

**RULES AND POSSIBILITIES OF PLAYING SPORTS DURING QUARANTINE**

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**ABSTRACT:** This article is devoted to the issue of proper organization of sports activities during quarantine.

**Key words:** Physical culture and sports, pandemic, quarantine.

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The main task of this article is to determine physical activity in the human body during the pandemic. First, let's ask, "What is a pandemic?" Let's answer the question. A pandemic is the worldwide spread of a new, previously unknown virus. Most people are not yet immune to the new virus that has infected their bodies. At the moment, the world is facing the risk of the spread of the COVID-19 virus, which primarily affects the respiratory tract: nose, mouth, lungs. Therefore, it is forbidden to exercise in public places (for example, in a fitness center), because there is a high probability of catching the virus from other people who exercise nearby. This is because the virus can be spread when people sneeze or cough. The question arises: "Should I stop playing sports during the pandemic or not?"

The answer to this question is very simple - it is definitely worth doing physical exercises during quarantine. So, if you used to play sports, then in order to maintain endurance and not gain excess weight, you should continue to exercise at home. After all, a normalized amount of physical activity helps to improve the immunity of the human body and, most importantly, the mucous membrane, which is directly at risk during the spread of the virus. If you are suddenly not interested in training before the start of the pandemic, you can do physical training in isolation at home.

Also, during the period of self-isolation, many are forced to stay at home. In this regard, the time a person spends in a sitting or lying position increases. This has a negative effect on the work of the entire human body, and therefore it is recommended to stand up at least once every 30 minutes. The best option would be if you equip your workplace to work while standing. This can be done using a special high table. Yoga classes are also recommended after a long day of isolation. This type of activity will help you get rid of stress and all the negative emotions you get during the working day.

With the introduction of enhanced self-isolation measures in most regions and the country as a whole, which involves restricting access to public places, the question "What sport should be played during the pandemic?" the question arises. To answer this question, first of all, it is necessary to choose the right load for the human body. The reason for this is that small and, on the contrary, large loads do not strengthen the immune system, but on the contrary, they can have negative consequences for human health. The optimal amount is three physical education classes for an average of half an hour per week. The lesson should be held in a well-ventilated room (for example, a balcony). The recommended time for physical education is the afternoon, that is, 2 hours after lunch. In addition, it is impossible to exercise in the morning, immediately after waking up.

In addition, it is worth noting some things that are not recommended to do during self-isolation.

1. You shouldn't push yourself to the limit (eg, don't run long races) or train to the point of exhaustion. Exercise and increased fatigue can increase the risk of disease.
2. If a person develops symptoms of illness, such as fever, cough, shortness of breath, etc., cancel physical activity.
3. Avoid playing sports in closed (non-ventilated) areas.

4. Exercise no more than five times a week.
5. Avoid playing sports in public places (fitness clubs). This is because there is a very high chance of contracting the virus in public places.

To play sports at home, you can use improvised means: a sofa or a chair for pushing; a set of books - instead of dumbbells for pumping the abdominal cavity; backpack with books - for swinging and pumping leg muscles. It should also be noted that in addition to physical education, you should follow your diet and drinking regime. It is necessary to give up carbonated drinks and drink regular drinking water a day. To improve immunity, it is recommended to increase the consumption of fruits and vegetables in the diet.

Many fitness, yoga and athletics classes are available online for free. During these lessons, you should follow the recommendations presented in this article. Physical education classes should develop physical qualities in the human body, strengthen its immune system and increase the overall performance of the human body.

It should also be noted that despite exercising at home, the main condition for preventing the spread of the virus is to observe the rules of personal hygiene. That is, after going to the streets, shops and public places, wash your hands for three minutes with soap or 30 seconds with an antiseptic, ventilate the room every two hours, and wet clean the room you are using at least once a day.

Thus, physical training during the pandemic has a particularly positive effect on the human body and its immunity. This is because strong immunity allows the body to better cope with the virus and tolerate the disease with minimal symptoms.

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