



## CLASSIFICATION OF INJURY AND THE TECHNIQUE OF THEIR WARNING ON PHYSICAL TRAINING CLASSES

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It is known that physical culture and sports lead to the full development and strengthening of the human body, the improvement and health of physiological functions. Properly organized physical education classes, taking into account the age, gender and specific characteristics of the participants, give high results. Otherwise, they lose the importance of physical education in solving the healing task.

The large-scale reforms being carried out in our country make it possible to determine the prospects for socio-economic and cultural development and take a worthy place among the countries of the world community. The study of the experience of developed countries, the implementation of radical reforms in all spheres of life, taking into account local conditions, economic and intellectual resources, provides new achievements. Although international cooperation in various fields is bearing fruit, the strengthening of national independence in all respects, the enrichment of achievements, the rapid elimination of existing shortcomings requires special dedication, diligence, courage and determination of members of society.

Preventive work on preventing the facts of injuries in physical training classes and during sports events is one of the most important tasks of teachers, coaches of sports improvement groups, medical workers and heads of educational organizations. However, work in this direction is not always carried out regularly and consistently. Unfortunately, many violations are of a systemic nature. Violations that lead students to injuries while engaging in physical exercise and sports can be classified into organizational, methodological and sanitary and hygienic.

The organizational shortcomings in conducting physical training classes and competitions include violations of the basic provisions on conducting various types of classes, competitions, violation of the rules.

Methodological errors in conducting classes are expressed in violation of the basic didactic principles of teaching, expressed in the absence of an individual approach, consistency, gradual increase in the load, insufficient consideration of the general condition of the student, gender characteristics and physical fitness of cadets and students. A common cause of injury is the absence or insufficient conduct of the introductory part of the lesson - a warm-up.

Neglecting to warm up at the beginning of the lesson or before the start of the competition leads to injuries such as ruptures of tendons, ligaments, muscles, dislocations. Improper training in the technique of performing physical exercises and techniques, lack of necessary insurance and self-insurance, or improper implementation of it - all these are the causes of injury. In addition, deficiencies in the planning of the entire educational process can serve as the causes of injuries. The preparation of curricula for physical training according to the residual principle cannot provide a full-fledged general physical training of students and listeners and the formation of motor skills in them, the necessary motor skills and psychophysical qualities.

Violations in the material and technical equipment of classes are expressed in an insufficient number of training places, the absence of safety zones in the halls, as well as specially prepared tracks for running training. Injuries can be caused by the lack of protective equipment in the classroom.

Unsatisfactory sanitary and hygienic condition of the halls: insufficient ventilation, small capacity of halls, poor illumination, dustiness, low air temperature, inconsistency of the places where the lesson is held with its topic. Unfavorable weather conditions - low or high air temperature, windy weather, when exercising outdoors, can cause injuries such as frostbite or "sunstroke". Exercising outdoors during rain or snow, on slippery ground (surface) leads to falls with injuries of varying severity from abrasions to fractures and concussions.

The low level of educational work by teachers leads to a violation of discipline by students, to their inattention, haste in performing actions, frivolous attitude to the occupation. Injuries resulting from the indiscipline of students and listeners are observed with the manifestation of harshness, rudeness, the use of prohibited or painful techniques, due to an overestimation of their strengths and capabilities. Prohibited techniques in sports, painful techniques in service-applied training entail injuries, sometimes with very serious consequences. Often this is facilitated by the liberalism of the teacher, coach.

Injuries can be caused by lack of medical supervision or violation of medical requirements. The admission of students, listeners to classes or competitions without undergoing a medical examination, not timely contacting medical workers or failure to comply with medical recommendations after an illness, for example, violation of the timing of resuming training after illness or injury, in terms of the intensity of loads, the impossibility of recruiting groups of students according to the degree of preparedness and sexual trait are also negative.

Drawing a conclusion from the above, the causes of injuries and accidents in physical training classes are violations of the rules and safety measures that are mandatory during the educational or training process. The fight against injuries is based on the strict fulfillment of these requirements by teachers, coaches of sports improvement groups, cadets and students.

However, the most important cause of injury is hypokinesia. Hypokinesia is a sedentary lifestyle, the negative consequences of which are well known. It causes various health abnormalities in students, such as impaired posture, vision, increased blood pressure, and the appearance of excess weight. The causes of hypokinesia are, again, imperfect educational planning, uneven distribution of the training load, and insufficient time for rest in the breaks between couples.

Well-organized medical supervision and self-control of the trainees play an essential role in the prevention of injuries. Self-control is understood as a system of observation of the state of one's health, physical development, functional state, tolerance of training and competitive loads.

There are many injury prevention activities in the education system. The fight against injuries is one of the first places in the educational process. Leaders of organizations, students themselves and trainees are involved in ensuring measures to prevent injuries, but the leading role is assigned to the teacher (trainers):

- the teacher has no right to admit to classes persons who have not passed medical supervision in the prescribed manner;
- before the start of each lesson, it is necessary to conduct a conversation on injury prevention;
- during the lesson, one should take into account the state of health, physical development of the trainees, their adaptability to stress;
- do not allow patients to study.

Pedagogical control is of particular value in the prevention of injuries, which makes it possible to determine the degree of trainees' fatigue during the lesson. It is important that the teacher strictly adheres to the guidelines defining the content and procedure for organizing and conducting classes or competitions, the violation of which may harm the health of the students.

Before each lesson, the teacher must check the place of the lesson and make sure that there are no foreign objects, controls the quality of the installation of equipment, the serviceability of the equipment, checks the conformity of the clothing and footwear of the trainees with the weather conditions and the place of the lesson. The teacher must strictly observe the implementation of the principles of the rational teaching methodology of those involved: gradualness in dosing loads, consistency in mastering motor skills; individual approach; compulsory instruction and control over the implementation of exercises.

Despite a range of measures aimed at preventing injury, accidents are common. Strict discipline in physical training classes should be the law. The beginning and end of the exercises by students and listeners is allowed only at the command of the teacher. When performing the exercises, it is necessary to observe the distance and interval set by the teacher. The exercises are carried out from the center to the periphery, students are prohibited from independently changing the direction of movement without the permission of the teacher, leaving the place of the lesson or using the equipment and equipment available in the hall.

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