

KURASHCHILARNING JAROHATIDAN SO'NG TIKLANISH SAMARADORLIGI.

10.53885/j0224-0389-2015-j

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Annotatsiya: Ushbu maqolada kurashchilarning jarohat olishini oldini olib borish va ularning musobaqa va musobaqadan keyin tiklanish masalari yoritilgan.

Annotatsiya: В данной статье освещены вопросы профилактики получения травм борцами и их восстановления после и во время соревнований..

Annotation: This article highlights the issues of prevention of injuries by wrestlers and their recovery after and during competitions.

Kalit so'zlar: kurash, halol, ta'zim, to'xta, yonbosh, tezlik, kuch, malakali sportchi, relef, sport inshootlari, mashg'ulot vositalari.

Ключевые слова: борьба, честность, поклон, остановка, боком, скорость, сила, опытный спортсмен, рельеф, спортивные сооружения, тренировочные сооружения.

Key words: wrestling, honesty, bow, stop, sideways, speed, strength, experienced athlete, terrain, sports facilities, training facilities.

Davlatimizning bevosita qo'llab-quvvatlashi natijasida kurash xalqaro sport turi sifatida keng e'tirof etildi, "kurash", "halol", "ta'zim", "to'xta" va "yonbosh" kabi atamalar esa xalqaro sport lug'ati tarkibidan mustahkam o'rin egalladi.

1998 yil 6 sentabrda ta'sis etilgan Kurash xalqaro assotsiatsiyasi bugungi kunda sayyoramizning beshta qit'asidagi 130 dan ortiq milliy federatsiyani birlashtirgan.

2010 yilda Kurash xalqaro assotsiatsiyasi Olimpiya o'yinlari dasturiga kiritish uchun buyurtma berishda muhim talab hisoblangan Jahon dopingga qarshi agentligining e'tirofiga sazovor bo'ldi.

2017 yil 20 sentabrda Ashxobod shahrida bo'lib o'tgan Osiyo Olimpiya kengashining 36-Bosh assambleyasida "Kurash" milliy sport turi tarixda ilk bor XVIII yozgi Osiyo o'yinlari dasturiga rasman kiritildi.

Kurash xalqaro assotsiatsiyasi va O'zbekiston Respublikasi kurashni xalqaro sport musobaqalari va turnirlari dasturlariga, kelgusida esa Olimpiya o'yinlari dasturiga ham kiritish bo'yicha faol tadbirlarni amalga oshirmoqda. Hozirgi paytda sportning har xil turlari, jumladan, kurash sohasida tayyorgarlikning an'anaviy yo'llari va maxsus usullaridan foydalanib, yanada yuksak natijalarga intilmoqda. Yuqori natijalarga intilish va erishilgan natijalardan o'zish, taraqqiyotning harakatlantiruvchi kuchi sanaladi. Shahar, tuman, mamlakat, jahon miqyosida chempion yoki Olimpiya chempioni – murabbiy va kurashchining hamkorligidagi mehnatning samarasidir!

Sport natijalarining o'sishini ta'minlaydigan eng muhim omillardan biri – bu mashg'ulot jarayonini tashkil qilish shakllarini takomillashtirishdir. Ma'lumki, hozirgi zamonda yuqori malakali sportchilarga bo'lgan talablarda ular bir kunda ikki, ba'zida esa uch marta mashg'ulot o'tkazish lozim. Sportchilar sport mashg'ulotlari joylaridan juda uzoq yashaydigan sharoitlarda bunday mashg'ulotlarni belgilangan tartibga amal qilgan holda o'tkazish katta qiyinchiliklar bilan kechadi, gohida esa umuman imkoni bo'lmaydi. Ma'lumki, maxsus tashkil qilingan o'quv – mashg'ulot yig'inlari sharoitlaridagi mashg'ulot samaradorligi juda yuqori bo'ladi. Yuqori malakali sportchilar uchun o'quv – mashg'ulot yig'inlarining o'tkazilishi ham shu bilan tushuntiriladi.

Biroq o'quv – mashg'ulot yig'inlari qoniqarsiz tashkil qilinganda, musobaqa o'tkazish joyi noto'g'ri tanlanganda va mashg'ulot vositalari bilan yomon jihozlanganda, shuningdek mashg'ulot yuklamalari noto'g'ri rejalashtirilganda, intizom va tarbiyaviy ishlar bo'sh bo'lganda zarur natijalarga erishib bo'lmaydi.

Shuning uchun o'quv – mashg'ulot yig'inini tayyorlashda quyidagilarga ahamiyat berish zarurdir:

Yig'inlarining muayyan maqsadi va vazifalariga muvofiq holda ularni o'tkazish joyi tanlanadi. Bunda iqlim sharoiti, mahalliy relef, sport inshootlari, mashg'ulot vositalari va maishiy sharoitlarning mavjudligi hamda sifati hal qiluvchi omillar bo'ldi.

Mas'uliyatli musobaqalar oldidan bo'ladigan yig'inlarni musobaqalar o'tadigan joyda yoki bo'lib o'tadigan musobaqalar sharoitiga juda yaqinlashtirilgan sharoitlarda o'tkazish maqsadga muvofiqdir.

Yig'inlarda o'quv – mashg'ulot jarayoni samaradorligiga bog'liq bo'lgan asosiy omillar quyidagicha:

Malakali murabbiylarning doimiy tarkibi.

Hozirgi taraqqiyot bosqichida jismoniy tarbiya va sport mashg'ulotlarini tashkil qilishning istiqbollari: muammo va yechimlar. Xalqaro miqyosidagi ilmiy amaliy-anjuman. 2022 yil 28-29 aprel

Tayyorgarlik darajasi va soniga ko'ra o'quv guruhlarining optimal tarkibi.

Vrach va doimiy kompleks ilmiy guruhlar a'zolari tomonidan amalga oshiriladigan tibbiy-pedagogik kuzatishlar; mashg'ulot yuklamalari hajmi va shiddatini boshqarish hamda musobaqalar davriga kurashchilarni sport formasi holatida olib kelish uchun murabbiyga yordam beradigan tiklanish vositalari kompleksining mavjudligi;

Yaxshi tashkil qilingan, yuqori sifatli, kaloriyali ovqatlanish;

Yaxshi tashkil qilingan tarbiyaviy va madaniy-ommaviy ishlar;

Tezkor ko'rgazmali o'quv axborotnomalardan (vidiomagnitafon yozuvlari, internet va boshq.) keng foydalanish;

Sport asbob-anjomlari va jihozlarini mashg'ulotlarga o'z vaqtida hamda sifatli tayyorlash.

Mashg'ulot jarayonida yig'in qatnashchisi, ya'ni har bir sportchiga alohida yondashishga amal qilish juda muhimdir. Mashg'ulot yuklamalari hajmi va shiddati mashg'ulotning alohida rejasiga mos xolda amalga oshirish maqsadga muvofiqdir. Xulosa o'rnida kurashchilarning jarohat olishini oldini olish va jarohatdan so'ng tiklanish bo'yicha vrach va doimiy kompleks ilmiy guruhlar a'zolari tomonidan amalga oshiriladigan tibbiy-pedagogik kuzatishlar va nazoratlar zurrur hisoblanadi.

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