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STUDY HISTORY OF SCIENTIFIC RESEARCH ON THE SPORT OF BADMINTON

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Abstract: This article provides detailed information about research conducted on the sport of badminton. In particular, the scientific-theoretical basis of the research conducted on the sport of badminton in the history of the sport of the world, the world and our country is explained.

Keywords: badminton, sport of badminton in the East, study of badminton sport in the West, studies conducted on the study of badminton sport in the CIS era.

The period of study of scientific research on the preparation of young people for the process of mass sports rehabilitation, the formation of a healthy lifestyle in them, and the improvement of physical education and sports education can be divided into three:

1. Scientific research on badminton in Western countries.

In Western countries, the issues of preparing young people for mass sports rehabilitation, rational use of physical education opportunities, joint mental and physical development of young people and increasing physical education educational opportunities in this regard are discussed by scientists V. Koleda, J. Hargreaves, A. Wett, E. Zadarko, J. Junger. , Z.Barabas, D.Brown, A.Alpers, V.Balsevich, L.Wolf-Wendel, Yu.G.Tatur, V.Hutmacher were researched and special conclusions were put forward on the establishment of health-care activities in social life through public sports.

2. Scientific research on badminton in the CIS countries.

In the CIS countries, many studies aimed at improving the public sports health system have been conducted. In particular, the issues of preparing students for mass sports rehabilitation, forming a culture of a healthy lifestyle, cultivating a hygienic worldview I.Martyn, V.Ilinicha, O.Fadaeva, Z.Kozbaev, V.Medvedov, O.Markevich, N.Tikhonova, P.Vertinsky, It was studied by scientists such as O. Otravenko.

F.G. Valeev thinks about the development of quickness and dexterity in children, taking into account the lability of the nervous system, by playing badminton, and how much the technique of certain actions (personal playing method - hitting, passing, throwing, receiving the ball, etc.) with the help of special exercises If improved a lot and long, it can be done so beautifully, gracefully, light, bioenergetically efficient, efficient and precise, "state of the art"¹.

1 Valeev F.G. Improving the speed characteristics of the game in sports badminton, taking into account the lability of the nervous system: Abstract of the thesis. diss. Candidate of Pedagogical Sciences. - Moscow, 1998. - P.22.

M.A. Ignatev writes that badminton is one of the means to improve the hearing of hearing impaired children²: “When building physical education lessons with the predominant use of badminton in special (correctional) schools for children with hearing impairment, it is necessary to comply with such pedagogical requirements as taking into account the individual characteristics of each student (morphological and functional development, the state of preserved functions and coordination abilities, the level of physical fitness), the application adequate methods, techniques and ways of teaching motor actions; creation of conditions for the actual performance of exercises, the creation of a positive psychological climate in the classroom, control and self-control over the dynamics of the development of physical qualities and functional state”.

It can be seen that M.A. Ignatev also emphasizes the role of badminton in the formation of children's coordination abilities.

And V.D. Mavromatis focuses on restoring the health of middle-aged people by practicing physical culture, namely badminton, and writes:

“Health-improving physical training with the use of badminton has a significant positive effect on the functional capabilities of the body of middle-aged men (35-45 years old), expands their adaptive capabilities, improves health. The use of badminton in combination with general developmental physical exercises provides a pronounced healing effect after 5-6 months of systematic training.”³

3. Scientific research on badminton in the East.

It should be recognized that the pedagogical aspects of increasing the physical capabilities of young people in Eastern countries, popularizing sports, achieving a healthy lifestyle, and forming the qualities of physical culture were studied by scientists Y. Sun, S. Sami, S. Mahmudi, S. Aghaiy, Ya. Kochlar.

Issues of improvement of physical education and sports methodology in Uzbekistan, formation of physical culture, orientation of young people to a healthy lifestyle, as well as improvement of mass sports health system and improvement of effectiveness of physical education education A.Abdullaev, Sh.Kh.Khonkeldiev, N.N.Azizkhodjaeva, R. C. Salomov, E. A. Seitkhalilov, O'. Q. Tolipov, T. S. Usmonkhadzhaev, D. D. Sharipova, Sh. S. Sharipov, F. R. Yuzlikaev, T. T. Yunusov, R. Abdumalikov, It was studied by scientists such as T. Zayniddinov and A. Mahkamov.

List of used literature

1. Valeev F.G. Improving the speed characteristics of the game in sports badminton, taking into account the lability of the nervous system: Abstract of the thesis. diss. Candidate of Pedagogical Sciences. - Moscow, 1998. - P.22.

2 Ignatiev M.A. Badminton as one of the means of improving the motor abilities of schoolchildren with hearing impairment: Abstract of the thesis. diss. Candidate of Pedagogical Sciences. - Cheboksary, 2002. - P.25.

3 Mavromatis V.D. the use of badminton in the health-improving physical culture of middle-aged people: Abstract of the thesis. dis. ... Candidate of Pedagogical Sciences, Military. Institute of Physics culture. - St. Petersburg, 2004. - 24 p.

2. Ignatiev M.A. Badminton as one of the means of improving the motor abilities of schoolchildren with hearing impairment: Abstract of the thesis. diss. Candidate of Pedagogical Sciences. - Cheboksary, 2002. - P.25.

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