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## SPECIFIC CHARACTERISTICS OF WOMEN'S BODY

**Abstract:** The body of women and girls has its own anatomical and physiological characteristics, and regular exercise or sports causes specific changes in some organ systems. It is very important to take this condition into account when giving a physical load, and it is quite different from the characteristics of the male organism.

**Key words:** organism, physical development, morphological indicator, physiological indicator, endurance, sport, xylorod absorption, work ability, strength, speed, agility.

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### Introduction

Women of different ages are engaged in physical exercises mainly for two purposes, one of them is to improve their health, and the second is to stand side by side with men in the field of sports, to protect their own glory by making their opportunities invisible. It is known that the number of women engaged in physical education and sports is increasing year by year. This situation is related to the daily development of sports in our republic and changes in our lifestyle.

The working capacity of the female body is slightly lower than the working capacity of the male body, which depends on the anatomical and physiological characteristics of the female body. Therefore, it is appropriate to set the amount of physical loads and exercises given to women at a high level in order to achieve high results in sports. The

most important thing is that a girl who plays sports will be healthy and will give birth to healthy children in the future. He also attracts them to sports, brings them to a healthy and mature age. This serves to establish a healthy lifestyle in the entire society and improve the nation's gene pool. Of course, not all of these girls may be professional athletes. But children trained in physical exercises grow up physically healthy, mentally fresh, and learn to look at life with a deep eye. Sport not only strengthens the child's health, but also protects him from harmful diseases and strengthens his will.

In some sports, women show better results than men. The high harmony of the anatomical and physiological indicators of the female body, willpower and flexibility are invisible when

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performing exercises that require emotions. Even though their muscle strength is relatively low, they can skillfully distribute muscle tension to many muscle groups during exercise. Therefore, women's movements are more delicate, smooth, gentle, clear and beautiful.

The structure and functional characteristics of women's bodies do not allow them to perform tasks that require high strength or high endurance. For example, compared to men, their blood content of erythrocytes, hemoglobin, oxygen capacity in the blood is low, heart volume is small, lung vital capacity and the minute volume of breath are low, which limits the ability to perform long-term work. This shows that the aerobic capacity of women's body is less than that of men. The difference between women's and men's physical work ability is also invisible in the changes in the function of the respiratory and blood circulation systems when performing the same amount of work. In women, the maximum absorption of oxygen is 25-30% less than in men, and it is at the highest level at the age of 20-30.

As a result of women's regular participation in sports, positive changes occur in the structure and function of the body. The correct use of physical exercises, the correct determination of the volume of training, strength and endurance improve the coordination of movement. Body fat decreases, muscles and ligaments develop, lung capacity increases, breathing rate decreases, heart rate slows down, energy consumption decreases, the body's resistance to various diseases increases, work ability improves, and the body becomes more beautiful. , during pregnancy she will feel better, childbirth will be easy. It is necessary to emphasize that in the occurrence of positive changes in the body of women, their participation in gymnastic exercises is of particular importance. The wide spread of rhythmic gymnastics is a proof of our opinion.

It is necessary to take into account the individual characteristics of each female athlete, strictly following the physiological principles of sports

exercises. Periodic exercise of women forms muscle work, mobility and strengthening of joints in their body. This process is observed in the development of physical qualities such as strength, speed, agility, endurance, improving the movement apparatus, improving its function and increasing the working capacity of organs. This is important for maintaining good health. Maintaining women's health is an important factor in raising a healthy generation.

In women, the height, body mass, shoulder width, length of arms and legs are slightly less than in men, and the groin is wider. Fat tissue makes up 35% of the total mass of muscles in the body of women and 28%, while in men this figure is equal to 45 and 18%, respectively. In women and girls, the width of the groin creates novelty in performing balanced movements while resting on the legs, but causes partial discomfort in movements such as jumping and running.

Some differences between men and women can be seen from a young age, for example, girls and boys have the same height until the age of 7-8, but from the age of 12, girls are faster than boys. The main reason for this is the early onset of sexual awakening in girls compared to boys (1.5 years). At this time, a heavy physical load can cause some negative conditions in the girl's body, especially the cardiovascular system is very fragile in this regard.

In women, the chest part of the spine is slightly shorter than in men, and the lumbar part is slightly longer. This condition makes their spine more mobile.

The strength of writing muscles is on average 100 kg for women, and 160 kg for men. The total strength of muscles is 10-30% less in women than in men.

The difference between women and men also exists in the structure and functions of internal organs, for example, the mass of the heart in women is 230 g on average, while in men it is 366 g, and the heartbeat is slightly faster. The minute and systolic volume of the female heart is slightly less than that of men. Also, the living capacity of the lungs and other indicators of breathing are lower than men.

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