

INCREASING THE EFFICIENCY OF MONITORING THE PHYSICAL DEVELOPMENT PROCESS IN FEMALE RUNNERS

Ismoilova Yulduz Ravshanbek qizi

Urgench State Medical Institute

<https://doi.org/10.5281/zenodo.22997472>

Relevance of the topic. Since the early days of the Republic of Uzbekistan's independence, initiated by our First President I.A. Karimov, further development of physical culture and sports, expanding grassroots sports, especially women's sports, and strengthening the health of our girls by turning their interest in sports and physical culture into a daily need have been elevated to the level of state policy. This policy was consistently advanced in the Strategy of Actions along five priority directions for the development of the Republic of Uzbekistan in 2017-2021, developed under the initiative of President Sh.M. Mirziyoyev and approved on February 7, 2017. Indeed, physical education and sports serve as a guaranteed factor in shaping the nation's gene pool and raising a well-rounded generation. The involvement of girls in sports requires a tailored approach. The absence of scientifically grounded recommendations for properly selecting tools that align with the functional state of the female athlete's organism—while considering the individual physical development phases of 13-15-year-old middle-distance runners—underscores the relevance of this study.

Research purpose: To increase the efficiency of managing the physical development and training processes in the organisms of female middle-distance runners.

Research objectives: To develop a training structure that enhances the efficiency of physical development and training within the organism of female middle-distance runners.

To experimentally validate the effectiveness of the developed physical development and training structure for female middle-distance runners.

Organization and conduct of the research. The study was conducted during the 2024-2025 academic year within the school's track and field section, involving female middle-distance runners from School No. 39 in the Urgench district of the Khorezm region.

Research results. Based on the results obtained from the study and the analysis of medical literature, effective and prohibited tools for physical development and nurturing the physical qualities of girls were identified. A structure of exercises that effectively enhances physical qualities during biological growth phases was developed. The effectiveness of our recommended exercise structure was practically proven by a sharp increase in the test results of the experimental group compared to the control group, specifically:

In the 30-meter run, the growth in the control group was 4.1%, while in the experimental group, this indicator reached 9.6%;

In the 60-meter run, the growth in the control group was 5.3%, while in the experimental group, it reached 9.0%;

In the 300-meter run, the growth in the control group was 4.6%, while in the experimental group, it reached 9.9%;

In the 1000-meter run test, the growth in the control group was 3.3%, whereas this indicator was 7.7% in the experimental group;

Multidisciplinary research and Innovation (SICMRI 2026)

In the standing long jump test, the growth in the control group was 4.0%, while its value in the experimental group reached 7.2%.

Conclusion: The dynamics of changes in girls' working capacity were determined, and an effective exercise structure was developed based on the correct selection of means matching the functional state of the female athletes' organisms through an individual approach.

A comparison of the dynamics of physical fitness indicators between the girls of the control and experimental groups at the end of the study demonstrated a sharp increase in the physical fitness results of the experimental group. This confirms the high efficiency of the recommended exercise structure for 13-15-year-old female middle-distance runners.