



## Physical Development of Primary Class Students

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**Annotation:** The article presents the results of the study of some anthropometric indicators of elementary school students studying in rural schools of Kasbi district of Kashkadarya region. According to the preliminary results, the average indicators of body weight, height, chest circumference and head circumference of 7-10-year-old students and the Kettle index increase with age.

**Keywords:** Body weight, height, chest circumference, head circumference, Kettle index, rural schools.

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Physical development is one of the main indicators that determine the health of every organism, mainly body weight, height, chest circumference and other indicators are widely used in assessing physical development. This is especially useful for the normal development of the organism of growing young children, for the purposeful performance of mental and physical loads, and for good learning of subjects.

In recent years, our government has been paying special attention to the physical development of various groups of the population, especially children of preschool and school age, studying their anthropometric indicators and forming a healthy lifestyle.

It is known that a number of external and internal factors actively influence the physical development of children of primary school age. In particular, students spend most of the day at school. The scale of mental and physical loads they perform and the factors of the external environment affect the growth and development of children to an appropriate extent. Taking into account the above points, during our observations, we tried to study some anthropometric indicators of 7-10-year-old students.

Inspections were conducted on 117 elementary school students studying in rural schools of Kasbi district of Kashkadarya region in the 2021-2022 school year. Their height, body weight, Catley index, chest circumference and head circumference were studied using generally accepted anthropometric methods. Height was determined using a wooden rostometer (Russia, 2019), body weight was measured using a medical scale (PORODO model: PD-BF1321BT-WH, China, 2020), chest and head

circumference were determined using a centimeter tape. Collected materials were statistically processed using Origin 6.1 software.

According to the obtained results, some anthropometric indicators of students in the studied groups increase with age. If the body weight of 7-year-old students is  $23.2 \pm 0.61$  kg, height is  $1.26 \pm 0.01$  m, these indicators are  $34.6 \pm 1.04$  kg and 1 It was equal to  $45 \pm 0.009$  m. A similar trend was observed in Kettle's index, chest circumference and head circumference. This indicates that the growth and development processes are more intensive in the body of students of junior school age at this age.

Thus, according to the obtained results, it can be said that the growth of height and weight of students is proportional to their body parts. Also, there was no growth retardation and low body weight among the students under observation.

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