

DYNAMICS OF MORPHOLOGICAL INDICATORS IN THE PHYSICAL DEVELOPMENT OF LONG-DISTANCE RUNNING

Y. I. Sultanov

PhD, Head of the Department of Sports and Action Games, Faculty of Physical Culture, Kokand State Pedagogical Institute

ABSTRACT

The dynamics of morphological indicators of physical development of long-distance runners, effective means of training young runners at different stages of the annual cycle, quantitative indicators of physical development have been studied.

Keywords: running, physical development, morphology, growth acceleration, muscle mass, throwing, long jump, sports.

Annotatsiya

Uzoq masofaga yuguruvchilarning jismoniy rivojlanishida morfologik ko'rsatkichlar dinamikasi, yillik siklning turli bosqichlarida yosh yuguruvchilarni tayyorlashning samarali vositalari, jismoniy rivojlanishning miqdoriy ko'rsatkichlari tadqiq etilgan.

Kalit so'zlar: yugurish, jismoniy rivojlanish, morfologik ko'rsatkich, o'sishni akselerasiya hodisasi, mushaklar massasi, uloqtirish, uzunlikka sakrash, sport o'yinlari

Аннотации

Изучены динамика морфологических показателей физического развития бегунов на длинные дистанции, эффективные средства подготовки юных бегунов на разных этапах годового цикла, количественные показатели физического развития.

Ключевые слова: бег, физическое развитие, морфология, ускорение роста, мышечная масса, метание, прыжок в длину, спорт.