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**THE ROLE AND SIGNIFICANCE OF PHYSICAL ACTIVITY ON THE HUMAN BODY****РОЛЬ И ЗНАЧЕНИЕ ФИЗИЧЕСКИХ НАГРУЗОК НА ОРГАНИЗМ ЧЕЛОВЕКА****Sharipova G.K. / Шарипова Г.К.***Senior Lecturer/ Ст. преподаватель***Makarova E.A./ Макарова Е.А.***Senior Lecturer/ Ст. преподаватель***Tursumbaev A.S./ Турсумбаев А.С.***Teacher of Physical education/ Учитель физической культуры**Taraz State University named after M. Kh. Dulaty /**Таразский государственный университет им. М. Х. Дулати**Taraz school-gymnasium #7 / Школа-гимназия №7 г.Тараз*

**Annotation:** *Physical exercise is a necessary component in self-improvement, as a means of maintaining health and performance. The effect of a complex of physical exercises on the body improves its physical condition, the activity of the cardiovascular system and the musculoskeletal system. The article analyzes the features of the influence of physical activity on the human body. The types of physical activity and what effects they have on the body are considered. The data on the positive influence of physical culture on the state of a person and data on the reasons for the passive attitude to physical culture classes are presented.*

**Keywords:** *work; physical exercise; human organism; musculoskeletal system; aerobic exercise; cardio exercise; power loads; flexibility*

At all times, labor has been the basis of human existence. We can say that the formation of the modern human body is the result of the influence of physical activity. Directly, frequent movement, physical work plays an important role in the formation of the human body.

For many millennia, people survived in different life situations, thanks to hard physical work. Physical activity contributed to the development of the human body, and adaptation to the difficult needs of existence. The human body and all its components were ready for the person to be able to perform almost any physical work. But, with the advent of cars and robots, humans have lost their physical activity. It is interesting that this has happened in recent centuries, a period that in the history of mankind takes up a very small part. Hence we can say that there were no big changes in the human body during this small period. The human body, as before, is capable of providing high physical activity, but does not have such activity [1]. The relevance of this work is to show how physical activity and regular exercise affect human health, reducing the incidence of disease.

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In the course of the work, the following tasks were set:

1. To study the literature on the topics of health and a healthy lifestyle, consider the types and forms of physical activity;
2. Analyze physical activity, depending on the state of health;



The scientific novelty of the work lies in the fact that the study of the impact of physical activity on the human body will make physical activity and exercise as useful as possible, maintain health and increase the life expectancy of a person.

What is physical activity for a modern person?

A person who is without the necessary physical activity for a long time will feel weak, his organs become disabled, the human body is depleted. As we know, astronauts who have been in zero gravity for a long time, after returning to earth, they were not able to walk or run. This is the reason that, if a person does not do physical activity for a long time, the neuromuscular apparatus, which ensures the vertical position of the body and physical activity, loses its abilities. Other organs and systems are also at risk. Disturbances in the work of the body, namely, different types of diseases appear directly due to a lack of the necessary physical activity. Metabolic disorders in the body occurs due to physical inactivity, which affects the work of the cardiovascular and respiratory systems. Then immunity decreases, the risk of colds or infectious diseases increases.

What happens in the body under the influence of physical exertion. Thanks to physical activity, the activity of all body systems is activated. First of all, they affect the work of the musculoskeletal system. Physical activity activates metabolic processes in muscles, ligaments and tendons, which prevents the appearance of rheumatism, arthrosis, arthritis and other degenerative changes in all links that provide motor function.

Cardiovascular system - regular work of muscles helps to improve the functioning of the heart, makes the heart work harder, increases the amount of hemoglobin and red blood cells. A person who trains actively can exercise for a long time. The muscles receive more blood and the blood flow rate increases. This supplies the muscles with nutrients and oxygen. Also, the blood in the lungs is more oxygenated. The number of contractions in trained people is less and the pulse is less frequent, which contributes to the breathing of the heart muscle. The work of the cardiovascular system due to physical culture and sports becomes more active and is better regulated by the nervous system. [2].

Nervous system - physical exercises activate the nervous processes of excitation and inhibition in the cerebral cortex and in other parts of the nervous system. The process of inhibition is more easily transformed into the process of excitation. People who engage in physical exercises for a long time have a nervous system that is easily adaptable to new loads and contributes to the work of the musculoskeletal system. Breathing is noticeably improved, since during exercise we use more oxygen, which makes breathing fast and deep.

People who regularly go in for physical culture and sports improve their blood composition. Under the influence of physical exertion, the number of erythrocytes and lymphocytes in the blood increases, as a result of which the protective functions in the body increase, strengthening the immune system. "Kidney function is improved and blood sugar is normalized."

Exercise also has a good effect on maintaining the correct, beautiful posture. The musculoskeletal system is significantly improved: bones, ligaments and tendons become stronger. Regular training has a positive effect on development in childhood



and adolescence, and in adulthood and old age allows you to preserve slimness and beauty for a long time. Exercise such as swimming and gymnastics can help improve posture.

Let's look at how physical activity of various types affects the human body.

The influence of physical activity of various orientations on the human body.

Aerobic loads (cardio loads) - have a beneficial effect on the work of the cardiovascular and respiratory systems. Aerobic activity includes exercises that are performed regularly for a fairly long time. In order to get positive changes in the body, it is necessary to engage in aerobic activity for at least 30 minutes. Such loads include - running, skiing, cycling, swimming, rowing, and other cyclic exercises.

Aerobic exercise helps a person to assimilate oxygen, increase the interval of the capillary bed, and the strength of the vessels increases and elasticity. Thanks to these changes, the work of the heart, directly, becomes more economical, the risk of cardiovascular diseases decreases. Also, regular, physical activity prevents weight gain and the appearance of new fat deposits, since aerobic exercise burns a lot of calories. In addition, light aerobic exercise helps relieve stress faster than any medication, and frequent exercise in the fresh air, at any time of the year, will help you develop strong immunity to any colds.

Power loads help to strengthen all parts of the musculoskeletal system. Directly, thanks to physical exertion, a muscle corset is formed in a person, often contributes to the formation of correct posture, it also creates favorable and comfortable conditions for the activity of internal organs. In the process of doing physical exercise, all the muscles of the shoulder girdle and legs are strengthened, we increase the duration of an active life and help slow down the aging process of the body.

Stretching exercises help maintain flexibility and elasticity of muscles and ligaments, which helps to protect the musculoskeletal system from injury. In addition, stretching and flexibility treatments are considered a good method of resuming from exercise. Stretching the muscles, we give a strong flow of impulses to the part of the brain that is responsible for this muscle group, and we activate a response impulse aimed at resuming working capacity. Therefore, the same principle applies in the case of stretching and twisting of the spine. As you know, nerve receptors leave the spine for almost all internal organs, and procedures for stretching and twisting the spine contribute to the normalization of the body as a whole. [3]

Thus, in order for physical exercise to affect your body only on the good side, it is necessary to follow some rules during exercise. It is very important to monitor your health so as not to cause harm. If you have problems with the cardiovascular system, then strength exercises are contraindicated for you, as they can lead to a deterioration in the work of the heart. It is not recommended to play sports immediately after an illness. It is necessary to withstand some time for the body to recover, only then will you benefit from exercise.

It is difficult to overestimate the role of physical activity for the human body. Their influence on the quality and duration of existence is so enormous that one can confidently speak about their necessity. It is very pleasant to state the fact that the percentage of people who realize and understand this is increasing every day, as evidenced by the increasing interest in sports and active recreation.



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**Аннотация:** Физические упражнения – необходимый компонент в самосовершенствовании, как средство сохранения здоровья и работоспособности. Воздействие комплекса физических упражнений на организм улучшает его физическое состояние, деятельность сердечно-сосудистой системы и опорно-двигательного аппарата. В статье проанализированы особенности влияния физических нагрузок на организм человека. Рассмотрены виды физических нагрузок и какие действия они оказывают на организм. Представлены данные о положительном влиянии физической культуры на состояния человека и данные о причинах пассивного отношения к занятиям физической культурой

**Ключевые слова:** труд; физические нагрузки; организм человека; опорно-двигательный аппарат; аэробные нагрузки; кардио-нагрузки; силовые нагрузки; гибкость.

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