

ENERGY CONSUMPTION IN THE PROCESS OF TRAINING IN STUDENT ATHLETES

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Annotation: the article describes the manifestation of energy expenditure by an athlete when performing physical exercises and the reduction of muscle groups static or Dynamic malaise depending on the amount of muscle mass involved, the size of the body, weight, age, gender, physical fitness and external conditions of autonomy.

Keywords: physiology, energy power, kcal,static, dynamic, kcal/min, energy consumption, muscle mass, Watts, oxygen consumption (ml O₂/min), oxygen consumption.

Relevance of the topic. Now the people who live in the world together with the preparation of the body for the changes that are taking place under the influence of external mukhit, ebtibar is paid in the alox of strengthening the body's immune system. A person performs various activities in his daily routine. From a physiological point of view, a set of directed measures for the implementation of a certain purpose is called an exercise. The exercises performed during the competition period are intended to achieve the highest possible result (jumping, running, swimming, etc.).

The variety of physical exercises, sports exercises that are found in everyday life despite the fact that it is necessary to stand them. Standing physical exercises on the path of physiology is carried out depending on the yield of the active muscles involved in their implementation, the type of muscle contraction, the strength and strength of the muscle contraction. All physical exercises are divided into local, regional and global exercises, depending on the amount of muscle involved in performing them. Local exercises include exercises that perform on the ishtroki of 1/3 of the body muscles (archery, archery). When performing Regional exercises, 1/3 to 1/2 of the muscles in the body are involved. (Gymnastics exercises performed on the work of the arms, shoulder girdle, body muscles). Global exercises include exercises in which more than 1/2 of the muscles in the body are performed on the exercise. Physical exercises are divided into static and dynamic exercises, depending on the type of muscle contraction. Static exercises include exercises performed on the basis of an increase in internal tension without changing the length of the muscles. Dynamic exercises are called exercises in which the length of the muscles is reduced and lengthened.

Contraction of muscle groups performing physical exercises two things should

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be considered when caring for the strength of "strength-speed" and to "strength - sustainability" factors. The dynamic contraction force of a muscle is its

is inversely proportional to the rate of contraction. The faster the muscle contraction the less force is visible, or the greater the resistance to muscle contraction the lower the speed and the more the strength is manifested. The relationship of strength and speed determines the strength of the muscle contraction, the greater the strength of the contractions, the shorter the duration of this work. Depending on the strength and strength of the muscle contraction and the duration of the work performed, physical exercises are divided into three groups; exercises "strong", "speed-strong" and "endurance". Muscle gurus participating in the performance of exercises that are performed with "strong" or with great effort can exert yakin strain on the maximum or maximum.

In these exercises, "strength" is the main factor in their performance. "Speed-vigorous" or strength exercises are characterized by dynamic exercises. When performing them the main muscles contract at the same time with relatively great strength and speed.

Such exercises last from 3-5 seconds to 1-2 minutes. In exercises that are performed on the basis of speed and strength, "strength" has the main advantage. By "endurance" exercises, the leading muscles involved in performing them contract at a lesser strength and speed. In this order, the extended period is that they can work from a few minutes to several hours.

When performing these exercises, the main quality of "endurance" is noted. Physical to two indicators when determining the amount of energy spent on exercises attention is paid to: energy capacity, total energy consumption. Energy capacity it is understood as the amount of energy spent in a certain unit of time when performing an exercise. It is primarily measured in Watts, kcal/min, and oxygen consumption (ml O₂/min), or MET - i.e. oxygen consumption per minute per kg of body weight. Total energy consumption means at the time of complete exercise the amount of energy spent is said.

To determine this, energy power was spent on performing the exercise multiplied by Time is found. For example; to cover a certain distance the energy mixer used will always be the same. No speed, let's say that the time spent when we gain speed decreases, that is, the energy capacity of performing the exercise increases. Energy capacity to travel a certain distance it has 1.08 kcal when running and 0.72 kcal when walking.

Physical exercise is divided into light, medium, heavy and extreme, depending on the energy capacity. A number of factors should be considered when

differentiating physical exercise based on energy capacity. Including work on static or dynamism, the amount of active muscle mass involved, the size of the body, weight, age, gender, physical fitness, and external muxe conditions.

For example with an energy consumption of 1.2 kcal/min, If the body performs local work its the duration will be several seconds.If regional work is done with the same spending, the work it can take a number of tens of minutes, being of medium weight. Shu energy consumption global work is very light and can be done freely all day can. The work that a satisfied person does freely can be very heavy for an unruly person. Therefore, it is not enough to concentrate physical exercises on the fakat energy capacity. For this reason, when standing physical exercises, it is necessary not only to look at their energy capacity, but also to ignore the physiological indicators of the body.

Conclusion: 1. Exercise in athletes depending on the energy capacity of the fakat standing is not sufficient-that is, energy them when standing physical exercises ignore also physiological indicators of the body, not only looking at its strength not to be left out.

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