WORKING ABILITY AND ADAPTATION PROCESS TO SPORTS TRAINING OF CHILDREN WITH DISABILITIES

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Abstract. In article processes of adaptation to sports occupations are defined: on the stationary bicycle degree of efficiency of learners with limited physical capacity is defined; interrelations of means of the general and special training for them are studied; existence of a certain communication between means of the general physical training (GPT) and the special physical training (SPT) at disabled people and physically disabled people and their adaptation to these exercises after 10-12 occupations is established.

Key words: adaptation, addition, adoptive, disabled, dividing mechanism, general functions, main features, physical culture, physical development, physical opportunity, physical readiness, physical working, serviceability, special physical training, stationary bicycle, ways of use, working ability.

In Uzbekistan much attention is paid to sports of disabled people. Our disabled sportsmen reached good results at competitions of Asia, as well as on the world level competitions highly raise the flag of Uzbekistan. Success achieved in recent years in the sphere of sports of disabled people, specifies that regular development of sports of disabled people always is in sight of the President and the State. The non-state program "For Healthy Generation", the Decree of the President and some other governmental decrees expand the volume of development of sports of disabled people (Karimov, 2000; Karimov, 1997).

Children with limited physical capacity are bright, spiritually rich; they increase the abilities and try to find the place in life. Often we meet youth without hands, without foot or without action of anybody, but creating strong works or the poems, adjusting the computer, the TV or creating remarkable music (Atoev & Nosirov, 1993).

It is possible to meet almost healthy, but spiritually poor youth doing more than harm to a family, makhalla, to society. Among the psychotherapeutic methods which are applying at people with limited physical capacity with the amputated foot or a hand, the psycho-relaxation method is most often applied. (Holmogarova& Garanyan& Nikitina& Pugovkina, 2010; Shapiro& Popov, 1994).

But many scientists recognize that psychological exercises of this kind influence a fright, level of mental violations insufficiently.

Therefore we set a goal of studying of communication of means of the general and the special physical training (SPT) with people with limited physical capacity during the day, and also their influences on an organism.

The special attention to the general physical training (GPT) of physically disabled people is paid. By results of the conducted researches the relation of means of GPT averages 78%, 32%. At the beginning of the general physical training among means of GPT games, hopping exercises with subjects were applied. More than 60% of time is spent for the general physical run, and also gymnastic exercises.

Reaction of stationary bicycle to loading (the first intensive stage (W1) is defined at the rate on 1 kg of body weight of the teenager) is considered result of high-speed adapting adaptation of an organism and testifies to specific features of a functional condition of the tested.

By results of the conducted researches HB after loading has no big changes in relation to healthy people. The reason for that is the correct distribution of occupations of general physical training, but after the first and second loadings in an organism exhaustion signs that demands more time for permutable activity of an organism are found out. From this it is possible to come to the following conclusion: on physical preparation adaptation of an organism to long works isn't carried completely out.
It follows from this that for training of disabled children for a cycle of occupations it is necessary to develop well such qualities, as high-speed force, flexibility, dexterity, endurance.

At a stage of the general physical preparation intensity of performance of exercises averages from 56% to 60%. Within the first two weeks among exercises of special physical preparation exercises with developing features were more often applied: presses, lifting – lowering with weights, run on short and long distances. Their ratio with auxiliary exercises is made by 40%-32% of the general time allocated for special physical training. In the process of occupations intensity on the average from 48% to 50%.

On third week of a stage of the general preparation in means of general physical training wasn't big changed. But the volume of time allocated for sports, decreased a little, the volume of time increased. Also time of performance of exercises in all groups decreased by 3%. More time is distinguished from special physical training exercises, as always, special to developing exercises. Generally, time allocated for implementation of special physical training, increased by 8% at the expense of time, allocated for general physical training. Thus, the ratio of means of general physical training and SPT makes 68%-32%. Didn't change intensity of performance of exercises. It found the reflection in sharp increase in heart beat, oxygen consumption at the level of ventilation of lungs, accumulation of lactose in blood, etc.

At the second stage activity of functional system of physically disabled people begins when key parameters for its providing have steady character, i.e. a state resistant.

The third stage is expressed by violation of the established balance between satisfaction of the nervous centers due to their exhaustion which supply requirements and managements of movements, and the termination of carbohydrate stocks of an organism. For an organism of the sportsman there will be superfluous a statement frequent the requirement, connected with transition to the third stage of adaptation, it can influence badly to rate of long-term formation, will lead to negative changes of conditions of different bodies.

When determining adaptation in sports it is necessary to consider it as process and result:
- Adaptation is used when determining process of adaptation of an organism to factors of the external and internal environment;
- It is applied when determining relative balance established between an organism and Wednesday;
- By adaptation the result of adaptation is meant.

On endurance manifestation to sports occupations at physically disabled people has a great impact psychological qualities. They are characterized by power of motivation, and durability of installations on result of activity, and also strong-willed qualities: aspiration to the purpose, determination, diligence, endurance, ability of patience of negative changes (i.e. the state arising in the process of work - increases of oxygen starvation).

Thus, existence of a certain communication between means of general physical training and special physical training at disabled people and physically disabled people and their adapted for these exercises after 10-12 occupations is established. Healthy lifestyle – pledge of the great future.

References