

## EFFECTIVENESS OF HEALTH IMPROVEMENT OF PERSONS WITH FUNCTIONAL DISABILITIES USING ADAPTABLE PHYSICAL EDUCATION AND SPORTS

**Abdiev Sherzod Abdurakhmonovich**

*Alfraganus Non-Governmental University*

*Department of sports education*

*Pedagogical Sciences Doctor of Philosophy (PhD) dotcent*

**Norboyev Jahongir Bakhtiyor oglu**

*M -23/1 group ,master degree*

[jnorboyev72@gmail.com](mailto:jnorboyev72@gmail.com)

**Annotation:** This article discusses the effectiveness of tests and exercises that are useful in solving problems experienced by people with functional disabilities and improving their condition.

**Annotatsiya:** Ushbu maqolada funksional imkoniyati cheklangan shaxslarda kechadigan muammolarni hal qilishda foyalanadigan testlar va ularni holatini yaxshilashda kerakli mashqlarning samaradorligi xususida soʻz yuritilgan.

**Key words:** People with functional disabilities, rehabilitation, psychophysical condition, shuttle running, horsemanship.

**Kalit soʻzlar:** Funksional imkoniyati cheklangan shaxslar, reabilitatsiya, psixofizik holat, mokisimon yugurish, otjimoniya.

**Introduction:** Social policy towards people with disabilities in society has gone through a complex path spanning two millennia. This is a path from hatred and aggression towards them to tolerance, partnership and their integration into society, regardless of their health status, recognition of human self-esteem and the obligations of society to ensure equal opportunities for this category. In the system of measures for social protection of persons with functional disabilities, its active forms are gaining increasing importance, the most effective of which are physical rehabilitation and social adaptation through physical education and sports. However, the deepening of views on the content of rehabilitation, the development of its theory and the enrichment of practice have led to the fact that today physical rehabilitation is considered the basis of medical, professional and social rehabilitation.

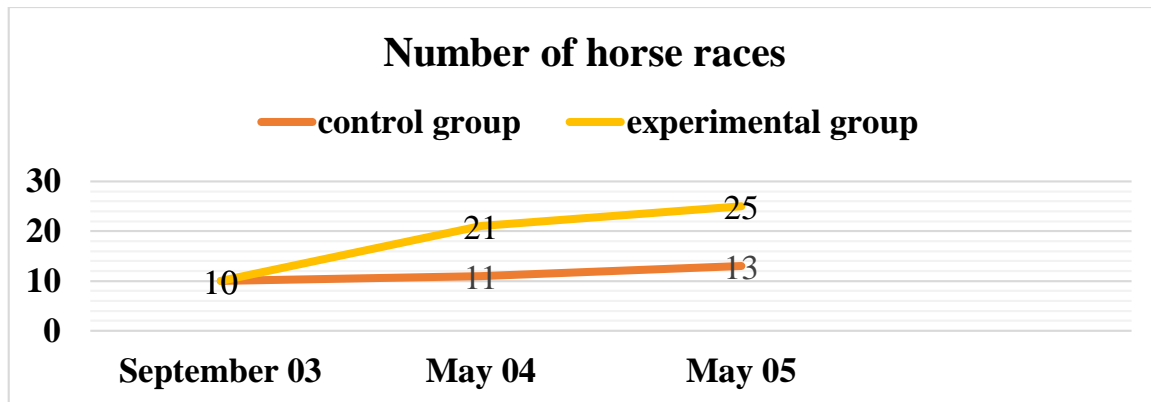
The following methods are used to determine the psychophysical state of participants in adaptive physical education and sports. The development of basic physical qualities is determined using tests that allow assessing individual dynamics in the process of engaging in adaptive sports.

1. 1. 30 m run, sec. It is held on a running track in a stadium or athletics arena in non-shoe-type shoes. No more than 2 athletes with intellectual disabilities participate in each race. Results are recorded with an accuracy of 1/10th of a second. Only 1 attempt is allowed.

2. 2. Shuttle run 3x10 m, sec. Two lines are drawn at a distance of 10 m for starting and control. At the signal, the student runs three times at a distance of 10 m. When

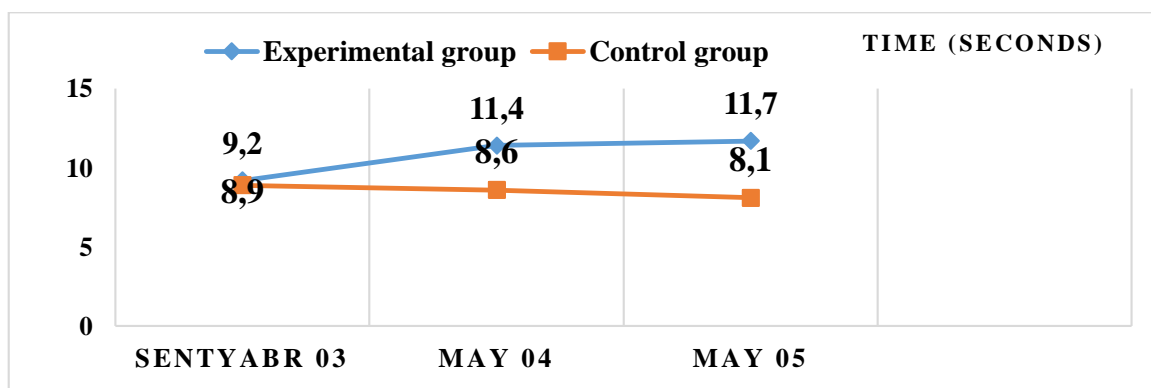
changing direction, both feet of the subject must cross the line.

3. 3. *Flexion and extension of the arms in a supine position.* The test is performed as many times as possible. Starting position: lying on a horizontal surface, arms fully extended at the elbow joints, body and legs in a straight line. The exercise is considered completed if the subject touches the floor (horizontal surface) with his chest and returns to the starting position.



2- picture Comparative dynamics of strength development in adolescents in the control and experimental groups.

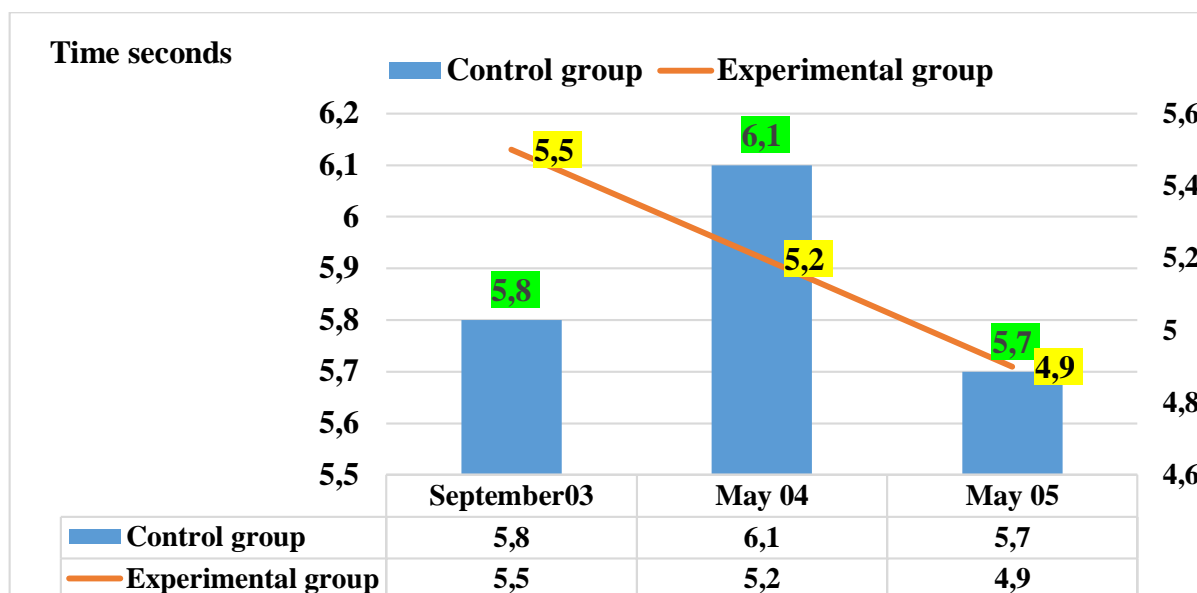
Analysis of the research results allowed us to determine the following: at the initial stage of the study, the control and experimental groups had the same level of strength development (10 odzhimaniya); at the final stage of the study, the difference between the experimental and control groups became obvious. The difference in the average arithmetic strength between them was 12 odzhimaniya in favor of the experimental group. The comparative dynamics of the formation of agility in adolescents of the experimental and control groups was shown, which was measured using the "3x10 m running" test.



3-rasm Comparative dynamics of the development of agility qualities in adolescents of the control and experimental groups.

Analysis of the arithmetic mean agility scores in both groups showed the following: at the initial stage of the study, the experimental and control groups had the same initial agility level (9.1 seconds); at the final stage of the study, the agility scores in the experimental and control groups improved, but the experimental group was at a

higher level than the control group. The difference in the arithmetic mean shuttle run scores was 3.2 seconds.



**4-picture. The comparative dynamics of speed development in adolescents from the experimental and control groups, measured using the 30 m running test, are shown.**

Comparative dynamics of speed development in adolescents of the control and experimental groups At the initial stage of the study, both the experimental and control groups had almost the same speed level (5.6 and 5.8 seconds, respectively). At the final stage, the level of speed indicators in the experimental group also improved (5.2 seconds). The difference in the arithmetic mean indicators of the above physical qualities between the experimental and control groups was 0.4 seconds. Thus, the analysis of the comparative dynamics of physical qualities (strength, agility, speed) in children with functional disabilities in the experimental and control groups showed the following: regular training sessions and training based on the health complex improve strength, agility and speed indicators, while in children with functional disabilities who do not undergo health care, the arithmetic mean indicators of the same physical qualities grow much more slowly.

To summarize, for the rehabilitation of people with functional disabilities: Improving functional capabilities through adaptive physical education has become more effective, including the organization of a complex of organizational and pedagogical conditions taking into account the typology of movement and psychophysical diseases. It is important to develop programs for adapted sports, which provide for a gradual structure of training sessions, use complex methods of monitoring the physical and psychological state of the athlete during training, training and sports competitions, ensure the unity and interdependence of all forms of education and achieve continuity of the rehabilitation process through educational work, summer sports and recreation, and we can see that a number of research studies have been conducted in this regard and effective results have been noted.

**LIST OF LITERATURE**

1. Abdullayev A., Jismoniy tarbiya nazariyasi va uslubiyati, “Ilmiy texnika axboroti-Press nashriyoti” / Darslik. –: 2018. B-11-28.
2. Mirjamolov M.X. Jismoniy imkoniyati cheklangan o‘quvchilar bilan olib boriladigan jismoniy tarbiya va sport mashg‘ulotlarining ilmiy uslubiy asoslari. Monografiya – T.: 2020 y. B 10-12.
3. Sobirova L.B “Ko‘zi ojiz va zaif ko‘ruvchi shaxslarni golbol sport turiga tayyorlashning metodologik asoslari” diss. Ch-2023. B 7-15.
4. Abdullayev A., Jismoniy tarbiya nazariyasi va uslubiyati, “Ilmiy texnika axboroti-Press nashriyoti” / Darslik. –: 2018. B-11-28.
5. Евсеев С.П., Шапкова Л.В., Адаптивная физическая культура: Учебное пособие. — М.: Советский спорт, 2000. 48 с