БОКСЧИЛАРНИ ЖИСМОНИЙ ТАЙЁРГАРЛИК ВА МУСОБОҚА ЖАРАЁНЛАРИДАГИ ЭНЕРГИЯ САРФИ ВА ТЎҒРИ ОВҚАТЛАНИШНИНГ ЎЗИГА ХОС ХУСУСИЯТЛАРИ

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АННОТАЦИЯ

Мақолада тўғри овқатланиши ва оқсиллар, ёғлар, углеводлар, витаминлар ва минераллар каби энг муҳим озиқ-овқат маҳсулотларининг аниқ нисбати ҳисобига боксчиларнинг жисмоний тайёргарлик ва мусобақа жараёнларида сарфлаган энергияларини тиклашнинг муҳим масалалари ёритилган.

Калит сўзлар: Балансли овқатланиш, кунлик энергия сарфи, асосий кимёвий моддаларнинг калория таркиби - оқсиллар, углевод ёғлари.

CHARACTERISTICS OF ENERGY CONSUMPTION AND NUTRITION IN THE PROCESS OF PHYSICAL TRAINING AND COMPETITION OF BOXERS

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ABSTRACT

The article highlights the important issues of restoring the energy expended by boxers in the process of physical training and competition due to proper nutrition and the exact ratio of the most important foods such as proteins, fats, carbohydrates, vitamins and minerals.

Keywords: Balanced diet, daily energy expenditure, caloric content of basic chemicals - proteins, carbohydrates and fats.

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ABSTRACT

The article highlights the important issues of compensating the energy costs of athletes of boxers during the competitions and fees due to a balanced diet and the exact ratio of the most important foods, such as proteins, fats, carbohydrates, vitamins and minerals.

Keywords: Balanced diet, daily energy consumption, caloric content of the main chemicals - proteins, carbohydrate fats.