STUDYING HORMONAL CHANGES DURING TRAINING IN ATHLETES

Dilnavoz Toshkan kizi Berdiyeva
Lecturer, Department of Sports Medicine and Biochemistry
Uzbek State University of Physical Culture and Sports
E-mail: dilnavoz_dbt@mail.ru

Muborak Maxmusovna Abdullayeva
Doctor of Biological Sciences, Professor
Department of Biochemistry
National University of Uzbekistan named after Mirzo Ulugbek

ABSTRACT

The effectiveness and comfort of the training process is influenced by many factors that are not always visible to the naked eye. In particular, the state of hormonal levels seriously affects physical activity. We will talk about this. Hormonal background - the ratio of hormones in the human body. Any fluctuations in it can cause various symptoms. For example, an imbalance leads to weight loss or weight gain, hair growth or loss in various places, dry skin, and other disruptions to natural processes. With the normal state of hormones in the body, a person experiences vigor, excellent tone, good mood and confidence in himself and his capabilities. There are many ways to maintain hormone levels in your body. One of them is physical activity. Sport affects not only the muscles and other organs of our body, but also the quantitative state of hormones.

Keywords: Hormones, sport, endocrine system, physical activity, cortisol, testosterone.