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THE USE PHYSICAL EDUCATION ARRANGEMENT TO PREVENT DISORDERS IN 7-10 GRADE PUPILS

L. B. Sobirova
Uzbekistan State Physical Education and Sports University

ABSTRACT

The article highlights the problem of the effectiveness of specialized exercises and the regular use of therapeutic gymnastics in the prevention of scoliosis (anxiety disorders) common in primary school children.

Keywords: Scoliosis (spinal curvature), a set of exercises, scoliosis in the frental and sagittal plains, therapeutic physical training, and physical education.