

ANALYSIS OF THE FAST-POWER CAPABILITIES OF NUCLEAR PROPELLERS

Gafurov Abduvoxid Mahmudovich*

*Professor,

Department of Methods of Physical Culture,
Kokand State Pedagogical Institute,
Kokand, Uzbekistan.
Email id: abduvoxid@mail.ru

DOI: 10.5958/2249-7315.2022.00226.X

ABSTRACT

The article describes the scientific theoretical views on what kind of rules and systems of weightlifting is one of the types of weightlifting in the field of physical culture and sports. It is written about the historical sources of nuclear fusion and its development. Law of the Republic of Uzbekistan No. ZRU-394 of September 2015 "On Physical Culture and Sports", Resolution of the President of the Republic of Uzbekistan No. PP No. 334 of June 2017 "On measures to further develop physical culture and mass sports" in the development of sports and physical culture in Uzbekistan is important.

KEYWORDS: Core, Sport, Culture, Movement, Development, Team, Rule, Ability.

INTRODUCTION

Today, special attention is paid to the development of athletics among young people. Improving healthy living conditions in society and developing professional skills in them, the selection of talented young people for the national sports team in our country is becoming increasingly important today. In this regard, a number of laws and decrees on the development of sports in Uzbekistan have been issued.

Law of the Republic of Uzbekistan No. ZRU-394 of September 2015 "On Physical Culture and Sports", Resolution of the President of the Republic of Uzbekistan No. PP No. 334 of June 2017 "On measures to further develop physical culture and mass sports" in the development of sports and physical culture in Uzbekistan is important.

There are a number of research works on athletics, including S.Andris, K.Kudratov, N.Normurodov, S.Olimov, I.Niyazov, T.Shakirjanov conducted research on athletics [1]. In their work, the tasks of development of athletics, the development of mechanisms in them, the problems of further development were analyzed.

Among athletics, one of the exercises that requires strength and depth, and sniper skills are core-pushing exercises, which combine strength and precision shooting skills from the athlete.

Shot put - competitions in throwing at a distance with a pushing movement of the hand of a special sports projectile - the shot. The discipline refers to throwing and is included in the technical types of the track and field athletics program. Requires explosive strength and coordination from athletes. It has been the Olympic athletics discipline for men since 1896, for women since 1948. Included in the athletics all-around.

Competitors perform a throw in a 35° sector, the top of which starts in the center of a circle with a diameter of 2.135 meters. Throw distance is measured as the distance from the inner

circumference of this circle to the point of impact of the projectile. Currently, the officially accepted projectile parameters are the weight of the core and its diameter. For men - 7.260 kg and 120-129 mm, for women - 4 kg and 100-109 mm. The core must be sufficiently smooth - meet the surface roughness class.

In official competitions, competitors usually complete six attempts. If there are more than eight participants, then after the first 3 attempts, the top eight are selected, and in the next three attempts they play for the best by the maximum result in six attempts.

Once the athlete is in position in the circle before the start of the attempt, the shot must touch or be fixed at the neck or chin, and the hand must not fall below this position during the push. The core should not be retracted beyond the line of the shoulders.

Pushing the shot is allowed with one hand, the use of any gloves is prohibited. Bandaging of the palm or fingers is also prohibited. If the athlete has a bandaged wound, he must show his hand to the judge, and he will decide on the admission of the athlete to the competition. A common mistake is leaving the circle or simply touching the top edge of the circle on the clean-and-jerk before the athlete has completed the attempt and stepped back. Sometimes, when performing an unsuccessful attempt, athletes deliberately step forward from the circle so that their attempt is not measured [2].

In short, core pushing is very important in the inclusion of the sport in weightlifting and in the development of its physical culture. Sport is a driving force in the sciences as a determining factor in a healthy human future.

REFERENCES

1. Adris R, Qudryatov K. Athletics. - Tashkent. Fan. 1998. –P. 30., N.Nomurodov. Athletics. - Tashkent. 2002. 196.P. ; Olimov S. Athletics. - Tashkent. Teacher. 2010. 120. P. ; Niyozov I. Athletics. - Tashkent. Study guide. Fan. 2009. 140.P.
2. Abdullaev M. Improving the methodology of using movement games to increase the effectiveness of training of young athletes Diss-ya., Pedagogical sciences. Nomz. Theory and methods of physical culture and sports - Tashkent. 2019. –P. 24.