INSONNING JISMONIY YETUKLIK DAVRIDAGI TAYYORGARLIGI

Bekzod Boyqobilovich Karimov
Qarshi davlat universiteti
bekzod.karimov2021@bk.ru

Botir Meylievich Salaydinov
Qarshi davlat universiteti
botir.salaydinov@bk.ru

ANNOTATSIYA

Yetuklik davrida odam tana a’zolari tizimlarining funktsional imkoniyatlarini oshirish, kuch, tezkorlik, chidamlilik, egiluvchanlik sifatlarini oshirish jismoniy tayyorgarlik darajasiga bog’liq.

Kalit so’zlar: Jismoniy tayyorgarlik, funktsional imkoniyat, kuch, chidamlilik, egiluvchanlik.

PREPARATION OF A PERSON IN THE PERIOD OF PHYSICAL MATURITY

Bekzod Boykobilovich Karimov
Karshi State University
bekzod.karimov2021@bk.ru

Botir Meylievich Salaydinov
Karshi State University
botir.salaydinov@bk.ru

ABSTRACT

Functional readiness of organs, systems of human organs. Increasing the functionality of strength, speed, plasticity of a person depends on the degree of preparedness.

Keywords: Physical fitness, functionality, strength, endurance, plasticity.