifestyle in women aged 30-35 by introducing health training packages to eliminate overweight problems.



**Research tasks:**

1. To identify the main problems that appear in the physical condition of women aged 30-35, based on scientifically based information;
2. Creation of a physical exercise package aimed at prevention and rehabilitation in health care, elimination of the consequences of a sedentary lifestyle (hypodynamia) and improper nutrition, combating excess weight;
3. "Slim woman" wellness exercise package by conducting an experiment ;
4. Wide involvement of women aged 30-35 in public sports through the introduction of the "Slim Woman" fitness exercise package.

**ANALYSIS AND RESULTS**

Based on the methodology of assessing the development of mass sports among women and girls in the field of physical education and sports, theoretical and practical information is collected to determine its problems and future target strategies. The official information of the Ministry of Sports of the Republic of Uzbekistan, as well as the activities of sports complexes that incorporate mass sports are studied.

As part of this study, the physical condition of 30-35-year-old women living in the Vokhid Khaidarov neighborhood of Tashkent region was studied as a research object in a more in-depth analysis of the activities of women and girls.

According to our analysis of the problem of excess weight in women, this problem is mainly caused by women who lead a poor lifestyle, lack of movement, and poor nutrition. The living conditions of the women selected for the study are that the main part of their lifestyles is spent at home, and of course, the restriction of physical activity, unhealthy diet, unhealthy lifestyle leads to the appearance of excess weight in women, the appearance of nervous diseases, the occurrence of psychological diseases and, of course, the formation of an unhealthy atmosphere in the family.

The term "overweight" refers to body weight exceeding the norm for a certain height and age. However, this classification has a significant drawback - a high percentage of body fat can occur even at a normal body weight ("obesity with a normal body weight"), and vice versa - an athlete with well-developed muscle mass can be shown a TMI corresponding to obesity level 1, although, of course, she is not fat at all. Therefore, to determine the percentage of body fat, as well as water and muscle mass, the method of bioimpedance analysis of body composition is widely used in medicine today. The normal percentage of fat mass in women is 18-28%.

There are two main types of fat deposits - android (apple type, fat deposits mainly in the upper abdomen) and gynoid (pear type, fat deposits in the thighs and lower abdomen). "Apple" type obesity is considered more dangerous because visceral obesity (fat deposits around the internal organs) is more common with this type of obesity, which increases the risk of co-morbidities. A waist circumference of more than 80 cm in women is a sign of visceral obesity. Also, the waist-to-thigh ratio in women should not exceed 0.85.

Recently, the term "sarcopenic obesity" has been used - it is characterized by a loss of muscle mass and muscle strength.



Using the Tanita body mass analyzer, a contingent of 30-35-year-old overweight women is divided into 3 categories: android overweight, gynoid overweight, and sarcopenic overweight. As a result of the study of overweight categories, divided into their types, the "Slim Woman" profile was created based on the characteristics of the category (see Table 1).

**1 Table Slim Woman profile**

Evaluable indicators	Points									
	10	20	30	40	50	60	70	80	90	100
Tanita Indicators*	10	20	30	40	50	60	70	80	90	100
Nutrition**	10	20	30	40	50	60	70	80	90	100

\*The Tanita device is a body composition analyzer that measures the user's main parameters affecting their health and prints the results. You can determine your score according to the results.

**10 points** - basal metabolism in the lower blue zone, visceral fat assessment index in the very high red zone (indicators 50-59), body fluid indicators (TWB) 75% higher, extracellular fluid indicators (ECW/TBW) 41% higher, assessment of physical condition hidden obesity or obesity, TMI (BMI) <16 or >40;

**20 points** – basal metabolism is in the lower blue zone, visceral fat assessment indicator is in the very high red zone (indicators 40-49), body fluid indicators (TWB) 70% higher, ECW/TBW 41% higher, assessment of physical condition obesity, TMI (BMI) 35-40;

**30 points** - the basic metabolism is in the low blue zone, the visceral fat assessment indicator is in the very high red zone (indicators 30 - 39), the body fluid indicators (TWB) are 65% higher, the extracellular fluid indicators are 41% higher, the assessment of physical condition excess fat mass, TMI (BMI) 30-35%;

**40 points** - the main metabolism is on the border of the blue and green zones, the visceral fat evaluation indicator is in the red zone (indicators 18 - 29), the body fluid indicators (TWB) are 60% higher, the extracellular fluid indicators (ECW/TBW) are 41% higher, physical condition assessment physically weak, TMI (BMI) 16-18.5;

**50 points** - the main metabolism is in the green zone, an indicator of visceral fat evaluation in the upper yellow zone (values 13 - 17), body fluid values (TWB) are 60% higher, extracellular fluid values (ECW/TBW) are 41% higher, physical status assessment physically weak, TMI (BMI) 16-18.5;

**60 points** - the main metabolism is in the green zone, an indicator of visceral fat in the upper yellow zone (values 13 - 17), body fluid values (TWB) 55-60%, extracellular fluid values (ECW/TBW) 41% high, assessment of physical condition thin, TMI (BMI) 16-18.5;



**70 points** - the main metabolism is on the border between the green and red zones , an indicator of visceral fat evaluation in the green zone ( values 10-12 ), body fluid values (TWB) are 50-55% low , extracellular fluid values (ECW/TBW) are 41%, physical status assessment normal, TMI (BMI) 25-30;

**80 points** - the basal metabolism is in the red zone above the norm , an indicator of visceral fat assessment in the green zone ( values 7-9 ), body fluid values (TWB) are between 45-60% , extracellular fluid values ( ECW/TBW) are 41% low , assessment of physical condition lean and muscular , TMI (BMI) 18.5-25;

**90 points** - the basal metabolism is in the red zone above the norm , an indicator of visceral fat assessment in the green zone ( values 4-6 ), body fluid values (TWB) are within 45-60% , extracellular fluid values ( ECW/TBW) are 41% low , assessment of physical condition muscular , TMI (BMI) 18.5-25;

**100 points** - the basal metabolism is in the red zone above the norm , an indicator of visceral fat evaluation in the green zone ( indicators 1-3 ), body fluid values (TWB) are within 45-60% , extracellular fluid values ( ECW/TBW) are 41% low , assessment of physical condition muscular , TMI (BMI) 18.5-25.

\*\*Nutrition Assessment System. By answering the questions in the nutrition questionnaire, add up the points for each given question , calculate your total score at the end and fill in the table (see table 2) .

### 2 Tables Nutritional Assessment Questionnaire

Question	Ball
<b>1. Body mass index</b>	
<27.2 ( for women )	20
<b>2. Bul / tos index</b>	
<0.8 ( for women )	10
<b>3. Do you eat eggs?</b>	
Less than 3 times a week	7
3-8 pieces per week	3
More than 8 units per week	0
<b>4. Can you cut off the fatty part of the meat before eating?</b>	
Always or often	7
Sometimes	3
Rarely or never	0
<b>5. Do you eat chicken with the skin on?</b>	
Always or often	0
Sometimes	3
Rarely or never	7
<b>6. Do you remove the fat from the surface of the soup ?</b>	
Always or often	7
Sometimes	3
Rarely or never	0
<b>7. Do you like and eat fried food ?</b>	



Always or often	0
Sometimes	3
Rarely or never	7
<b>8. Do you like cakes and sweets and do you eat them ?</b>	
Always or often	0
Sometimes	3
Rarely or never	7
<b>9. How often do you eat fruits and vegetables ?</b>	
Always or often	7
Sometimes	3
Rarely or never	0
<b>10. Do you add vitamins to your diet ?</b>	
Always or often	7
Sometimes	3
Rarely or never	0
<b>11. How often do you eat whole grain foods or porridge ?</b>	
Always or often	7
Sometimes	3
Rarely or never	0
<b>12. Do you add extra salt to food ?</b>	
Always or often	0
Sometimes	3
Rarely or never	7

The preliminary results of Tanita's nutritional assessment system are included in the table (see Table 3).

### 3 Tables Preliminary results of the study (Tashkent region, n=40 )

Average age	Overweight categories	Body length (cm) $\bar{x}$	Body weight (kg) $\bar{x}$	Body mass index $\bar{x}$	Abdominal Circumference Size (cm) $\bar{x}$	Pelvic circumference size (cm) $\bar{x}$	Nutrition (points) $\bar{x}$
32.2	12 android category overweight	161.5	87	33.6	93.6	90.1	13
	13 genoid category overweight	164.6	86	32.2	78.3	103.5	17
	15 overweight people in the sarcopenic category	165.1	86.7	31.6	83.7	87.9	20

The exercises presented in the "Slim Woman" health packages were used for 3 months (3 times a week, 40 minutes each) based on the results of the study, based on the analysis of the initial results of the study. At the end of the study, body parameters and nutrition were again assessed (see Table 4).



**4 Tables Results obtained at the end of the study (Tashkent region, n=40 )**

Average age	Overweight categories	Body length (cm) $\bar{x}$	Body weight (kg) $\bar{x}$	Body mass index $\bar{x}$	Abdominal Circumference Size (cm) $\bar{x}$	Pelvic circumference size (cm) $\bar{x}$	Nutrition (points) $\bar{x}$
32.2	12 android category overweight	161.5	83.6	32.2	86.3	88.3	47
	<b>difference:</b>	-	<b>-3.4</b>	<b>1.4</b>	<b>-7.3</b>	<b>-1.8</b>	<b>+34</b>
	13 genoid category overweight	164.6	83.5	30.9	76.9	96.1	43
	<b>difference:</b>	-	<b>-2.5</b>	<b>1.3</b>	<b>-1.4</b>	<b>-7.4</b>	<b>+26</b>
	15 overweight people in the sarcopenic category	165.1	81.3	29.8	79.4	84.7	50
	<b>difference:</b>	-	<b>-5.4</b>	<b>1.8</b>	<b>-4.3</b>	<b>-3.2</b>	<b>+30</b>

At the end of the study, the results showed that the overweight type of the android category lost an average of 3.4 kg, the genoid type lost 2.5 kg, and the sarcopenic type lost 5.4 kg.

And body mass index improved by 1.4 in obese android type, by 1.3 in genoid type and by 1.8 in sarcopenic type.

Abdominal circumference decreased by 7.3 cm in the android type, 1.4 cm in the genoid type, and 4.3 cm in the sarcopenic type .

Pelvic circumference decreased by 1.8 cm in the android type, 7.4 cm in the genoid type, and 3.2 cm in the sarcopenic type.

As for the nutritional index, we can note that the nutritional habits of women of all types of obesity have changed significantly. For example, women with anroid type obesity improved by an average of 34 points, genoid type increased by 26 points, and sarcopenic type increased by an average of 30 points.

**CONCLUSION**

Based on the positive dynamics of all indicators evaluated during the study, it is possible to reliably assess the effectiveness of the "Slim Woman" fitness exercise packages in the fight against excess weight, in eliminating the consequences of physical inactivity and improper nutrition.

**References:**

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