



## ANTHROPOMETRY AS A DIFFERENTIATED APPROACH TO PHYSICAL EDUCATION OF STUDENTS

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**Abstract:** there is a justified need to introduce into the pedagogical process of physical culture an innovative method of assessing physical fitness based on anthropometric measurements, determining the level of harmony of the physique and musculature fitness, which allows to reorient the pedagogical impact on satisfying the subjective needs of students in motor activity, based on their individual characteristics.

**Keywords:** physical education, physical culture, harmony of physical development, anthropometric control, humanization of education.

The modernization strategy in Uzbekistan focuses HEU on a significant renewal of educational activities, including strengthening the role of physical culture in ensuring a healthy lifestyle and professional training of students. Shifting the emphasis of physical culture in HEU towards professional competence, increasing the level of practical training and the introduction of the complex "Alpomysh and Barchinay" necessitate the development of physical qualities and, in general, ensuring the proper level of physical fitness of students to meet the standards of physical training.

At the same time, in recent years, many experts have noted that the level of physical fitness of young people entering HEU has significantly decreased. There is every reason to assume that, among other reasons, the manifestation of certain physical qualities of students is influenced by external data. There are examples that the success of performing physical exercises largely depends on these anthropometric characteristics. The identification of factors affecting the indicators of physical fitness of students would allow to adjust the content of curricula and programs on physical culture in HEU and would contribute to the solution of the goal.

The anthropometric method is the main method of studying the features of a person's physique. It provides for the determination of longitudinal, deep, transverse, girth dimensions of the body, body weight, thickness of skin-fat folds.

The physique is understood as the size, shape, proportions and features of the relative location of body parts, as well as features of the development of bone, fat and muscle tissues. The total size of the body depends on its length and mass, the circumference of the chest. The proportions of the body are determined by the ratio of the size of the trunk, limbs and their segments.

The longitudinal dimensions of the body are measured with an anthropometer, the transverse dimensions of the body are measured with a large thick compasses with bent or straight legs, as well as large and small barbell and sliding circulars.

The circumference of the body is measured with a centimeter tape. The thickness of the skin-fat folds is measured using a special device – a caliper.

Body weight is determined on special medical scales, which provide high reliability of measurement.

To determine the vital capacity of the lungs, water and dry spirometers are used.

All measurements of the human body are carried out between certain points, which are called anthropometric points. Anthropometric points are certain points between which measurements of the human body are made.

It is customary to determine the following dimensions:

- Longitudinal dimensions – the length of the trunk, body, upper. Lower extremity;
- Transverse dimensions – shoulder width, frontal and antero-posterior chest diameter, shoulder width;
- Circumference dimensions – circumference of the neck, chest, hip, shin, shoulder, forearm, hand.

At this stage, it is necessary to introduce an innovative way of assessing their physical fitness into the pedagogical process of physical education of HEU students. Based on the anthropometric method of determining the level of harmony of the physique and muscular fitness of students, it allows to reorient the pedagogical impact of physical education classes to meet the subjective needs of students in motor activity, based on their individual characteristics.

In classes on the subject of "Physical Culture" at Andijan State University in Andijan, with first-year students, from the whole variety of morphological and functional features of the constitutional specifics of an individual physique, the student's height and weight, the circumference of his chest, the muscular strength of his arms are most often determined for subsequent analysis, as well as the features of the body structure, the state of musculoskeletal system, the shape of the spine, chest, upper and lower extremities, posture and degree of fat deposition.

Based on the results of measurements, students themselves make calculations using formulas and determine the level of their physical condition. Teachers collectively discuss the conclusions of each student and jointly determine the group (sports improvement, overweight and underweight). In the sports improvement group, all exercises for the successful completion of physical standards are performed according to the task of this lesson. Underweight students are asked to take two pauses while completing tasks, and overweight students are asked to take three pauses. All these pauses allow students to regain their breath and strength to continue performing exercises. In such a harmonized regime, first-year students adapt faster and have the opportunity to pass regulatory tests with dignity.

Anthropometric control allows at an early stage of a functional disorder in students, in a particular pathology before its final transition to a morphofunctional (i.e. irreversible or chronic) stage, which allows in certain cases by means of general or adaptive physical culture not only to stop and even prevent the further development of a specific physiological dysfunction and restore the normal functioning of the body, as a complex multi-level, biological system.

The disintegration of the physiological functions of the body due to insufficient physical activity is not irreversible, and an active motor regime can restore normal subjective motor-visceral regulation. Thus, the means of physical culture and the whole process of physical education as a whole, with its proper organization, can be a means of preventing most modern non-communicable diseases associated with the lack of fitness of the body or insufficient development of individual parts of the body. This will manifest the humanistic essence of the national system of higher professional education, aimed, among other things, at maintaining and preserving the health of students throughout their acquisition of knowledge in the specialty of future professional activity.

## Literature

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