

JISMONIY MASHQLARNING ANATOMIK-FIZIOLOGIK XUSUSIYATLARI

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ANNOTATSIYA

Ushbu maqolada jismoniy mashqlarni inson organizmiga tasiri natijasida anatomik tomondan o‘zgarishlar ya’ni suyak –muskul to‘qimalarni vazifaari rivojlanishi mustaxkamlanishi ularga markaziy nerv sistemasini tasiri va jismoniy mashklarni ichki organlar tizim faoliyatiga ijobiy va salbiy tasir etish xususiyatlari yoritib berilgan.

Kalit so‘zlar: jismoniy , mashq, To‘qima , suyak , muskul, tizim, nerv, xususiyat, ijobiy, sport, hajmi, mustahkamligi, faoliyat, tonus, yurak, harakat, organizm, muntazam, chiniqqan, kuch, funksional.

ABSTRACT

This article describes the anatomical changes in the human body as a result of exercise, ie the functions, development and strengthening of bone and muscle tissue, the effects of the central nervous system on them and the positive and negative effects of exercise on the internal organs.

Keywords: Exercise, Tissue, bone, muscle, system, nerve, feature, positive, sport, size, strength, activity, tone, heart, movement, organism, regular, hardened, strength, functional.