

*Materials of Conferences*

**GUIDANCE MANUAL “ORGANIZATION OF PHYSICAL TRAINING AND SPORT OCCUPATIONAL GUIDANCE, SELECTION AND MEDICAL CONSULTATION OF CHILDREN AND ADOLESCENTS”**

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Integration an intellectual potential of doctors-hygienists in providing qualitative growth of efficiency of the developed prevention activities makes it possible to implement of new knowledge, techniques, approaches in science, educational system and practical health service. A health state and active longevity are being became leading factors contributing to the further development of government and healthy society foundation in view of what is happening in epochal world changes as integration and unification at the present stage.

Upbringing of harmoniously developed younger generation is one of the priority directions of the Uzbekistan state policy. Strengthening children health and diseases prevention by promoting healthy lifestyles is attended by the State Authority of the Republic of Uzbekistan. In the Republic developed and adopted the state social programs for priority problems solution in this direction. Evidence of this are decisions of the President of the Republic of Uzbekistan: № RP-805 “Youth year” from 29.02.2008, № RP-1271 “Harmoniously developed generation year” from 27.01.2010, № RP-1717 “Family year” from 27.02.2012, № RP-1920 “Wellbeing and prosperity year” from 14.02.2013, № RP-2133 “Healthy child year” from 19.02.2014.

Compliance with the principles of a healthy lifestyle, physical training and sports have a positive effect on health promotion, increase of physical level development and physical fitness are performed important functions such as educational and cognitive, spiritual and moral development, sociobiological adaptation, social tension reduction, morbidity prevention and infringement, addictions (Nikitushkin V.G., 2009; Pogadayev G.I., 2000). Therefore, many processes and phenomena occurring in physical and sports movement, have a deep social meaning and for understanding them possible only in unity with the interests and needs of society. So, a sports occupational guidance, selection and medical professional consultation of children and adolescents are one of the main directions of the health workers' practical services.

Currently there is no consistency in using of approaches and methods of sports selection and diagnostics of the child athletic abilities. However, initial level development determination of the most conservative qualities and abilities necessary to car-

ry out at choice of specialization areas of the young athlete. Studying of the young athlete's qualities and abilities are proposed analysis and decomposition into simpler components. Thus, one of the key issues of the physical training and sports orientation and occupational selection is an issue of integral assessment of child's prospects in a particular sport. Such an assessment of all development studied indicators objectively reflects a young athlete preparedness level and allows us to perform a reliable phased children success prediction aimed to preserving and health promotion, increasing working efficiency level and self-fulfillment. There is no doubt that further progress in the sport occupational orientation development is largely due to the results of scientific research aimed at substantiation of sports selection technology at early stages of many years training.

In the framework of the State grant projects of ADSS-24.3 and ADSS-15.17.1 conducted research by staffs of the children and adolescents hygiene laboratory Research Institute of sanitation, hygiene and occupational diseases of the Ministry of Health of the Republic of Uzbekistan. It has been concerned a fact that the system of public and secondary special, occupational education should be systematically and purposefully used universal directions and mechanisms of physical-sports occupational orientation: career information and upbringing, occupied diagnostic and promotion, career guidance game, professional consultation and matching, selection, adaptation based on age, sex and psycho physiological characteristics of the personality development, health and physical development qualities.

In this regard, an aim of the guidance manual is to provide guidance to faculty, doctors-students faculty training, masters, students of IV-VI courses of medical-prophylactic faculty of the medical higher education institutions and professionals in the field of physical training and sports guidance and medical professional advice.

The guidance manual consists of 5 main units. The first unit contains methods and stages of the physical training and sports career guidance in different educational institutions. It has been provided a job description of coach, physical training teacher and athlete; described main forms of career guidance at sports schools and Olympic reserve colleges.

The second unit includes methods and stages of the sports selection, sports training and athletic ability diagnostic principles. It has been described selection system, which is a complex of organizational and methodical activities, including various research methods based on identifying potential and abilities of an individual, to the greatest extent corresponded to sport's requirements. It has been displayed children foreseen significant signs during

mass selection and selection in a training group, as well as approximate age periods of maximum development growth-weighted indices and physical qualities.

The third unit has been proposed a modified classification of sports groups, which is based on the peculiarities manifestation of athletes physical and technical abilities regarding to sports prevalence in the Republic of Uzbekistan; it has been formed features of different sports groups by requirements point of specific qualities of the child for success in mastering of particular sport; developed criteria, composed in accordance with the sport's requirements individually and the requirements for children involved in sports.

The fourth unit has been provided recommendations for systematic physical training and sports, aimed at prevention of health state disturbance and trauma; it is reflected optimal age periods for practicing certain types of sport; there is presented the hygienic aspects of medical and physiological sports career orientation and consultation; it is described the main tasks of a sanitary inspector in physical training and sports guidance and consultation issues; given a list of diseases classes and pathological conditions that are contraindicated in physical training and sports.

The fifth unit is included a description of new teaching technologies and control forms used in the

lesson on this topic for improving acquired knowledge and skills.

Teaching this topic is based on the theoretical and practical knowledge of students on general hygiene, children and adolescents hygiene, normal and pathological physiology, normal anatomy, therapy, infectious diseases, family medicine, podiatry, sports medicine, physical therapy, pedagogy and valeology.

Obtained knowledge during this course will be used for timely and qualitative carrying out of preventive measures aimed at preventing a likelihood of borderline and pathological conditions at children, athletes, related to impact of inadequate physical and psycho-emotional exertion, chronic nervous and physical effort, high intensity and volume of training process, trauma and injuries, etc. Thus, implementation of this guidance manual will be improve the level of doctors and cadets of physicians' continuing education institute, medical universities students, sports physicians, and other specialists whose work is directed on preservation and health promotion at children and adolescents.

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