

Development of Complex of General Development and Special Exercises

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Abstract

The article discusses how to develop different sports abilities of boxers. It gives definitions to the terms related to development of speed, strength, endurance, and provides some practical ways to improve sports fitness.

Keywords: physical training, physical development exercises, special exercises, strength development, speed development, developing endurance, fitness, dynamic power.

Introduction

Physical training. Physical training is the basis for achieving high results in boxing. It is characterized by a certain degree of development of the boxer's physical qualities, as well as the forms and functions of his body. The stronger and more capable the body is, the better it accepts training loads, adapts to them faster and remains in a state of training for a long time. Technical, tactical and mental skills and qualities of a boxer cannot be effective and long-lasting without good physical training in fighting conditions. Therefore, physical training is the leader in training in general, together with the process of improving the elements of the boxer's technique and tactics.

Practice shows that after the initial high-quality training, only boxing limits the athlete's capabilities. Failure to correctly assess the importance of various exercises in the training of a boxer leads to one-sided development, a decrease in sports results, and in a number of cases, the cessation of the growth of sports skills. All this reduces the interest in training and does not allow the boxer to fully reveal his natural abilities. The coach and the boxer should take care of achieving a high level of physical fitness during all periods and stages of the training process. At the same time, the boxer's physical training should become more specialized as his skills and training grow. On the one hand, it helps to develop special physical qualities and skills more fully, and on the other hand, it emphasizes bringing all aspects of the athlete's training and development to the same level by supplementing special training. The level of physical training of a boxer changes as his sports skills increase, so training of the athlete's physical qualities should be carried out in accordance with the requirements of the sport.

Strength development. In boxing, it is not possible to speak only about the manifestation of strength, because the conditions and nature of the tensions developed during the training process are very different.

The dynamic power of a boxer appears in action, i.e. in dynamic mode. This is the power developed in, for example, strikes, defenses, sliding movements, etc.

Depending on the nature of the tension, dynamic strength is divided into explosive, fast and slow forces in boxing.



Explosive power means the manifestation of power with maximum acceleration. Such power is developed in the boxer's emphasis punches.

Quick force is manifested in movements in which the speed of movement is more important and small inertial resistances to this force are characteristic.

Sluggish (slow) strength is manifested in relatively slow, sluggish movements performed almost without accelerations. In boxing, a simple example of weak power is to overcome the opponent's resistance with direct force during close range hugs and holds.

Boxers' different work routines and fighting styles, especially when they perform striking actions, require different displays of power.

"fast" boxer needs the power to overcome his own inertial forces and the opponent's resistance to deliver a series of relatively weak punches in rapid succession. Such a boxer tries to deliver the next one as quickly as possible after completing each punch. Therefore, he should not give emphasized strong blows, because in this case he can definitely "stop" and lose favorable conditions for relentlessly squeezing the opponent.

"knockout" boxer, on the other hand, his main edge is the ability to punch with an "explosive" character, emphasized with extreme (highest) and near-explosive power. "Explosive effect" is achieved due to the involvement of the maximum number of functional units of each working individual muscle, the rational use of muscle groups for this specific blow, their high muscle coordination and the boxer's ability to strike in a very short period of time. A "knockout" boxer is characterized by a relatively low intensity of fighting, since he performs powerful single or double blows (rarely series) with relatively large breaks between attacks. It depends on a number of reasons, in particular, the physiological capabilities of the muscles. The work of these muscles is based on alternating contraction and relaxation, on the gray, it takes more time for the relaxation of the muscles than for its contraction. Therefore, in a high-intensity fight, the "knockout" boxer has less favorable conditions for the emphasis on powerful punches, because his muscles have less time to relax.

A slow (slow) display of power (especially during strong grappling and physical overpowering of the opponent when directly confronting him) is characteristic of a "strong" boxer. Usually, the voltages in his blows are poorly differentiated - they are given with the same force and low speed, they have "explosiveness". While the level of preparation is good, the lack of speed leads to the formation of a style of fighting with power in such a boxer, and such boxers strive to win at the expense of physically overpowering their opponent.

A **"player"** boxer takes a defensive position before and after a punch, and therefore has a reduced opportunity to land a maximally powerful punch. By developing an "explosive" impulse in striking, he achieves efficiency in striking movements due to quick and precise strikes.

Due to the fact that explosive, fast, and slow power are manifested in boxing in different ways, the trainer should use the appropriate tools and methods to train each type of power in his practical activities, and pay attention to the types of power that are suitable for a particular boxer's fighting style. should focus.



In addition, it is necessary to remember that the amount of force shown depends on the level of training of the athlete - in the case of high training, the number of muscle fibers involved in the work increases and the synchronized functioning of muscles improves.

The training of the boxer's strength should be carried out in two directions:

1. Extensive use of general-developing strength exercises, weights, exercises performed with overcoming the opponent's resistance in gymnastic shells and without them.
2. Training strength with the help of special training and special exercise equipment. Special training exercises should be selected in such a way that the characteristics and structure of neuromuscular tension should be similar to the boxer's special exercises.

They include: directly overcoming the opponent's resistance by pushing ("push-push" wrestling exercises, holding the opponent with force, elements of the fight; overcoming the inertia of the personal body in defenses and transitions to blows in defense, and vice versa; in bags, in flat gloves, to train striking power in a pair with an opponent, etc

Rapid (instant) development of maximum tension of the main muscles of the boxer; To train the ability to quickly switch from one to another and to change tensions from minimum to maximum and vice versa, to "muscle burst" many times and then relax the muscles in an instant, stones, core, various weighted filler balls can be thrown and thrown, dumbbells, expander exercises, working with an ax, shovel, pick or plow, and barbell exercises.

There are two methods of training a boxer's strength : analytical and holistic.

The analytical method of exercises allows to selectively train the strength of individual muscle groups that carry the main load. Analytical exercises are performed under the conditions of the appropriate mode of strength for these groups. For example, in order to train the strength of the muscles of the hand that receives the main load when hitting, quick-strength exercises with weights of different weights (dumbbells, metal rods, stuffed balls, etc.), fast hand movements with support The most effective means are curling gymnastic exercises, stretching exercises for mechanical and rubber shock absorbers, swinging and lifting exercises with barbells, power blocks.

For each sport, the level of strength development is specific, depending on the characteristics of that sport and the conditions of strength manifestation. In boxers, the maximum strength of the wrist extensors and flexors is quite high, while the maximum strength of the back muscles lags behind the indicators of other sports.

Holistic style is the main one in training the special power of a boxer. It is characterized by the simultaneous improvement of both the power capabilities and special skills of the boxer.

Among the exercises aimed at improving the boxer's special strength with the help of a holistic method within the framework of the acquired qualification, there are special training and exercises with weights (dumbbells weighted with lead, light weight): "taking with the shadow", in bags, in flat gloves and exercises with other projectiles, complex imitation exercises in water, etc. In addition, targeted special - preparation and special exercises without weights with a partner, exercises with flat gloves and other projectiles (they help to develop explosive and quick strength), as well as complex close-range combat exercises used to train weak strength provide an opportunity to train strength using a holistic approach.



Exercises with the help of optimal weights, which should be performed with maximum accelerations, are the most effective means of developing explosive and quick strength in a boxer through both holistic and analytical methods. The trainer should choose the size of the weight taking into account the boxer's weight class and training level. When training strength with the help of exercises performed with weights, the boxer should repeat the task until the speed of movement is significantly reduced, until the structure of the movement is broken, and until the sensitivity of the muscle in controlling this movement is lost. After that, the boxer should perform relaxation exercises and exercises to actively stretch the muscles involved in the previous movement. Then it is necessary to repeat the same movements many times with maximum speed and accuracy according to the structure specific to the specific movement.

In order to eliminate the consequences of adaptation that may occur after the boxer performs the same exercises for a long time, the trainer should change the complex from time to time.

Development of speed. The athlete's general and special quickness are distinguished. *General agility* is the ability to demonstrate speed in various activities, for example, sprinting, sports, etc. General quickness is manifested in the quick start of the movement, the speed of the athlete's non-special movements, the rapid implementation of single and quick movements, the ability to instantly switch from one movement to another.

The organic connection between general and special quickness is usually manifested in junior athletes at the initial stages of their sports form formation. As the athlete's sports skills and competence grow, the "transfer" of training from general developmental exercises to specific exercises decreases. Therefore, the use of tools that train general quickness in the training process in order to develop special quickness qualities of the boxer is justified in the initial training stage of the athlete. As the athlete's results and training in sports increase, the further improvement of agility should proceed in such a way that, in terms of coordination, general development exercises that are maximally close to the main special exercises should be selected wisely and diligently.

The special quickness of the boxer is shown in the latency time of the reaction, the time of execution of one blow, the maximum speed of execution of a series of blows, the speed of sliding movements.

Boxer faces a complex manifestation of these forms of speed in training conditions (single and series of blows, speed of shifts, speed of transition to defense).

There is no training transfer between the mentioned speed patterns of the boxer. Training aimed at improving speed capabilities in one form of movement has little effect on the speed of execution of movements related to other forms. For example, increasing the speed of a single punch is almost not reflected in the speed, reaction time and speed of the boxer's movement of the maximally frequent series of punches. The conditions of the competitive battle require the opponents to show the speed qualities of all mentioned forms at the same time to the maximum extent. A boxer who can throw single and series punches at high speed, has good reactions, but has not learned to move with sufficient speed, can be helpless in a fight. Such a boxer, while carrying out his body, slowly enters the fighting distance, thereby revealing to the opponent that he is starting to move.



The training of a boxer's quickness with the help of an analytical method is based on selective and targeted improvement of specific forms of quickness: quickness of single blows, quickness of series of blows, moving speed, defense reaction time, etc. The overall method is aimed at the comprehensive improvement of the quickness qualities of the boxer in performing complex technical movements in the conditions of direct confrontation with the opponent.

By the end of pre-competition training, highly qualified boxers have both unilateral and comprehensive changes in the level of special speed qualities. As a rule, in inexperienced athletes who are interested in one-sided improvement of only one form of speed, the level of speed indicators will change in all directions: the same indicators will improve, others will remain unchanged, and the third ones will even worsen in some cases. For example, if a boxer spends most of his training time on improving the speed of single and series of punches, and spends less time on improving other forms of speed (reaction time and speed of movement), usually the speed of the athlete's attacks will improve, reaction time and speed of movement will improve. and it remains the same or even worsens.

In more experienced boxers with high sports performance and who pay approximately equal attention to all forms of speed, at the end of training, usually, unilateral improvement of each form is observed.

Practice shows that the effectiveness of offensive and defensive actions is primarily related to the high development of all forms of the boxer's special speed qualities.

In the practice of boxing, different time is devoted to the development of quickness of attack and defense movements. All available projectiles (bags, punches, punchballs, cushions hanging on the wall, etc.) are designed to improve the speed of the strike, but there are no projectiles and trainers aimed at training defensive movements, as well as sliding speed. Therefore, the main forms of agility develop inconsistently.

The existing practice in the distribution of training time complicates the process of training all forms of special quickness due to the fact that the time to strike in the middle distance is less than the time to pass to the defense. That's why the circular method, which is widely used in sports practice, is effective for training the quickness qualities of a boxer.

The circular training method is based on following a number of organizational methodological rules. After performing group or individual warm-up exercises (these exercises should have speed orientation), athletes are divided into four small groups. The number of participants in each of the groups should be even. Each of the groups of boxers occupies a certain "station" (a specially equipped place in the hall or field) according to the trainer's instructions. Each "station" is designed to improve the quality of a certain speed.

Usually, boxers improve the speed of single punches in the 1st "stop", in the 2nd - the speed of defensive reactions, in the 3rd - the speed of sliding moves, and in the 4th - the speed of a series of punches that are executed as quickly as possible.

In order to maintain the stereotype of time intervals typical for a competitive fight, the time for performing exercises in "stations" should be one round, that is, 2 minutes.

Boxers start performing exercises for 2 minutes at a time in "stations" at the trainer's command. After a 30-second break (it is necessary for the athletes to move to the next "station", as well as to partially recover their working capacity), each group begins to perform the next task at

the next "station". Having passed the entire circuit and thus completed all the tasks, the boxers rest for 3 minutes. At this time, it is necessary for the participants to maximally relax the loaded muscle group with the help of exercises. After a break, the groups repeat the exercise using a rotational method. Thus, the time of circuit training will be around 27 minutes.

Performance of exercises at each "station" depends on a number of characteristics. In the 1st "stop" the boxers sit next to the heavy hanging bags and at the trainer's command, they begin to deliver single straight blows from the bottom and from the side with the left and right hands at maximum speed. In order to prevent the occurrence of the "speed" barrier, which stabilizes the development of the movement speed, the boxer should replace the weight of the gloves. In one session, athletes must use boxer training "pancakes" and in another, 12-ounce gloves. The weight of the gloves can be increased to 16 ounces in later sessions. In addition, it is very important that athletes perform single and series strokes with different levels of muscle tension. In the 2nd "stop", athletes improve their defensive reaction time with body leans, left and right leans. The boxers stand in pairs, the attackers deliver maximum rapid direct blows with the right and left hands in different sequences. Defendants react to how they are being hit. In order to make it difficult to anticipate the shocks and to know when they will be delivered, they should be delivered at different intervals. In this case, it is necessary to gradually reduce the distance of the shot. After 1.5 minutes, according to the coach's command, the attackers will switch to defensive actions.

At the 3rd "stop", athletes improve their speed. They stand facing each other at a necessary distance. The starter abruptly changes the distance by stepping forward, backward or sideways. The second boxer must make the appropriate move as quickly as possible. In this case, he should maintain the distance of the athletes. After 1.5 minutes, according to the trainer's command, the boxers change their tasks. Boxers, while performing this exercise, continue to improve their sliding movement as well as their complex reaction time, because the boxer does not know which direction to move in order to maintain distance while observing the movements of the starter. As the speed of simple sliding moves improves, the nature of the slides should be complicated. Athletes improve the speed of complex movements performed in different directions: forward-left, back-right, back-left, etc.

In the last 4th "stop", boxers sit next to heavy hanging bags and, at the trainer's command, perform their favorite series of blows on shells at the maximum speed possible for 10 *seconds*. After that, they are given a 20-*second* break, followed by a series of 10-*second* repetitions. Since athletes do not have the same speed of recovery processes, those who are not ready to repeat the task can increase the rest interval. For example, if a boxer finds that after resting for 20 *seconds*, he cannot perform the next set of punches at a high speed, he can rest for another 30 *seconds* (10 *seconds* - while other boxers are training, 20 *seconds* - with everyone else). Such athletes can perform up to 6 sets of exercises in 3 minutes.

The trainer must constantly monitor the correct execution of exercises at each "station" during circuit training. In doing so, he should pay special attention to the boxers performing the task at a high speed and to the correctness of the training technique.



In order to increase the effectiveness of defense in training the boxer's special speed qualities, improvement of simple and especially complex selection reaction methods should occupy a special place.

A boxer's **normal reaction** - this is to respond to a certain open space of the opponent with a predetermined shot.

A **complex selection reaction** is related to the selection of the desired response shot from among all possible shots in accordance with changes in the opponent's behavior. In combat conditions, great demands are placed on the complex reaction of opponents. The opponent can throw punches in both left and right hand in unexpected sequences and in different places. For this reason, they gradually increase the number of possible changes in the situation when training a complex selection reaction. The coach must first teach the boxer to defend against a known blow of the opponent, for example, a left hand direct blow to the head. Then the athlete is offered to react to one of two possible attacks. For example, left directly to the head and left directly to the torso, etc

Conditional, free and competitive fights are the main means of improving the reaction time and increasing the effectiveness of defense. Highly skilled boxers achieve such high rates of complex reaction speed that it approaches a simple reaction in time. The boxer begins to react not only to the striking action itself, but more to the preparatory actions for it. This explains how the boxer can avoid the opponent's blows in time at medium and close distances, when the time to strike is less than the time to move to the defense.

One of the ways to improve the speed of the movement reaction is based on training the ability to "pre-notice" the opponent's movements due to changes in the opponent's specific (postnotonic) state and timely reaction to his preparatory movements before the attack. For this purpose, a boxer should have conditional, free and competitive fights with a large number of opponents with different fighting styles and characteristics.

Many boxers regularly repeat one or another preparatory movement before their attacks. This serves as a "signal" before the start of the attack and helps the opponent to know the actions of the boxer ahead of time.

The use of the simplest defenses (blocking, return) by the boxer first (they take less time to perform) allows to increase the effectiveness of defensive actions. Recording the time taken by a boxer to lean back, swing left and right, and counter-palm defenses shows that less time is spent on the final defense.

and efficiency of protection increases if the most rationally coordinated defenses against multi-hit attacks are used instead of several defenses executed in succession. For example, two side kicks to the head are dodged with a side-down dive instead of being dodged by successive dives to the right and left.

In the development of speed, the optimal state of central nervous system excitability can be achieved only if the participants are not exhausted from the previous activity. Therefore, agility exercises are performed at the beginning of training.

Develop endurance. The characteristic of boxing is that the intensity of the movements changes regularly. These actions are divided into numerous episodes and periods, alternating with small rest periods during each round and throughout the fight. In each episode of the fight,

the intensity of the actions of the boxers varies from low to maximum. Therefore, the level of aerobic and anaerobic productivity of a boxer (that is, his general and specific endurance) is important for him. So, the endurance of a boxer depends not only on how quickly he gets tired, but also on how quickly he recovers after active actions. If the boxer's energy supply during strenuous activity is carried out at the expense of aerobic processes, the speed of recovery is determined by the intensity of aerobic mechanisms.

General training (cross-country running, skiing, swimming, basketball, rugby, football, handball, etc.) and special exercises (free and conditioned fights, working in pairs, shooting performance, etc.) are used.

To achieve a high level of endurance, a certain selection of exercises and a system of their organization is necessary. Experimental studies show that special exercises (sparrings, free and conditional fights, pairs for improving technical and tactical skills) that produce the greatest energetic changes in the training and are performed in a state where the pulse is approximately equal to 180 beats per minute working, working in the bags), the overall endurance of the boxer will be greatly improved. It is important that these exercises should be performed in a certain sequence. One of the most effective ways to improve overall endurance in boxers is circuit training. The most effective means of increasing endurance in training is to increase the round time to 5 minutes or more.

Special endurance (it is manifested in the boxer's ability to perform intense work at maximum power) special and special-preparatory exercises (sparrings, conditional and free fights, exercises in projectiles, "shadow fighting", pairs with partners without gloves, to (exercises with balls, sliding walks) are used. General preparatory exercises can also be used: cross-country, sports games, etc. However, usually special exercises serve as a means of training special endurance.

The main way to improve special endurance is to accelerate the boxer's activity in exercises in projectiles, free and conditional combat exercises (at the expense of frequent replacement of partners, fighting at close range, increasing the difficulty of the task, etc.). For example, a special type of load and an alternation of work and rest are used in order to train special endurance when performing exercises in projectiles. Boxer performs 10-15 explosive short series (1-1.5 *seconds each*) at maximum speed and intensity during one round of exercises with a bag , during the time interval between series (10-15 *seconds*) - he performs movements at a calm pace . Then there is a rest of 1.5-2 minutes, after which the boxer exercises with the bag again. After that, the boxer rests and repeats the exercise (4 rounds in total). During rest, the boxer should walk calmly or lightly jump on his toes ("dance"). This exercise helps improve the creatine phosphate mechanism.

To improve the glycolytic mechanism, such exercises are used, during which non-stop intense work (bag, flat gloves, hitting the wall or a combination of kicks and shifts with retreating in 20-30 s) with slow-paced work (within 40-60 s) is exchanged.

Training in mountain conditions is an effective means of increasing a boxer's endurance. Because the partial pressure of oxygen is low in average mountain conditions, the very presence of an athlete can increase respiratory capacity (especially increased hemoglobin in the blood) and increase tolerance to hypoxic conditions. If the training is carried out in the conditions of



regular changes in the height level in the "maximal" style, the endurance level of the boxer will increase effectively.

Correct breathing is of great importance in training boxers endurance. Its importance increases due to the fact that the nature of boxing activity does not allow you to breathe at the same time in the ring. A boxer's breathing should be continuous and deep enough. Good exhalation promotes good ventilation of the lungs and allows efficient use of the living capacity of the lungs. It has been found that the most effective way of breathing is to focus on exhalation during strong strokes. This not only helps in better ventilation of the lungs, but also increases the power of the blows. Even highly skilled boxers do not always breathe correctly. The most common mistake is holding the breath, inhaling and exhaling not deeply, clumsiness when giving blows, breathing disorder at close range. This leads to a decrease in oxygen consumption. Therefore, it is necessary for the trainer to make sure that the boxers do not hold their breath while performing strikes and defensive techniques. Boxers must breathe continuously when delivering a series of punches, but each punch does not need to be executed with a rapid exhalation. It is necessary to perform only or the entire series of strokes, or a specially emphasized stroke.

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