

Professional Health Fitness Features for Special Professional Activities

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Abstract: *In this article, it is written about "organizing the use of organized sports training based on modern programs for professional activities.*

Keywords : *fitness, sports training, aerobic, step-aerobic, physical education, organism.*

Many scientific studies show that leading a structured life and being active all the time reduces the risk of many types of cancer and prolongs life. Of course, we imagine modern people not sick people with some health problems, but people who are businessmen and at the same time healthy and strong in all respects.

On the basis of modern programs, a number of sports training competitions are organized on a global scale, and the sports competitions organized in this regard are brought to the public's attention by the mass media. From the financial point of view, it is worth noting that the work done in this regard is funded through the organization of sports competitions. The possibility of raising money through the organization of clubs based on modern programs, arising out of necessity, is the cause of the interest of even economists and investors.

"Rope-skipping" is a type of movement invented by the Belgian coach Richard Stendhal in the 80s of the XX century as a basic movement activity, in which a moving group or individual group performs an acrobatic dance on 1 or 2 (or more) ropes. element-rich jumps with a variety of combinations of elements.

Rope skipping is a new type of movement activity, which is a set of different elements consisting of different jumps, dance combinations performed with the help of one or two ropes, carried out individually or in groups.

The term rope skipping means "jumping from the rope" when translated from English.

"Rope skipping" is a type of physical activity that is effective and inexpensive, and at the same time allows exercising all muscles at a high level. Such exercises develop and strengthen the cardiovascular system, respiratory system, (dissolving fat) and various physical qualities: speed, strength, agility, endurance, flexibility.

Jumping with a rope: widely used in the main training sessions of boxing, basketball, football, and bodybuilding. This is explained by the fact that the organization of such training does not require large expenses.

Methodology of teaching the basic movement technique. We can consider "Rope skipping" as a set of movement techniques based on basic elements, which perform movements at the level of art.

These elements consist of double jumps that each athlete can perform, namely: left and right leg twists (Twist), right and left kneeling (kneeling) jumps, left and right on the right, alternating jumps (steps), 180° or 360° turning jumps are examples.

According to age characteristics, "Rope skipping" as a physical activity is the most convenient activity

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for people of different ages. This creates virtually limitless opportunities for children, teens, middle-aged adults, and seniors to enjoy rope skipping regularly.

Terarobics. Such dance movements, established by the German coach Y. Kharzom in 1995, include aerobic exercises, gymnastic strength and stretching movements. This is done by grasping the latex tape and overcoming different resistances at the same time. In this case, you can use ordinary elastic rubber bands. The attractive organization of classes through easy simple dances to the sound of music requires a special approach to them. Terarobika is known in terminology as dance aerobics.

In order to develop the organism, the differentiation of the factors affecting it from each other, as many aerobic factors:

- I. According to aerobic endurance,
- II. According to strength endurance and muscle strength, formation of harmonic indicators.
- III. According to the ability to coordinate musical and artistic skills.
- IV. It is for the purpose of developing flexibility and relaxation.

The modern programs available now make it possible to eliminate and find a solution to a wide range of problems. Especially conditionally, in step-by-step training, athletes as an element of high-level training, etc.

"Step-aerobics" classes differ from each other depending on the height of the chosen movement platform, the image of the performed actions and the complexity of their execution. For reference, it should be mentioned that more than 250 exercises with different combinations can be used in "Strp-aerobics" alone.

The most favorable methodical conditions for their implementation are optimal high steps, (knee and toe rise should be at least 90 degrees) and frontal movements are performed on the platform with alternating right and left legs.

Currently, various types of "Step aerobics" are produced and used in practice, such as: basic "step", "Step" latina, "Step" jogging, double "step", etc.

"Total Body Workout" (Total Body Exercises) - Interval high-intensity training with the possibility of using the "step" platform.

"Hi-impact" (хай-ипакт), High-impact - "aerobic" type of sports-oriented activities consisting of jumping, standing running and similar simple movements are used.

"Hiy-low-impact" (Hay-low-impact) - Actions that differ in terms of impact (high and low impact).

The development of new health care and fitness technologies based on the demands of the day shows the need to teach the content of the activities of specialists. It is obvious that some technologies should be introduced into practice.

Development of fitness services in current conditions; - requirements for qualified specialists with management skills, who can organize sports rehabilitation activities, and at the same time for existing specialists are gradually increasing (Invesky 2000).

Research shows that all factors as a human activity, fitness programs will become an integral part of people's lifestyle. However, unfortunately, there is almost no specialists in training, and in this case, representatives of other fields, especially: sports coaches, physical education teachers, are organizing trainings at a level that cannot meet the sufficient demand. In addition, even the fitness industry itself cannot meet today's demands. At present, trainers (aerobics, bodybuilding, Thai aerobics, aqua aerobics, etc.) are also completing short training courses.

Special emphasis on this allows to improve and improve the quality of fitness equipment, and to expand

the training of fitness specialists in order to update health technologies. For example, IHRSA ("International Association of Healthy Living, Tennis and Sports Clubs") organizes various courses together with various conferences.

When organizing classes, it is not recommended to always follow the use of strictly ordered exercises, but on the contrary, they are changed as much as possible.

Below, we will outline the agenda, which should be followed not only in mass sports training, but also in any other physical exercises, which will increase the effectiveness of professional training, enrich the knowledge and skills of the theory and practice of STT physical culture. we brought to your attention methodological recommendations. They are:

- 1) Start training with the simplest movements and then move on to complex movements;
- 2) Follow the rule that sharp movements should be performed in the middle of training;
- 3) gradually increase the pace of each movement act or movement activity;
- 4) Select the loading rate that you will cause when performing exercises and movements based on your internal capabilities (if you don't know, get expert advice);
- 5) Make it a habit to master and perform actions and exercises step by step until certain skills are obtained;
- 6) Have an understanding of the consequences arising from the speed of the movement;
- 7) Don't imitate, "I'm not inferior" to an action that doesn't match your strength without necessary preparation;
- 8) Making it a habit to perform the same exercises in different initial situations;
- 9) Differentiate between the movements of the muscle fibers that are used for stretching (isometric), tension, and static contraction;
- 10) Establish control of changes related to physical development, physical fitness;
- 11) to have special knowledge about the rational composition and standard of food:

In addition to the above-mentioned traditional fitness sports, we have brought to your attention some of the popular fitness sports in our country, assuming that you will use them in your daily routine.

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