

## THE EFFECT OF PHYSICAL TABIA AND REGULAR EXERCISE ON THE VOLUME OF THE HEART AND ARTERIAL BLOOD PRESSURE

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**Annotation.** Due to the numerous studies on the relationship between a healthy lifestyle and the social relationships of young people, these issues have not yet lost their relevance.

**Keywords:** motivation, value orientation, youth, students, health, healthy lifestyle, physical culture.

**Аннотация.** Благодаря многочисленным исследованиям, посвященным взаимосвязи между здоровым образом жизни и социальными взаимоотношениями молодежи, эти вопросы до сих пор не утратили своей актуальности.

**Ключевые слова:** мотивация, ценностные ориентации, молодежь, студенчество, здоровье, здоровый образ жизни, физическая культура.

Currently, the emphasis on children's sports is increasing day by day. It is extremely important for children and adolescents in growth and development to grow up healthy and mature. The decree of the president of the Republic of Uzbekistan and the Cabinet of ministers aimed at the development of children's sports and decisions are the foundation for the perfection of the growing young organism.

It is known that the organism of children and adolescents has the characteristics of heterochronous (uneven) development according to the laws of growth and development. Accordingly, playing sports can have different effects on their organism during this period. This can also negatively affect growth and development in some cases. Of course, a number of reasons can also be the basis for this (not taking into account the individual characteristics of age, giving loads beyond the norm, improperly organized training and hakozas).

It is known that the cardiovascular system is a mutational system for supplying the body with blood. Timely supply of oxygen and nutrients depends on the circulation of the blood. In this regard, it is of important practical importance to study the effect of regular sports activities on the cardiovascular system. According to the results of the studies carried out and scientific sources, regular exercise helps to accelerate the formation of the adolescent heart, thereby reducing the period of lagging behind its physical development. This prevents developmental dysgormonia of the organism (R.A. Kalyuzhnaya, 1975, T.T.Krisco, 1976). I.A. According to Arshavsky (1970), with the level of skeletal muscle load, the morphological and functional capabilities of the circulatory organs are directly interconnected – including the size, weight and function of the heart.

According to a number of authors, in athletes of all age groups, the size of the heart is greater than in those who are not engaged. The main cause was hypertrophy of the heart

of children and adolescents as a result of the engagement. The size of the heart size in children depends not only on age, but also on gender and the degree of physical development and puberty. Boys who do not play sports have a larger heart size compared to girls in all age groups (except those aged 13-14). The large size of the heart compared to boys in girls of the same age is explained by the fact that biological maturation begins before. Sport adds only its correctness in the process. In general, boys of all age groups who play sports have a larger heart size compared to girls. This is also confirmed by the studies conducted. As a result of playing sports, children and adolescents have a much lower heart rate than those who are not engaged. This is evidenced by the size of the heart and the magnitude of the contraction force in them. Until now, there is no uniform opinion about the effect of Sports on the level of arterial blood pressure. A number of researchers (Motilyanskaya R.E., 1970 and others) other researchers (Kovanov K.V., 1972) insist that no such case has been observed. It should also be noted that as the age grows, systolic and pulse pressures increase, increasing to a lesser extent in the case of diastolic pressure. In addition to the main factors, the degree of Arterial pressure is influenced by other factors, the calculation of which is a complex issue.

The level of Arterial pressure also depends on the living conditions, climatic and geographical features of the place of residence and the physical development of children and adolescents (Kalyuzhnaya R.A., 1977) . N.S. According to Konchitsani (1977) in young athletes, with increasing age (10-18 years), the maximum and minimum levels of arterial pressure increase. In each age group, arterial pressure is of a physiological norm and does not differ from the arterial blood pressure of healthy peers who do not play sports. However, in young athletes, when the maximum arterial blood pressure increases with age, in children who do not play sports, the minimum arterial blood pressure increases. This leads to a clear increase in pulse pressure in young athletes compared to the pulse pressure of their non-engaged peers.

In young athletes, arterial blood pressure has an even age-specific dynamics. In non-engaged peers, however, arterial blood pressure during the intensive period of neuroendocrine remodeling (ages 13-15) does not have the same age-specific dynamics. In addition, during this period, the minimum arterial blood pressure in young athletes decreases, while in those who are not engaged, this indicator increases. This suggests that the sport had a positive effect on neuroendocrine remodeling during puberty.

The above data and the studies carried out indicate that sports have a positive effect on the size of the heart of children and adolescents and on the age-specific dynamics of arterial blood pressure. When children and adolescents play sports, the burden given to them is appropriate for age and given taking into account individual characteristics, it helps them grow up to adulthood, becoming comprehensively competent, positively affecting their growth and development.

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