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SPORT KASALLIGI YOKI “OVERTRAINING SINDROMI”

Odil Xamadullayevich Abdalimov
Muhammad al-Xorazmiy nomidagi Toshkent axborot texnologiyalari universiteti dotsenti

Ravshan Napasovich Xolmuratov
Muhammad al-Xorazmiy nomidagi Toshkent axborot texnologiyalari universiteti o’qituvchisi

ANNOTATSIYA

Ushbu maqolada sportchilarning haddan tashqari mashq qilish (overtraining) sindromining asosiy kelib chiqish sabablari va ularni oldini olish, bartaraf qilish haqida so’z boradi.

Kalit so’zlar: Sport kasalligi, overtraining sindromi, mashg’ulot darajalari.

SPORTS DISEASE OR OVERTRAIN SYNDROME

Odil Khamadullayevich Abdalimov
Associate Professor of Tashkent University of Information Technologies named after Muhammad al-Khwarizmi

Ravshan Napasovich Kholmuratov
Teacher of Tashkent University of Information Technologies named after Muhammad al-Khwarizmi

ABSTRACT

This article discusses the main causes of overtraining syndrome in athletes and their prevention and elimination.

Keywords: Sports Disease, Overtraining Syndrome, Training Levels.