

Influence of Volleyball Playing on the General Physical Condition of a Student

Ruzmetov Makhmud Askarovich

Senior Lecturer at the Department of Social and Humanitarian Disciplines Almalyk branch of the federal state educational institution of higher education "National Research Technological University "MISIS"

Abstract

This article touches on the topic of volleyball and how it affects the overall physical fitness of students.

Key words: physical culture, discipline, loads and intensity, humanistic, educational.

Introduction

Nowadays the topic of physical training of students has become very relevant. Sport has always been an emotional and interactive environment, which gives an opportunity to show not only personal qualities of a person, but also to improve physical fitness and the condition of the whole organism as a whole. Modern lifestyle, sedentary work and sedentary lifestyle lead to deterioration in physical fitness and health in many students. Therefore, it is important to include exercise and sports in your daily life. Physical training not only helps students stay fit and healthy, but also helps them develop qualities such as endurance, strength, coordination and flexibility. These qualities are necessary not only for sports, but also for everyday life. In addition, sport and exercise help students cope with academic stress, improve concentration and mental performance. Sport also develops discipline, determination and self-confidence.

Universities and colleges are increasingly organizing sporting events and competitions to promote team spirit and cooperation. It also helps students to broaden their social circle and learn to work as part of a team. Overall, physical education for students is an important part of their education and

helps them to become healthier, stronger and more confident. It is important to remember to incorporate sport and exercise into your daily life.

It has been observed that participation in various sporting events plays an important role in improving the emotional background of students. Active participation in sport improves mood and has a positive effect on students' willingness to learn. This is because exercise stimulates the production of endorphins - happiness hormones that improve mood and general wellbeing. Sport helps to relieve stress and tension, which can have a negative impact on a student's emotional state. Participation in sporting activities helps to develop discipline, determination and self-confidence. These qualities are necessary for successful learning and goal attainment, play an important role in improving the emotional background of students and have a positive effect on their mood and willingness to learn. Encouraging and supporting physical activity among students should be an important priority for educational institutions. Through sport, students learn to work as a team, develop leadership skills and learn to overcome challenges. All this has a positive effect on their emotional state and increases their readiness to learn.

Sport helps students maintain physical fitness and improve their health. This is important for maintaining high performance and concentration while studying. Exercise also helps to improve sleep, which is important for regaining strength and emotional balance.

Physical culture has always been an important and integral part of the formation of the personality of a modern specialist. This discipline has always been obligatory for any speciality. Physical culture is one of the means of developing a developed personality and improving the physical and psychophysiological state of students throughout their studies and professional training.

Physical education helps develop physical qualities such as strength, endurance, flexibility and coordination. It also helps to promote health and prevent various diseases associated with a sedentary lifestyle. Physical education helps students develop important qualities such as discipline, determination, self-confidence and teamwork. They learn to overcome difficulties and achieve their goals, which will be useful in their future careers. Physical education also helps to improve the mental state of students. Regular exercise helps to reduce stress, improve mood and enhance performance. This is particularly important during exam periods and periods of intense study. Physical culture plays an important role in shaping the personality of a modern professional. It not only promotes the development of physical qualities, but also helps students to become more confident, disciplined and successful in their professional activities. It should therefore remain a compulsory discipline for all specialties and receive due attention in the learning process.

Nowadays, universities are focusing more and more on humanistic education systems, which aim to develop the personality of students and shape their world view. However, any educational system must pay due attention to physical training and sport. This is necessary in order for students to be successful not only in their studies, but also in life in general.

Through sport, students can develop their physical skills and improve their health. But this is not the only benefit of playing sport. Research shows that students who exercise regularly are better learners. This is because exercise improves circulation and metabolism in the body, which in turn has a positive effect on brain function and helps students to concentrate better. After all, to succeed in sports, you need to be focused and be able to control your thoughts and emotions. These skills will also be useful in everyday life.

Most importantly, playing sport helps students develop a positive attitude towards themselves and others. Sport helps to develop qualities such as determination, perseverance and self-confidence. Such students are willing to take risks and are not afraid of challenges, which can help them achieve great success in the future. Students who devote time to sports have a more positive attitude towards life and other people than those who do not. They are more energetic, self-confident and able to overcome difficulties. This makes them more successful not only in school, but in all areas of life.

Although in our time universities aim to develop humanistic values in students, the education system should not forget the importance of physical training and sports. Playing sports helps students to develop their physical and mental abilities and also creates a positive attitude.

Volleyball is a good workout for stamina and coordination. Constant interaction with teammates and the need to make quick decisions on the court help develop coordination and reaction, as well as endurance, strength and flexibility. These are very important qualities that help the students not only on the playing field, but also in everyday life. Thanks to volleyball, students improve their physical fitness, strengthen their immune system and increase their performance.

These skills are not only useful during the game, but can also be applied in everyday life. It promotes physical development and improved health, and is an ideal sport for those who want to make new friendships and maintain an active lifestyle.

It is clear why volleyball appeals to young people because of its simplicity, accessibility and physical benefits. Its popularity among young people ensures that the sport is widely disseminated and promoted in various settings, including educational institutions and sports clubs.

Volleyball at all levels is characterised by a high volume and intensity of training. Therefore, a student playing volleyball must be in excellent physical condition and good health. The demands on physical development and health are very high. This is due to the fact that volleyball requires the athlete to have high endurance, strength and speed, as well as good coordination of movement. Therefore, a student involved in this sport must pay great attention to his physical development and health in order to be successful in volleyball.

It is important to note that volleyball classes are designed to develop stamina, as one of the components of the game is jumping and the intensity of its execution. This is what makes volleyball different from other sports. Playing volleyball requires a high level of physical fitness. Constant jumping, sudden movements, hitting the ball, all contribute to the development of endurance, coordination and strength. These stresses have a beneficial effect on the cardiovascular system, improving lung function and general wellbeing. It requires a high level of physical fitness from the players, so playing volleyball helps to improve stamina and strengthen muscles. Playing volleyball also develops coordination and reaction, which are also important for success in this sport. So if you want to improve your physical fitness and develop the necessary skills to play volleyball, then this sport is a great choice for you.

Volleyball has its own niche of popularity in universities and has never lost its relevance among students. This is not surprising, as volleyball is not only a fun game, but also a great way to keep fit and healthy. Before playing volleyball, students need to improve their health. This means eating right, giving up bad habits and exercising. It is important to develop physical qualities that will help the students not only during the games, but also in later life, in their professional work after they have finished their education.

Volleyball is not only a fun game, but also a useful activity for students. It helps to increase the efficiency and effectiveness of the educational process. By playing volleyball, students improve their physical fitness, which allows them to better cope with academic loads and not get tired quickly. It is therefore not surprising that this game remains popular with students and has not lost its relevance over the years.

Sports games, especially volleyball, help reduce the risk of fatigue. Training and games strengthen the body and increase its resistance to stressful situations. Students who play volleyball become calmer and more balanced, which has a positive effect on their psychological state. In addition to the physical benefits, volleyball also develops mental skills. The game requires a high level of concentration, reaction speed and dexterity. Volleyball students improve their alertness and ability to switch between tasks quickly. Helps develop working memory and practical thinking. During the game you have to make quick decisions and analyse the situation on the pitch. This helps students develop their ability to think quickly and make decisions in difficult situations.

However, the main benefit of volleyball for students is the development of high levels of movement coordination. During the game, you have to control your movements and coordinate them with the actions of other players. This helps students become more flexible and coordinated in their daily lives. Understanding the anatomical and physiological characteristics of the body is an important aspect for a volleyball coach. He needs to understand which muscle groups are involved during the game and what physiological processes occur in the body during training and competition. It is also important to consider the age characteristics of the students and develop training programmes that meet their physiological needs.

Knowledge of anatomical and physiological characteristics will enable the teacher to create effective training plans that take into account the needs of the students to improve endurance, coordination, strength and flexibility. This approach will allow students to get the maximum benefit from playing volleyball and minimise the risk of injury.

To improve the performance of students in volleyball classes, it is necessary to use an integrated approach that includes both physical and technical training. Physical training will help students to improve their endurance, strength, speed and flexibility, which in turn will improve their performance in training. At the same time, students need to pay attention to the technical skills of volleyball, such as passing, serving, hitting and tactical combinations.

To ensure that the training process is structured and systematic so that students have the opportunity to gradually improve their physical and technical abilities. Regular training, evaluation and correction of results also contribute to the improvement of students' performance.

Playing volleyball promotes the development of movement coordination, flexibility and endurance. During practices and matches, students also learn to work as a team, which develops communication, collaboration and trust in their partners. These are important skills that will be useful not only on the sports field, but also in everyday life and future professional activities.

Volleyball training not only helps students keep physically fit, but also helps them develop a wide range of skills that can be useful in various areas of life. A whole range of drills and exercises that promotes all-round personal development.

Volleyball games can be beneficial to the physiological development of students, but the terms you use don't quite fit the physiological concepts.

1- Adaptability - Volleyball games can help the body adapt to physical activity, increase endurance, and improve cardiorespiratory function.

2. Neuroticism is a term used in psychology to describe a person's level of emotional stability and is not a physiological indicator. Volleyball can help improve students' well-being, psychological resilience, and stress tolerance.

3. Stability of the balance of nervous processes - this term has no specific physiological meaning. However, playing volleyball can improve movement coordination and balance, which is important for general physical fitness.

It was noted that volleyball activities contribute to the reduction of neuroticism in students, as physical activity can help to reduce stress and anxiety levels, improve self-esteem and socialization. Thus, participation in volleyball classes can contribute to students' adaptability, improving their mental and emotional state.

Practicing volleyball can help balance the nervous system. Physical activity, such as playing volleyball, promotes the release of endorphins, which improve mood and help regulate the nervous system. As a result, the level of arousal in the nervous system can be balanced, which can promote balanced behavior and emotional stability. In addition, emotion regulation and mental stability, are important for competitive performance in volleyball. Thus, practicing this sport can promote physical and emotional harmony.

Performing general developmental exercises can have a positive effect on the physiological state of students. Physical activity helps to improve the cardiovascular system by increasing the frequency of cardiovascular contractions, which improves blood circulation and overall endurance of the body. Warm-ups increase vestibular stability, which can help improve coordination and balance. Exercise performance contributes to an increase in strength index, which in turn can improve the overall physical fitness and strength characteristics of students. All these factors have a cumulative effect on improving the physiological state of the students' body. Increase in visual field and depth, increase in intensity, stability and switching of attention after training may be signs of improvement in psychophysiological state of students. These changes may indicate an increase in the level of concentration, attention, reaction and simply physical and mental readiness for further educational or professional activities.

On a physiological level, constant physical activity improves the functioning of the nervous system, increases blood supply to the brain, and improves vestibular function, all of which result in improved overall performance. Therefore, physical activity can be an important part of preparing students to learn and improve brain function.

Like many other sports, volleyball is an excellent way to develop physical and mental abilities and regular volleyball practice has a positive effect on the functioning of all senses, musculoskeletal system and improves the performance of the gastrointestinal tract and circulatory system. Like many other sports, it is an excellent way to develop physical and mental abilities. It has a positive effect on the functioning of all the senses, musculoskeletal system and improves the efficiency of the gastrointestinal tract and circulatory system. It is an excellent way to develop physical and mental abilities, as well as positively affect the functioning of all senses, musculoskeletal system and improve the performance of the gastrointestinal tract and circulatory system.

During the game, students are in a favorable environment in which they are given the opportunity to show their strength, agility, quickness, wit, teamwork and many other qualities that are necessary for students to improve and become a person.

The game of volleyball requires players to be very physically fit. Constant jumping, sudden movements, hitting the ball - all this contributes to the development of endurance, coordination of movements and strength. These activities have a beneficial effect on the cardiovascular system, improve lung function and overall health. Repeated jumping is constantly required, these jumps significantly strengthen certain muscle groups and increase their dynamic strength. To play volleyball effectively, it is necessary to have good mobility in the wrist, elbow, shoulder joints, sacroiliac joint, hip and ankle joints.

Mental preparation plays an important role in the successful game of volleyball. The ability to control emotions, make quick decisions, adapt to variable playing conditions and maintain team spirit are just as important as physical fitness. Developing strong-willed qualities such as perseverance, determination, concentration and self-control helps players cope with pressure and stress during matches. A player's mental toughness can be the key to success in volleyball.

This can be related to endurance training for volleyball players. Speed and endurance training helps players to react quickly to changes in play, maneuver on the field and maintain a high tempo of play. Properly structured training allows players to maintain a high level of activity throughout the match without severe fatigue. Thus, the development of physical qualities such as speed and endurance plays an important role in achieving success in volleyball.

Of all the physical qualities, agility is the least studied, but it should be taken into account that this agility, which is sufficient in volleyball, may not be enough in other sports. Agility plays an important role in various sports and its importance cannot be underestimated. It is required for quick reactions, accuracy of movement and agility. Developing agility can be key to improving performance in disciplines such as soccer, basketball and handball, where high levels of agility can make the difference in a game.

Playing volleyball not only brings pleasure, but also helps to improve the general physical fitness of students. Development of physical qualities, coordination of movements, improvement of endurance and strength, as well as the formation of team skills of affairs.

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