GIMNASTIKACHI QIZLARNING JISMONIY TARBIYA VA SPORT UNIVERSITETI TA'LIMIDA YURAK QON TOMIR TIZIMI VA NAFAS OLISH TIZIMINI TIBBIY NAZORATINING SAMARADORLIGI

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ANNOTATSIYA

Maqolada gimnastikachi qizlarning jismoniy tarbiya va sport universiteti ta'limida yurak qon tomir tizimi va nafas olish tizimini tibbiy nazoratining samaradorligi masalasi ko’rib chiqiladi.

Kalit so’zlar: gimnastika, sport, jismoniy tarbiya, tibbiy nazorat, nafas olish tizimini, yurak qon tomir tizimi.

EFFECTIVENESS OF MEDICAL CONTROL OF THE CARDIOVASCULAR SYSTEM AND RESPIRATORY SYSTEM IN THE EDUCATION OF GYMNASTIC GIRLS AT THE UNIVERSITY OF PHYSICAL TRAINING AND SPORTS

ABSTRACT

The article discusses the issue of the effectiveness of medical control of the cardiovascular system and respiratory system in the education of girls gymnasts at the University of Physical Culture and Sports.

Keywords: gymnastics, sports, physical education, medical supervision, respiratory system, cardiovascular system.