

ВЛИЯНИЕ ТРЕНИРОВКИ НА ИММУНИТЕТ ПЛОВЦА

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THE IMPACT OF TRAINING ON THE IMMUNITY OF THE SWIMMER

ABSTRACT

High-class swimmers currently train 2 - 3 times a day, spending 5 - 7 hours daily in the aquatic environment. In addition, they do a lot of work in the gym to develop strength, flexibility and other special qualities. It seems relevant to conduct a study of the immune status of swimmers, since they have a high percentage of exacerbation of chronic and acute inflammatory diseases of the ENT organs, as well as cases of repeated furunculosis. A possible cause of this pathology may be a violation of immunological reactivity.

Keywords: immunity, swimmers, load, conditions, training, stability, energy, health, system.