

PHYSICAL DEVELOPMENT STATUS OF STUDENTS OF BUKHARA REGION SCHOOL

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Abstract

The article describes the physical development of school-age children, provides scientific studies of primary school students, provides an average calculation of the height and weight of children, the use of various physiological and anthropometric methods to determine the normal development of school-age children.

Keywords: School, physical development, height, mass, posture, average measurements, scoliosis, kyphosis.

Introduction

Physical development is the process of growth and improvement of the physical condition of the body, including changes that occur with the human body during his life. This process encompasses growth, development of motor skills, strength, endurance, flexibility, coordination, and other physical characteristics. Physical development includes: growth and increase in body size, organs, bones and muscles. This is often associated with age and hormonal changes, motor skills are the development of the ability to move, ranging from simple actions (such as crawling, walking) to more complex ones (such as running, swimming, athletic skills), physical strength and endurance are the improvement of muscle strength and the body's ability to withstand physical exertion for a long time. flexibility and coordination-improve joint mobility and coordination of body movements.

Physical development depends on many factors such as genetics, nutrition, physical activity, lifestyle and environment. It is important to maintain a balance in these aspects for the healthy development of the body at all stages of life.

Our scientific research was conducted at secondary school No. 12 in Bukhara. Physical development and the study of its data were carried out in elementary school. The determination of the physical development of primary school children in secondary schools includes a comprehensive examination aimed at assessing their physical fitness, height, body weight and the development of basic motor skills. To do this, various methods were used to identify the level of physical development and compare it with age standards.



The main methods used to assess the physical development of children: measurement of anthropometric indicators, height was measured using a height meter to assess whether the child's height corresponded to the age norm, body weight - the child's weight was measured using scales. This is important for determining the ratio of height and weight. Body mass index (BMI) is used to assess whether a child is suffering from a lack or excess of body weight. These data make it possible to determine whether the child's physical development meets age standards, as well as to identify possible abnormalities, such as stunted growth or overweight. Indicators of physical fitness, various physical tests were used to assess the physical fitness of primary school children, which assess the level of development of motor skills and general physical activity, the first is a flexibility test, for example, bending forward, "splits" evaluates the development of flexibility, strength tests, for example, pull-ups, push-ups, long jumps from a place, these standards - show the level of muscle strength.

For children's activity and to increase interest, methods for coordination and dexterity were used, for example, running with obstacles, playing with a ball, these tests allow you to evaluate coordination of movements and dexterity. To identify possible deviations in posture, the development of the musculoskeletal system was assessed. Posture and joint health are also important for physical development. The assessment of posture is carried out by examining the position of the child's body at rest and during movement. It is observed how the child sits, stands, holds his head and back. This helps to identify possible abnormalities such as scoliosis, kyphosis. After collecting all the data, it is important to interpret the data in the context of age norms. The results were compared with the age and gender standards, which made it possible to identify deviations from the norm and determine further recommendations. The research involved primary school students from grades 1 to 4, aged 6 to 10 years. A total of 54 children participated. The results of the study were compared with the standard standards of height and body weight of children. The average height and weight of schoolchildren aged 6 to 10 years are shown in Table 1.

Table-1.

age	gender	height	weight
6 years	boys	110-115 sm	18-20 kg
	girls	109-114 sm	16-17 kg
7 years	boys	115-120 sm	19-21 kg
	girls	114-119 sm	18-20 kg
8 years	boys	120-125 sm	20-23 kg
	girls	119-124 sm	19-22 kg
9 years	boys	125-130 sm	22-26 kg
	girls	124-129 sm	21-25 kg
10 years	boys	130-135 sm	24-28 kg
	girls	129-134 sm	23-27 kg

It is important to remember that physical development is not only anthropometry, but also motor skills that are formed during regular activity and training. An integrated approach is important for assessing the physical development of primary school students, including measurements of height, body weight, physical fitness, flexibility, and posture. If the indicators deviate from the norm, consultation with a pediatrician or a physical education specialist is recommended to develop recommendations for improving physical condition.

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