

THE ROLE OF PHYSICAL EXERCISES IN THE WORK ACTIVITY OF DIFFERENT PROFESSIONALS

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Abstract:

In this article, the author envisages the inclusion of the generation from different strata of the population with physical education, teaching and mastering it, and the ability to apply the mastered movements in the activity, as well as the purposeful use of physical education tools.

Keywords

Physical education, tool, hygienic factor, healing power, efficiency, approach, communication, skill, quality, talent, talent.

Introduction

In the physical culture of workers, a place must be reserved for physical exercises. The main task of such exercises is to restore strength after the end of the working day, to carry out preventive measures directed against unfavorable and one-sided factors of work, and on this basis to maintain high professional training.

The results of the conducted studies have shown that the implementation of physical exercises and other recovery procedures after work serves to speed up the recovery of organs and prevent occupational diseases.

Restorative physical training events are held directly at workplaces, in specially equipped recovery centers at the enterprise, at sports facilities located on the territory of the enterprise or near it, and at preventive events.

In the development of physical training and preventive activities, the selection of training and the method of conducting them will depend on the technological features of the organization of production and the conditions of work, as well as the nature of professional activity. Physical exercises should be aimed at eliminating the causes and effects of work: monotony of work on the conveyor, high nervous tension (for example, in operators, dispatchers) and others.

It uses the following forms of training:

- a) organizational: they are held in recovery-prevention centers, occupational rehabilitation groups, sports sections for sports;
- b) independent: exercise in wellness zones, preventive gymnastics, various forms of preventive physical training.

In practice, employees with an optimal movement mode have the highest performance indicators.

Unfavorable working conditions: air pollution, high temperature, noise, vibration and the like, especially in oil and chemical, gas, heat, metallurgy, mining, textile, coal mining and

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some other enterprises. observed. These lead to serious changes in the normal functioning of physiological systems in the body. If regular preventive measures are not taken against them, various diseases may develop over the years. A similar result can be manifested in the process of working for many years in the situation of a forced laborer.

In order to prevent such diseases, it is necessary to use a set of health-prophylactic gymnastics exercises and it serves to solve the following main issues:

- increasing the level of adaptability to unfavorable working conditions due to general strengthening of the organism, non-specific protection of the organism,
- increase immunological properties and functional capabilities;
- prevention of occupational diseases and functional disorders;
- reducing the recovery time of functional systems that have undergone changes.

Stretching exercises are used to restore mobility in joints damaged by contraction of muscles, ligaments and tendons due to static tension during work.

Relaxation exercises improve blood and lymph circulation in the body, accelerate the release of carbon dioxide gas, and eliminate fatigue.

Isometric exercises prevent muscle atrophy and provide a local effect. Strength and speed-strength exercises, in addition to the general strengthening effect, also have an effect in a small area. They are used to improve blood circulation, increase metabolism, and restore expended strength and muscle contraction speed. At the same time, they have a significant effect on the respiratory system.

Corrective exercises are used to correct various deformities of the spine, chest, and heel. In such movements, which have a local effect and are performed from a certain initial position, tension and stretching are combined. For example, a hunchback can be corrected by performing shoulder rotations, chest expansion exercises, and shoulder strengthening exercises. In order to restore coordination, quickness, accuracy, and rhythm while working with a vibrating instrument, along with general development exercises, special exercises aimed at coordination of finger movements are used. Movement coordination exercises are used to restore the rhythm and pace of work, as well as to create an optimal state when starting work. Balance exercises improve vestibular function, develop correct body structure, and also strengthen and restore trophic and vegetative reflexes.

Post-work recovery - preventive gymnastics is conducted in a group method or individually under the guidance of a methodologist-instructor. During the training, the load is gradually increased, when it reaches the middle of the training, the load reaches the maximum, and then it is gradually reduced by changing the number of repetitions of some exercises, the speed, the amplitude, the complexity of the exercises, and the level of tension in the muscles. It is necessary to use special breathing exercises in health-prophylactic gymnastics for those who work in dusty air and excessively gassed conditions. At the same time, it is necessary to pay attention to the fact that breathing is complete at the expense of deep breathing.

In order to prevent the development of various diseases, along with physical exercises, a whole set of health measures is recommended. Before the lunch break, it is necessary to

take a hot bath or warm the hands with hot air in special devices. At the same time, it is necessary to wipe the paws of the hands, squeeze, spread, collect and straighten the fingers. After finishing the work, it is necessary to take a shower, perform a special health-prophylactic gymnastics complex and self-massage. Indicators of physical development, movement readiness and morphological functions determine the state of health, increase physical fitness, accordingly, the selection of the most effective methods in the educational process determines the effectiveness of pedagogical technology.

The biggest and most important achievement we have achieved during these years is the increasing activity of the population, the firm belief in the need to reform and renew our lives, and the future of our country." It is clear from the above that a spiritually mature p In the world, the role of physical culture as a factor of human and society improvement is significantly increasing.

Accordingly, society and its members pay sufficient attention to the quality and efficiency of training of specialists in the field of physical education, and day by day the requirements for the level of professional qualifications are increasing. Turning to person-oriented education leads to the emergence of new goals of pedagogical education, including physical education.erson is a powerful force for the development of society.

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