

The Role of External Environment in Achieving High Results of Athletes

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Annotation: This article provides information about the role of the external environment in helping athletes achieve high results. In the trainings, it was stated that it is necessary to pay attention to mountain areas and city air, as well as the location of reefs.

Key words: Physical education, training sessions, sports competitions, physiological processes, physical exercise, relief of the place, sudden changes in sunrise and sunset times.

The head of our state pays a lot of attention to physical education and sports, like all other fields, including economic support and encouragement of athletes and their coaches, economic funds for organizing training camps at a high level. The signing of special decisions and decrees on the provision of sports became very important in the development of sports.

Sports competitions and training processes are not always held in favorable conditions for the life of the body. The conditions under which the life activity of the organism is unfavorable, along with the study of physiological processes, also destroys physiological functions. The environment - the temperature of the environment, the function of the organs and systems of the body will be normal, the person will feel good, work ability will increase, fatigue will develop later, work productivity will increase.

In the conditions of physical exercise or competition, if the vital processes in the body are disturbed, i.e. the work of the internal organs increases or decreases, if the changes in the composition of the internal environment of the body exceed the specified limit, the person feels bad and cannot start work quickly. , work capacity decreases, gets tired quickly, productivity is low.

Such conditions that reduce the athlete's ability to work include high or low temperature of the external environment, i.e. strong change, decrease or increase in hot and cold atmospheric pressure, wind speed, excessive air humidity, relief of the place of work, sudden changes in sunrise and sunset times. change (that is, when moving from one region to another). Such factors, along with changing the order of the body's vital processes, have a significant impact on the body's condition and ability to work.

The effect of high-temperature external environment on the body is not only due to temperature, but also consists of processes that occur under the influence of sunlight as well as temperature.

The processes that occur in the body under the influence of the high temperature of the external environment and sunlight, the redistribution of the blood flow of the heart, veins, respiratory organs, sweat glands, etc. are primarily aimed at maintaining body temperature and maintaining the stability of the internal environment of the body.

The climate of Uzbekistan has a strong influence on the vital processes in the human body due to its sudden change and especially in the summer season with the strength of sunlight and high temperature.

In such conditions, in the course of sports activities, a number of changes occur in the work of the body's systems. Meeting the water and salt requirements of athletes to maintain their performance in high temperature conditions.

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In high temperature conditions, sunlight and heat create many difficulties for the life activity of the organism.

In sports activities, the athlete's working capacity quickly decreases, fatigue develops, and productivity decreases. The main reason for the occurrence of such negative consequences is the violation of the temperature normally maintained in the human body under the influence of high temperature. Athletes can sometimes even die from heat stroke.

When intense muscle work is performed in high-temperature conditions, family nervous activity is disturbed, which is manifested in a decrease in the athlete's memory and will, in the appearance of lethargy, in the balance of nervous processes, in violation of movement reactions, and in other cases. After the intense and long-term activity of the muscle in the high temperature conditions of the external environment, the period of recovery of the skin functions takes a long time.

In the circulatory system, there is an acceleration of the heartbeat and an excessive increase in maximum blood pressure or a decrease from the pre-workout level. Also, it is possible to observe the extreme tension of the heart muscle and the decrease in functional capacity.

The activity of muscles in high temperature conditions also causes a number of functional changes in the respiratory system.

Breathing speeds up, lung ventilation increases, this situation is observed with excess oxygen absorption of breathing muscles, due to which the oxygen supply of working muscles decreases. A decrease in the amount of water in the muscles leads to a sharp decrease in working capacity. Doing physical work for a long time in high temperature conditions and drinking water increases the volume of blood plasma, which has a positive effect on the body by increasing the supply of nutrients to the working muscles and the release of heat in the body.

Drinking juice during physical work increases the body's supply of carbonated water. This is especially important when performing long-term physical work.

Because during long-term physical activities, the glycogen in the liver and muscles, which are the energy sources of the human body, will decrease significantly, and the athlete will not be able to achieve the desired goal.

In conclusion, it should be said that in order for an athlete to achieve high results, the athlete's body must adapt to different climatic conditions, such as high atmospheric pressure and low temperatures, and regular training will accelerate the athletes' achievement of high results.

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