

THE ORGANISM REHABILITATION AND PREVENTION DURING THE PANDEMIC COVID-19 METHODS BY GENERAL PHYSICAL TRAINING

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ABSTRACT

The article discusses the methods of rehabilitation of the body of people of older age groups (40-59 years old) who have had Covid-19. A method of using physical exercises to support the respiratory and cardiovascular systems is proposed. The results of experiments carried out during the pandemic from April-May to August (2020) are presented. The experiment involved the teachers of the National University of Uzbekistan, as one of the most vulnerable groups of the population.

KEYWORDS: Impact of Covid-19, Oxygen Consumption, Respiratory System, Oxygen Saturation, Hypoxia, Hypocapnia, Exercise, Physical Activity, Movement, the Cardiovascular System.