

ANATOMICAL-PHYSIOLOGICAL CHARACTERISTICS OF THE STUDENT ROWING IN KAYAKS AND CANOES - YOUNG PEOPLE

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Abstract: *In this article, the limit of human capabilities in sports is determined not only by the optimal shape and structure of the body, but also by the structure of human mental activity.*

Keywords: *rowing, kayaking, canoeing, anatomical-physiological, sports*

It is not for nothing that a large number of morphological, physiological and psychological indicators are proposed as criteria for selection and selection of sports.

There are specific characteristics of a person, his nature and vitality that determine in advance the achievement of a certain type of sports training and high results.

So far, there are not many empirical studies, but in general, they confirm the existence of a correlation between sports results and certain characteristics of the athlete's personality.

In-depth knowledge of the psychophysiological characteristics of rowers is related to the study of higher nervous activity (ONF), which determines sports achievements to a certain extent. Among rowers of the modern level of sportsmanship, the winners are those who have not only the body structure in accordance with the requirements, but also the appropriate characteristics and high functional indicators. Congenital features of the higher nervous system, i.e. ONF, cannot have a significant impact on typological specific features.

In selecting athletes for rowing training, the information available in the literature is in most cases predictive of physical development, primarily body length and movement qualities (speed-power and movement coordination abilities). indicates a high level of significance. These characteristics at a high statistical level ensure the future sports performance of rowers. In the later stages of multi-year training, the range of predictive information indicators is much wider, which increases the reliability of the forecast. the number of tests describing the movement, psychological and technical-tactical capabilities of rowers will increase.

Various aspects of the specific characteristics of the higher nervous system in athletes have been studied, and it has been noted that the high level of mobility of nervous processes and the predominance of the effect on stopping are useful for short-distance rowers. On the contrary, - restraint for long distances, low mobility of the nervous system is useful. The conclusion of researchers that success in sports is related to typological characteristics of ONF is very important.

For example, it was found that the duration of the nervous system and exposure process is of great importance in sports. Rowers, skiers, track and field athletes, long-distance runners, and marathoners need a strong nervous system. In the study of the higher nervous system, E.P. Ilin's Tapping Test can help.

Telling sportsmanship in qualifying young rowers.

Predicting the abilities of children and teenagers for the chosen sport is the essence of sports selection, because only with predictability can appropriate selection be possible in any sport.

It is necessary to determine the criteria of the qualifying stages and to determine the parameters of physical development, general and special physical fitness, functional capabilities, mental and physical characteristics of athletes.

Determination of health status (dispensary). The inspection task is:

- 1) Exclusion of athletes with pathologies or chronic diseases;
- 2) Selection of athletes who are in excellent health and in good condition. This comprehensive assessment of control includes, first of all, health status and modifiable dynamics.

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Health status is evaluated: a) healthy; b) practically healthy (with deviations in the state of health or well-recovered, non-increasing diseases that do not limit the full extent of training); c) have diseases that require treatment and limit the training process; g) have diseases that require exclusion from sports activities (short or long term). Conclusions are based on existing diseases and abnormal conditions that do not correspond to intensive training.

- The development of the body of a student who paddles kayaks and canoes is wave-like. The acute transition period is associated with energetic and exchange processes, slows down the growth period, leads to an increase in mass (weight) and differentiation.

Each age has its own characteristics in the emotional and spiritual formation of a person, in the functional movement and structure of individual organs.

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