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# Physical attributes (capabilities) of development of the main legality

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***Annotation:*** *physical ability – it's human mental activity and providing the requirements of this muscle or its effective implementation – is a set of physiological and morphological features. Particular aspects of human action to the expression field for a long time to "physical (driving) the quality of" used that term. Now some authors call it "physical-niy the quality of the content formalastik the concept is simple-due to the scientific and send out ularnin from circulation, leeg, instead of only the "physical ability" of the terms are invited to apply. Despite this, in daily speech and scientific – aimed in the literature this term is quite common.*
***Keywords:*** *physical qualities, physical abilities, quick agility, strength,elasticity, durability.*

The formation of physical culture of the person and the actions associated with them remain involved in the process of knowledge o'zlashtiribgina, despite the fact that their physical abilities are also development.

At the present time to quantify the capacity of human action "physical ability" and "physical quality" one of the terms of use. In a certain sense this concept are similar but not the same.

Unfortunately, the literature is somewhat conflicting thoughts about the interaction you can find definition of this concept. For example, in a case participating in the activities of the body's physical ability and its effects defining the functional movement systems is understood as the form of the manifestation of being disabled (Natalov g. g.,1977), in some other life, especially, the quality of movement and physical activities performed in imko to the person who makes up the basis of specific-intent is provided (p. a. Matveev, 1991); uchinchisida to liyat when the body's mental and physiological abilities morfo on the characteristics of congenital advanced sign-understanding of the world (Ilin e. p. b. v. Evstafev, 1987).

Physical ability – it's human mental activity and providing the requirements of this muscle or its effective implementation – is a set of physiological and morphological features.

Particular aspects of human action to the expression field for a long time to "physical (driving) the quality of" used that term. Now some authors call it "physical-niy the quality of the content formalastik the concept is simple-due to scientific and lee sent out to them from the circulation instead of just "physical ability" and the terms are invited to apply. Despite this, in daily speech and scientific – aimed in the literature this term is quite common. So, perhaps, identify the side and the contrast between these two concepts are similar, their use is worth it to get the outline of the



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situation.

Primarily, you need to take note that “quality” in relation to the concept of any one thing always was applied and his other many different things stand, the essence expresses the unique character of, in particular, products, raw materials, food products, the quality of life-the world of the person, etc about the quality of knowledge is so to speak. This term should be used in the same sense also from the field of physical education.

Therefore, the physical quality of his efforts reflect the real man of some specific features such as physical abilities, opportunities-that s used to check than it appeared in this form or, that is, when accomplished, you can meditate on the basis of the ability about them.

Physical ability – it's human mental activity and providing the requirements of this muscle or its effective implementation – is a set of physiological and morphological features. Particular aspects of human action to the expression field for a long time to “physical (driving) the quality of” used that term. Now some authors call it “physical-niy the quality of the content formalastik the concept is simple-due to scientific and lee sent out to them from the circulation instead of just “physical ability” and the terms are invited to apply. Despite this, in daily speech and scientific – aimed in the literature this term is quite common. So, perhaps, identify the side and the contrast between these two concepts are similar, their use is worth it to get the outline of the situation.

The ability of various human heart, which differ from each other in terms of quality can be the owner of. Exactly this uniqueness on the quality of its physical attributes to the different physical guvohgives more. In marriage, the human quality of physical education and sport specific features “strong”, “quick”, “smart”, “elastic”in the phrase its glimpse -- -I find it hard to. Show them the importance of life in this isolated the criteria of quality. In fact, the physical quality of the particular physical achieved the level of their correctness, accuracy, uniqueness, of the importance of expression is considered. For example, let the power of human abilities. They have the high level of muscle strain, while the relatively small size of the power to reduce speed appears in the exercises. Original power skills “stagnant” power, “the power of contraction”, “static power” provides a description of power quality. Speed – power and high-speed reduction exercises which require serious muscle strain their skills. Speed – power development, primarily in “explosive” is reflected in the quality which is called power.

The above obtained the power to the power of language in a holistic manner and identify the quality of human abilities gives you the opportunity to make a difference. In the same way, also other physical taft quality-vutlarini can represent. There is a relation between physical ability and quality more meaningful. The same qualities show different physical abilities, different ability to the description of only one of them while they could. For example, the "agile" on the basis of the quality of many ability: muvofiqlashgan, efficiency , power, and others lay. Speed – power skills only "power" is not "efficiency" is identified as.

Thus, it is intertwined with a person's physical attributes, physical skills, is determined by the properties of different actions during their show being the physical manifestation of the development and the level of being on the one hand, environmental factors (social and personal living conditions, climate and geographical conditions of the material where the lessons will be held after the approval of subscriber, and h usuliyati develop them.k.), while various specific reactions of the body on the second hand, which is associated with hereditary factors tas'irlarga ("motor" nishonasi abilities as)



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the impact of human physical abilities as members nishonasi organizdaqing anatomical, physiological, and spiritual features. The performance of any activity in the process of "motor nishonasi is" improvement on the basis of the body's adaptation to changes in the relevant jis-moniy to becomes.

It is necessary to note, "nishonasi motor is" many funksiyali if the conditions of muscular activity, depending on the development in this direction and in this form he or physical ability can ensure the development of it or not. Professor y. v. Verxoshanskiyning opinion, such a form of the activities of the movement of many types, so many of them because there may be specific to each structure, with a focus on targeted action, muvofiqlashgan the muscles of the body, with power as the regime and its activities ta'daqlanishi specific features. For this reason also the body that is responsible for the development of mechanisms that particular durability or how to seek quick action is useless. Human effects on the basis of their improvement organizdaqing morfofunksional specialization adapted to bring the whole lies in the adaptive reaction.

Review rebuild Morfofunksional the cover of the body scan. However, at this level, and most of the work in the first place, which is the main muscle groups and the rise of the downloads is related to the physiological system, offering the ability to their work. Functional specialization in the selection of such a feature, basically, in certain conditions of the body, activity to work mode, while the level of physical intensity and manifest his being depends on the size of the downloads.

At the present time the physical ajiratish adopted into five main types: power, efficiency and muvofiqlashgan skills, chidamkorlik and elasticity. The variety of action each of them appears in different forms in different types of activity.

**Main physical development of the ability qonuniyat**

There are a specific number of members at all qonuniyat physical development. They consist:

**Action – the development of physical ability inleading factor.**

Also the formation of the congenital, environmental factors are of great importance. However, human development, spiritual equal conditions in the physical-physiological nature plays a decisive role in trying to improve in active ministry. Therefore, various members who engaged in physical exercise and also the system of the world-the morphological and functional indications, preparation of action is generally high. Functional and morphological improvement of the organism as a factor required for activity, showing the importance of jean lamark first exercise was given. His "first law" to be "exercise of law" unless it is established, he wrote:

"Any members frequently and susaytirmay foy-dalana the same member to gradually strengthen, develop, when and how much yiriklashtirdi the term used him so far, which will grant you the power, and the member puts it, while weakened by the regular use of sezdirmay leads to degradation, by narrowing the on a consistent basis, will cause you to eventually lose her go". Hence the general law of nature, expressing jean lamark gave one of the living. This is even more deeper study of the law later Lesgaft p. a., a. a. Uxtom-ski professional, i. p. Pavlov, g. f. Folbort, n. YAkovlev and others have a large contribution.

**The mode of action is dependent on the ability of the development of the activity.**

Physical bo'lishinigina show their ability not do them both mode requires a certain activity is expect in the process of development. When I say mode, training a-lot is how physical exercise sessions or within the system-the fulfillment of, and is understood to rest between them. Set in the desired order,



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above all, to the work of the stages of man vibrations is important. In the process of performing physical exercise capacity and functional reserves of the body's ability level associated with constructivism without spending will decrease.

During the holidays (exercise after termination) constructivism gives away to remedy. In a few cases this time of the human body: constructivism reduced the ability of the stage; the stage of full restoration of ability constructivism and, finally, it is extremely restoration, i.e. progressive social strengthens the ability of that stage is passed. Each of the stages listed, besides other conditions, job characteristics, intensity and duration which is related to certain uzunlikka will be able.

At which stage each looking to repeat next the rest of the workout, the active mode can highlight the three main movement that shows the different effects of the development of physical quality they:

*1-mode:* in this lesson the next workout each short-term vacation, with a range of constructivism, namely the ability tiklanmagan stage is repeated in full. The ability of constructivism-is a regular decrease in all indicators. The development of resistance to the regime of work and rest is well suited to such navbatlashib.

*2-mode:* each functional activity of the body the next exercise with the range of indicators that show the vacation return to the previous level, namely at the stage of full restoration of the ability of constructivism is repeated. Such efficiency mode, and power muvofiqlashgan will be specific to a course aimed at capacity development.

*3-mode:* this is the ability to a level compatible with each subsequent workout constructivism more than the restoration of rest is repeated with far more to a long-term interval. Such a mode has been repeated the exercise in the possibility of human action as-way stream changes are observed – increased muscle strength and efficiency, durability will decrease.

**The stage of development the availability of physical ability.** On the dynamics of the physical development – downloads the same over the long term, many times doing – than conventionally isolated three independent stage show:

*First–the increase of the level of development;*

*The second–to-reach maximum values in the development of;*

*Third–the decrease of the physical development index;*

*In the first stage* adaptation of the comprehensive changes in the body as a result of the application of downloads will face, they move the activity to gradually expand the functional capabilities associated with the physical properties of growth and causes.

*In the second stage* adapted growing increasingly less functional shift will cause changes in the body of downloads as standard. Because of this adaptation to the stage of the transition process punctuation is a sign of allowing me steady. Show to be based on the appropriate members of the body which lay in a serious way and the possibilities of the system is expanding. Their business in a cost-effective and mutually muvofiqlashuv increased. All this creates the conditions for to be manifested at the maximum level.

*In the third stage* the downloads shifts occur in the body due to the expansion of the functional capabilities put adapted, that is, that develops its effects decrease or disappear altogether. Used to continue the development of the ability to change the content and features of the downloads again(the choice of other exercises, increase the intensity of the work, its duration, or complete change of the conditions of exercise), hence the new physical ability, it is necessary to put higher



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requirements. In other words, you need to conduct the first stage in the development of supposedly ability.

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