

CHIDAMLILIK TUSHUNCHASI, CHIDAMLILIKNING TURLARI, KO'RSATGICHLARI VA UNI RIVOJLANTIRISH METODLARI

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ANNOTATSIYA

Chidamliqlikning nazorati uziga xos bo'lgan va uziga xos bo'lmagan xarakterdagi turli testlar yordamida o'tkaziladi. Umuman sportchi organizimi funksional tizimining faoliyatini aks ettiruvchi maxsus testlarni ko'llash borasida fikirlarini testlarni qo'llash tavsiya etilgan.

Kalit so'zlar- Chidamlilik, faoliyat, jismoniy tayyorgarlik oid shaxs meyorini yurish organizmni kobilyat metod aerob va sportchi organizmni tana toliqish mashg'ulot funksional xolat.

ABSTRACT

Endurance control is carried out using various tests, both specific and non-specific. In general, it is recommended to use special tests that reflect the activity of the functional system of the athlete's body.

Keywords: personality norm associated with endurance, activity, physical fitness, lokamism method, aerobic-functional state of the athlete's body, training exercise for fatigue.