



**CHANGES IN THE FUNCTIONAL CAPABILITIES OF THE FEMALE ORGANISM
DURING SPORTS**

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Abstract

This article outlines changes in the functional capabilities of the female organism during sports .

Keywords: exercise, exercise, female organism, body aerobics, speed, strength.

Sports can lead to an increase in the functional capabilities of women's bodies, which begin to significantly exceed their peers in terms of many important indicators of functional condition, aerobic and anaerobic abilities, and physical qualities. Athletes engaged in cyclic sports are distinguished by a high rate of the body's aerobic ability, especially during endurance exercises ($MIC\ 70 - 80\ ml \times kg^{-1} \times min^{-1}$, for skiers - up to $86.4\ ml \times kg^{-1} \times min^{-1}$) compared to athletes whose speed and speed orientation prevail in training ($MPC - 35 - 45\ ml \times kg^{-1} \times min^{-1}$).

During strong exercise, female athletes have a lower working muscle hypertrophy than male athletes, which is associated with a smaller amount of male sex hormones (androgens) in the female body. The largest static endurance (regional and global) concoction is represented by pilots, locally - by skiers and basketball players, especially by muscles of the wrist and wrist muscles. In training, special attention should be paid to the development of strength resistance in women, special attention should be paid to increasing strength and strength resistance of the abdominal and thas muscles, which are of great importance to the function of childbirth.

With the fast direction of training, women achieve significant changes in speed quality, although in absolute terms they lag behind men. In athletes, the reaction to a moving object is less accurate than that of athletes.

For athletes, the individual minute is shorter, that is. they measure a smaller interval when asked to measure a minute. In females, changes in the individual minute during the day and under stress become more pronounced.

It develops flexibility much easier than that of men. Especially in stressful situations, it increases before the onset and decreases with fatigue. Females are also distinguished by high epoch.

During many years of training, women, unlike men, are able to significantly improve their sporting outcomes, but at a highly effective sports level they retain less time.



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