

Complex-Combined Method of Health Training for Middle Age Cyclists

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ABSTRACT: This article discusses the issues of organizational and pedagogical conditions that make it possible to effectively use the complex-combined methodology for practicing recreational cycling with middle-aged men.

KEYWORD: middle age, cycling, health saving factor.

Introduction. The International Cycling Union (UCI) governs and promotes nine cycling disciplines. This includes road cycling, track cycling, mountain biking, BMX racing, BMX freestyle, paracycling, cyclocross, trial cycling and indoor cycling.

Five of them (road and track cycling, mountain biking, BMX supercross and BMX freestyle) are included in the program of the Olympic Games, two (road and track cycling) are included in the Paralympic Games program, four (road cycling, mountain biking, BMX supercross and BMX freestyle) - in the program of the Youth Olympic Games. Cycling was included in the program of all modern Olympic Games. Today cycling in terms of the number of medals played (66) and the number of participants (528) ranks third among all sports represented at the largest sports tournament on the planet.

Therefore, the UCI strives to develop its programs under the motto "Bicycle for all", aimed at improving conditions for cyclists and expanding opportunities for cycling, including for middle age, which was the relevance of the chosen topic and research in this direction.

Sports activities with strict observance of age restrictions and systematic medical supervision have a beneficial effect on the body of people over 40 years of age. Under the influence of long-term sports activity, the pulse becomes slower (physiological bradycardia), blood pressure decreases slightly, the heart muscle becomes less excitable, breathing becomes less intense and deeper, and metabolism increases [2].

The purpose of the study: To develop a complex-combined methodology for practicing health-improving physical culture for middle-aged cyclists.

Research objectives:

The organizational and pedagogical conditions are determined, which allow to effectively use the complex-combined method of practicing health-improving cycling with middle-aged men.

Criteria are proposed that can be used to evaluate the effectiveness of other types of complex-combined physical culture and health-improving activities.

To achieve the goal of the work and solve the tasks of the dissertation work, we used a number of research methods:

1. Analysis, generalization of theoretical research materials.
2. Pedagogical testing.
3. Pedagogical experiment.
4. Mathematical and statistical methods.

In our experiment, we attributed the first method to pedagogical testing, anthropometry.

pedagogical experiment. The pedagogical experiment involved 60 men of mature age (40-49 years old), who were divided into experimental and control groups of 30 people each. During the formation of groups, homogeneity in age, body weight, body length and the calculated index of body mass index was taken into account (Table 1.).

Table 1.

Anthropometric indicators of men of mature age participating in experimental studies on a health improvement program through cycling

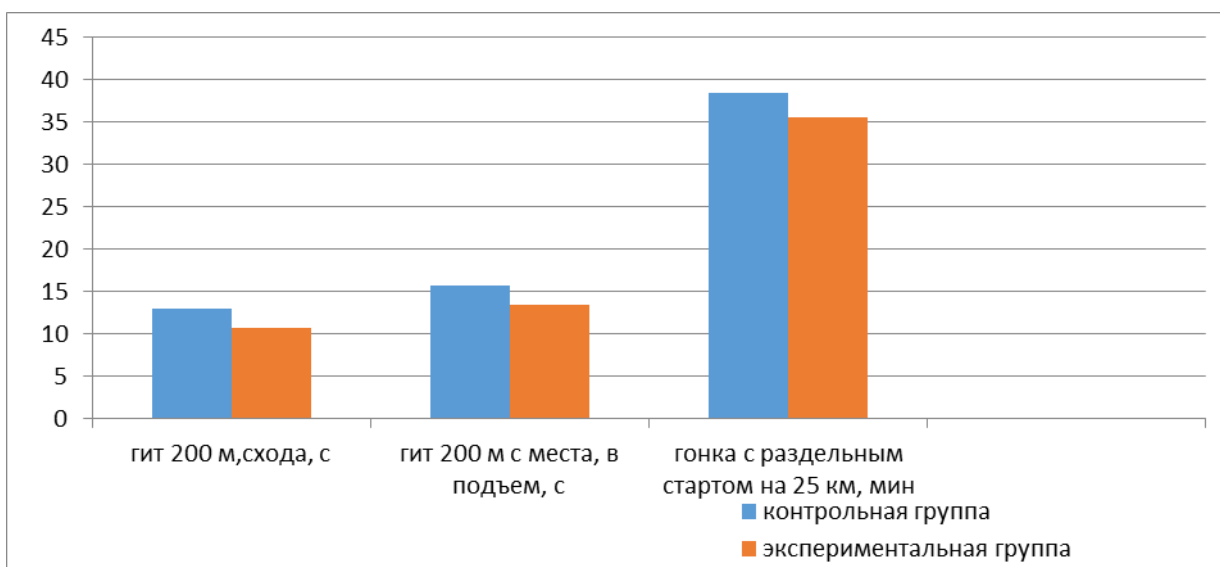
Indicators/formulas	Age, years	Body length, cm	Body weight, kg	Body mass index
Experimental group (n=30)				
\bar{X}_{cp}	45,63	1,72	80,97	26,32
σ	2,88	0,03	6,68	1,66
V	6,44	1,89	6,46	6,12
Control group (n=30)				
\bar{X}_{cp}	45,86	1,73	81,73	27,34
σ	2,86	0,04	6,24	1,64
V	6,34	2, 00	7,36	6,54

It should be emphasized that in recreational riding groups the task of achieving sports success is not set. This is the lot of cyclists involved in national teams. In our case, classes are aimed at strengthening health, increasing efficiency. Approximate weekly cycle developed and applied by us for the age group of 40-49 years, both in summer and winter.

The experiment involved 60 middle-aged men (40-49 years old), who are engaged in a health-improving program through cycling. Practical classes were held three times a week for 60-90 minutes from September 2019 to April 2021. To assess readiness, the test of Cooper, Shtenge, Gench, dynamometry, etc. was used [1].

The construction of individual classes and training programs was similar to the cycling sports training. The main methods of training: uniform, uniformly-distance, interval. Training work in the first month after fixing the skill of cycling and full mastery of the technique was predominantly continuous. Load level - average, heart rate (maximum - 220 "-" age of those involved - 100%) - at the level of 60-70 percent of the maximum. The criterion of sufficiency is up to slight fatigue. After 6-8 months of training, the students had to continuously cover a distance of 800-10,000 km, in a team. Attention was also paid to the technique of driving on the highway, because the better the technique, the greater the distance you can drive in a training session.

As can be seen from Figure 1, during the passage of the races decreased in the experimental group, by a significant amount for cyclic sports in seconds.



Rice. 1. Visualization of the difference in special readiness in the experimental and control groups after the end of the pedagogical experiment ($M \pm m$)

The data in Figure 1 testifies to the positive dynamics of the applied comprehensive program for middle-aged cyclists specializing in road cycling.

Conclusions.

1. An analysis of the indicators of a comprehensive orientation of men of mature age (40-49 years old) who regularly attend health-improving classes showed that among them 85% have a sympathotonic type of autonomic regulation of the heart rhythm, 15% have a vagotonic type of regulation. Also, in the vast majority of those involved, the optimal tension of regulatory systems was noted - 80% of men, however, moderate (10%) and pronounced (10%) tension was found in 20%, which indicates the expenditure of functional reserves of the body, emotional stress and fatigue in this contingent of the examined.

2. By means of correlation analysis of indicators of pedagogical testing and monitoring of functional, physical, specially physical training of men of mature age (40-49), 48 significant tests were determined to assess general and special physical fitness. The group of tests for the control of general physical fitness included: 60 m run; standing long jump; flexion and extension of the arms in the lying position for 30 s; lifting straight legs to an angle of 90° from the starting position, lying on your back; pull-ups from the hang on the high bar; leaning forward from a standing position on a gymnastic bench; catching a falling ruler, etc. Tests for the control of special physical fitness, all tests on a bicycle.

List of used literature

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