



Modern Factors and Trends in Women's Sport

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Annotation: The article deals with the problems of modern women's sports, discusses the development trend of women's sports, recreational and professional women's sports of different types and levels. A historical digression indicates an exponential increase in the diversity of sports and types of sports, especially women's.

Keywords: history of sports, women in sports, psychobiology of women, sports injuries.

Introduction. Modern athletes, according to the general press, are often injured, often with severe injuries and even death. Moreover, only individual causes of sports injuries in women are usually considered.

The health of modern youth, including women of the Republic of Uzbekistan, is assessed as insufficient [1, 2]. The main factors that undermine the life of the family, and especially women, are socio-economic conditions [3, 4]. However, the methods for assessing the health of the population are far from objective and reliable (lack of self-preserving behavior) [5]. The influence of world health criteria was reflected in the new term "medical activity". Similar social factors influencing health have been studied and definitions of behavior types that cause health disorders (risk and anti-risk behavior) have been proposed [6, 7].

Historical analysis usually states the consequences of changes in sport. If we evaluate the essence of changes in sports, then this socially important activity will turn out to be completely different [8, 9].

In the distant past, women entered sports by accident, and mainly women of high society, of aristocratic origin, became participants in sports games, and the rules for them were quite gentle and lightweight [10, 11]. And this is not an accident, but there is a repeating feature.

At the first Olympic Games (776 BC), in the 200-meter race, where women could participate, they were not even allowed into the stands. A little later, during the heroi, competitions dedicated to the goddess Hera, and including running and wrestling, women were admitted, disguised as men's chitons [12, 13]. This is another typical feature - the attitude of male managers to the participation of women in sports.

Over the centuries, women's sports have become tougher, become aggressive, technologically advanced and follow the path of increasing loads, which could not but affect the femininity of female athletes [14, 15]. They retained complete equality, if not superiority in gymnastics, especially rhythmic. Women are more enduring and tolerant of prolonged activity. Sports initially began to divide all types by gender. The improvement of sports followed the path of ousting women from sports.

High enthusiasm for physical education, purely muscular joy, draws boys and girls into sports at the stage of mass sports. Sports in general and, to a lesser extent, women's sports are changing, especially in recent decades [16, 17]. Women's participation in sports, the development of women's sports is determined by the ratio of facilitating and hindering factors [18]. These factors change rapidly, depending on the sport, the coach, the team, other factors, and yet come down to the dilemma of health

or the highest sporting awards. The main circumstance of participation in sports for men and women is recovery, the acquisition of dexterity, the ability to achieve success in life, adaptability, endurance, and combine physical activity and rest. Another circumstance is the differentiation of the form of women's participation in sports. Either women compete among women - alone or in a team, or athletes participate in competitions together with men, as a beautiful, adorning part of it.

Both affect women's health differently than men's. Improvement is poorly matched by the struggle for the highest awards. The increased risk of injury and injury, even death, is particularly relevant. Let's consider this in more detail.

1. Social factors. The history of sports is closely intertwined with the participation of women in sports and the development of women's sports. The desire for women's sports throughout history remained high, but was limited by social conditions - revolutions, wars and difficulties. Naturally, sports as a game specifically for women appeared in certain sections of society.
2. Biological factors. The main obstacle to women's participation in sports is the periodic critical conditions of women. They are individual and depend on all the rhythms of the human body, on the synchronization of these rhythms (functioning near the loss of stability of cell cycles of morphologically uniform tissues) [19, 20].

Psychological aspects of the personality of female athletes (gender characteristics) also require attention. Often, girls come to modern sports with its early specialization at the age of four or seven. Under the influence of parents, the entire rhythm of life is subject to a training regimen, the formation of an "iron character" and health defects, weakened by various kinds of stress. Limitation of natural communication with a circle of coaches, sports peers, professional vocabulary, a narrow circle. Reading makes it difficult to advance in a career and approach leading positions.

Sport does not sufficiently take into account the differences in the structure and capabilities of the body of women and men. On average, women's skeletons are thinner. Women are graceful and hardy. Men are strong and strong. The mass and size of the body, skeletal muscles, and bones in men is greater than in women. It is believed that the maximum strength in women is 40% lower than in men. The increase in sports qualities in women aged 19-40 is lower than in men of the same age.

A woman, despite her high plasticity, is more vulnerable to high loads and requires a gradual increase in the intensity and volume of training (danger of mixed groups of men and women). There is an obvious need to take into account the phase of the menstrual cycle, triggered by brain and hormonal mechanisms that are highly sensitive to unusual stress loads.

Finally, the psychological characteristics of the female body. Women differ from men in greater endurance and good health, but in increased skin trauma - pressure, blows, grips. Bruises, bruises, torn ligaments, and others, especially fingers, require emergency medical attention from a doctor who understands the consequences of chronic injury.

Features of the female body are not limited to the ovarian-menstrual cycle, but include other characteristics of the somatotype (constitution: the ratio of andro- and estrogens, blood properties, connective tissue, propensity to disease) and character properties.

Objectivization is the only promising direction for assessing the condition of an athlete. New forms and methods for predicting the decline in the health of athletes are based on modern ideas about health.

Conclusions.

1. A historical digression indicates an exponential increase in the diversity of types and types of sports, especially women's. This requires a quick change in the sports management system, taking into account sponsorship.
2. History suggests the need to clarify the content of the concept of women's sport: exclusively women's individual and team or women's participation in men's sports.

3. The difference in the rate of increase in skill in the sports chosen by women quickly leads to the limit of opportunities for some women, and the sports career of such women can be continued by switching to coaching. This is determined by the constitution, character, conditions and type of sport, including injuries.
4. Exclusively women's sports and women's participation in combined sports with men develop over a short period of time and therefore their regulation should be quick.
5. Cyclic changes in women depend on training and competitive physical loads both during their maturation and deployment (puberty). The complex neurohumoral regulation of cyclic changes in the body of women captures almost all aspects from mental to immune.
6. Early signs of a health disorder among female athletes are the basis for predicting the professional specialization of women.

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