MEASURETHE ANTHROPOMETRIC INDICATORS BY SPECIAL METHODS. EQUIPMENT AND TOOLS USED TO MAKE ANTHROPOMETRIC MEASUREMENT

Bekmanova Khurshida Shokirjonovna
Teacher of Urgench State University, Urgench, Uzbekistan

ANNOTATION
This article presents the data of scientists on the anthropometric analysis of athletes using special methods.
KEYWORDS: *diagnostics, pulse, indicator, index, load, complex.*

INTRODUCTION

One of the benefits of health-improving exercises is to control your fitness. The concept of physical condition is determined by the health of students: physical development, body structure, level of physical and functional fitness. It is recommended to use the tests of L. Ivashenko, Ye.A. Pirogova and L.A. Kali to assess the physical condition in the training and health-improving process. L.Ivashchenko (1989) recommends that the diagnosis of physical condition iscarried out using the tests of K.T.Sadra (1980). In this case, K is the value of the index in conventional units; a-age; t- time spent running 1000 m (min); Initial CHSS pulse / min when CHSS initial is at rest; CHSS5- 5 minutes after running 1000 m, pulse / min. Assessment of physical condition is carried out on the following scale. The assessment is based on the following indicators: low physical condition - 0.375, below average 0.376 - 0.525, average - 0.526 - 0.675, above average - 0.676 -0.825, high - 0.826 and above. Here is a calculation of the physical condition for the evidence. The level of physical condition in the subject with the following indicators: 42 years, (CHSS 60 beats per minute, AD 120/80 mm Hg, weight −78 kg, height 170 cm. AD - average: Diastole ADq1 / 3AD pulsed).

Here, pulsed AD cyst is diast. AD, i.e. 120-80-40 mm Hg.so:Adsr-80 + 40 / 3-93 mm Hg.

Then we determine the level of physical condition of the observed person by comparing the index of physical condition - x- 0.707 with the range x - above average.

The Kverg test is used to assess physical condition.

The direction of L.A. Kalinina's (1988) work is of particular interest. He suggests defining a fitness category based on physical activity. Frequent breathing at a speed of 5 points, high loads accompanied by sweating, heavy loads that move at 4 points (for example, in a game of tennis), 3 points - moderate loads of weight (for example, a bicycle) riding), 2 points - average weight (for example, when playing volleyball), 1 point - light loads (fishing, hiking).

The assessment of the duration of physical activity is as follows: if the activity lasts more than 30 minutes - 4 points; 20 minutes to -30 minutes - 3 points; 10 minutes to -20 minutes - 2 points; less than 10 minutes - 1 point.

The frequency of physical activity is assessed as follows: daily exercise - 5 points; 3 - 5 times a week - 4 points; 1-2 times a week - 3 points; less than 1 time per month -1 point. Now we multiply the speed score by the duration score and then the physical load frequency score. If the resulting number is less than 40, it is considered a low category of fitness, sedentary lifestyle (less than 20) or insufficient physical activity (20-40).

E.N. Weiner (2001) proposes a comprehensive assessment of health as follows.

Determining physical development (athletes).

Scientists'(V.V. Bunak, M.V. Chernorutsky, V.P. Chtetsov and others.) methods for determining the overall dimensions, body sections, methods for determining the constitution of the human body.

Height and weight index Kettle: Weight (g) / height (cm)

The average weight is 370-400 g per 1 cm in men, 325-375 g in women, 155 in children - 325 g per 1 cm, in girls - 318 g.

Determination by a special formula. (Brock's formula) Weight and height in grams and centimeters:

| The number of grams is 1 cm	Obesity rate
540 gr high	Fat
451—540	Very overweight
416—450	Overweight
401—415	Good
400	In the best men
390	In the best women
360—389	Average
320—359	Bad
300—319	Too bad
200—299	Very tired

Anthropometer, rostomer, thick compass, sliding compass, tazomer, centimeter tapes, X-ray images of hands and feet, stopomer, wooden frame, paint container, stamp (seal paint i), paper for plantograms, turpentine, triangles, conveyors, rulers, oilcloth, foot claw skeleton on tablet.

One of the students stands up.

Methods of testing: Anthropometric methods are divided into 2 groups:
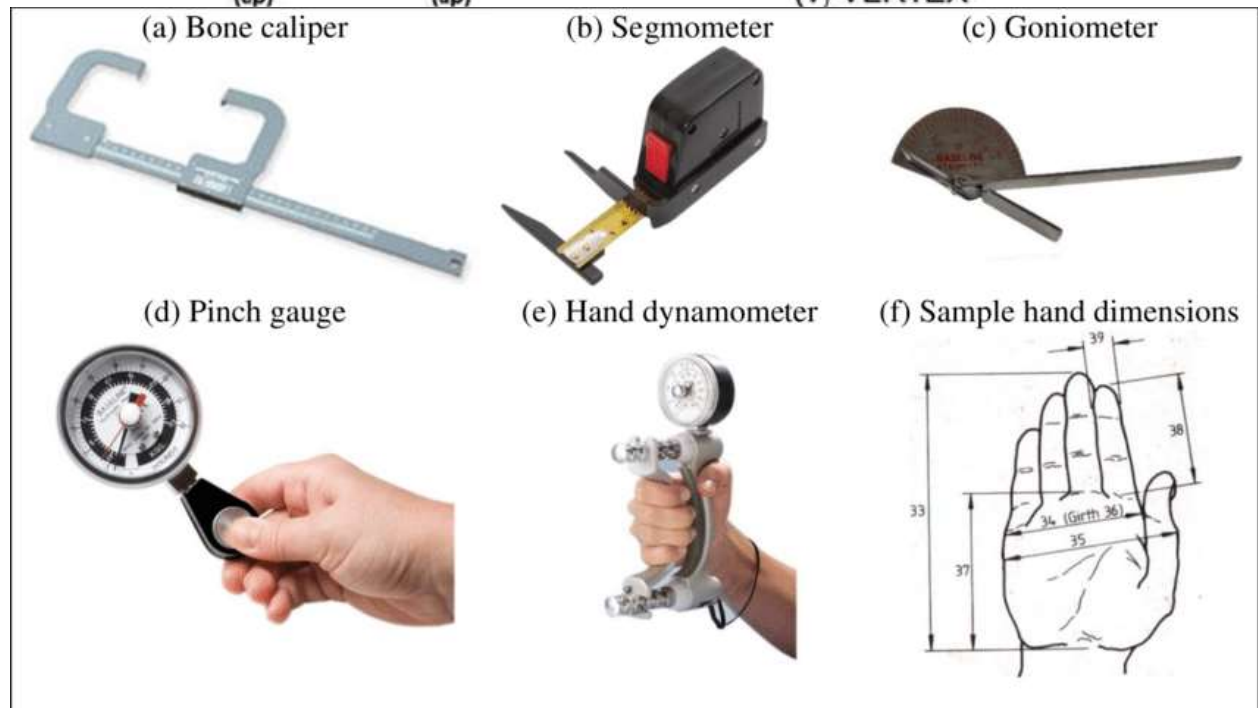
1. Testing by contact method.
2. Non-contact testing - remote measurement.

Anthropometric points in the human body and some tools used to measure them.
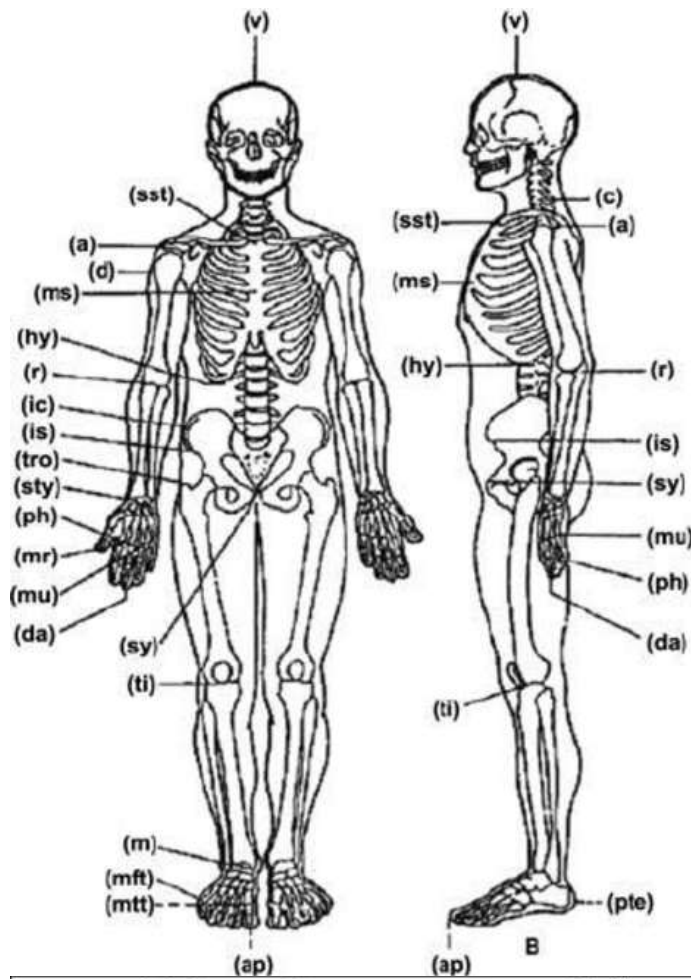
ANTHROPOMETRIC POINTS

(a) AKROMION
(ap) AKROPODIN
(B) BASIS
(c) CERVICALE
(da) DAKTYLION
(d) DELTOIDE
(hy) HYPOCHONDRIACALE
(ic) ILIOSCRISTALE
(is) ILIOSPINALE
(m) MALLEOLARE
(ms) MESOSTERNALE
(mr) METACARPALERADIALE
(mu) METACARPALE ULNARE
(mtf) METATARSALE FIBULARE
(mtt) METATARSALE TIBIALE
(ph) PHALANGION
(pte) PTERNION
(r) RADIALE
(sty) STYLION
(sy) SYMPHSION
(ti) TIBIALE
(v) VERTEX

(a) Bone caliper (b) Segmometer (c) Goniometer

(d) Pinch gauge (e) Hand dynamometer (f) Sample hand dimensions

Full name	Weight	Height	Head circumference	Armlength	Chest circumference	Leglength	Shoulder width	Bodylength	Shoulder length	Wristlength	Fingerlength
Athlete 1	60	1.66	57	74	94	91	15	48	23	22	7
Athlete 2	71	1.74	58	75.5	95	94	15	59	23	22	7
Athlete 3	63	1.82	57	81	91	105	13	60	23	24	8
Athlete 4	50	1.70	54	73	85	92	13	57	23	22	7
Athlete 5	70	1.84	57	83	93	100	14	56	25	26	8
Athlete 6	64	1.76	56	75	90	97	12	54	23	24	8
Athlete 7	55	1.61	55	69	87	89	11	47	23	22	7
Athlete 8	45	1.55	57	69	85	90	12	45	21	20	6
Athlete 9	59	1.59	59	70	83	89	11	48	23	22	7
Athlete 10	48	1.55	56	65	86	89	10	46	20	21	7

CONCLUTION

Using the above, data on the data on anthropometric measurements and indicators of student-athletes were collected, and it was shown that not all student-athlete bodies also meet these requirements. The results showed that both athletes and coaches should be active in this process.

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