

The popularity of athletics among students

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Abstract: *Walking is a simple way for people to move from place to place, and it is an excellent physical exercise for people of different ages. When you walk long and evenly, all the aging muscles of the body work, the activity of the cardiovascular, respiratory and other systems in the body increases. As a result, the exchange of fashion increases.*

Keywords: *running, jumping, speed, Athletics.*

INTRODUCTION:

Athletics is a sport consisting of walking, running, jumping and throwing. In special physical education schools, track and field consists of the theory of athletics, practical work and teaching methods, and the lesson is a subject of scientific research in this field. The ancient Greek word "athletics" means "struggle" in Uzbek. In ancient Greece, people who competed in strength and agility were called athletes. Nowadays, strong people who have reached physical maturity are called athletes.

The name "athletics" is based on the fact that, on the surface, athletics exercises seem lighter than weightlifting exercises. In some countries, athletics is called "athletics" in France, or track and field exercises in the USA and England.

Athletics consists of five sections, walking, running, jumping, throwing and wrestling, each of which is divided into different types.

Walking is a simple way for people to move from place to place, and it is an excellent physical exercise for people of different ages. When you walk long and evenly, all the aging muscles of the body work, the activity of the cardiovascular, respiratory and other systems in the body increases. As a result, the exchange of fashion increases. Regular walking as a physical exercise has the importance of improving health. A person is taught to walk from early childhood. But this is not enough. All people need to be able to walk properly and economically. In addition to normal walking, there are also different types of walking: pokhodo walking, line walking and athletic walking. The most technically difficult, but the most useful form of walking is used in competitions. Its speed is twice as high as normal walking, but to achieve such a high speed, it is necessary to learn the basics of athletic walking technique.

It is not enough by itself, but compared to simple walking, it requires more intensive work, that is, energy consumption increases. Walking competitions are usually held in a counter-clockwise direction on stadium tracks and on normal roads on highways, city streets, trails and more, from 30 km to 50 km.

Participants in the running competition must also follow the prescribed walking technique. The most important thing is not to allow both feet to leave the ground at the same time, even for a moment. If there is a moment when one of the legs does not touch the ground, the athlete is considered to have



passed from walking to running. Athletes who violate this rule will be excluded from the competition by special referees.

Running is a natural way to exercise from place to place. This is the most common form of physical exercise, and many sports include football, basketball, tennis, and others. Many types of running are an organic part of various types of athletics.

The demands placed on the working ability of the whole organism are much greater than when running. Because when running, almost all muscle groups in the body are activated, the activity of the heart, blood, vascular breathing and other systems increases. Metabolism is greatly increased. Depending on the capabilities of the participants, varying the amount of work by changing the length of the distance and running speed can affect the development of a person's endurance, speed and other qualities. In the process of running, one's will is strengthened, one's ability to distribute one's strength, to pass through thickets, and to reach a goal in an open place appears.

Running is one of the main means of all-round physical development. This is evidenced by the fact that a lot of attention is paid to running in the training of all specialized track and field athletes and those who practice other types of sports, as well as the fact that running has a large share as a means of active recreation, health, and maintaining work capacity.

Running is the most common form of athletics. Various types of running and relay races take the leading place in athletics competitions, and the spectators are also very interested in them. That is why running competitions are one of the best organizational tools.

There are different types of running in athletics: flat running, hurdles running, relay running and natural conditions running.

Flat running is performed for a certain distance or time in a counter-clockwise direction on the treadmill. A separate track is allocated for each runner in the 400 meters and shorter distance. Running for the rest of the distance will be held on a public road. The time spent to cover the specified distance is measured with a stopwatch. In 1-hour and 2-hour Runs, the time is limited, and as a result, the distance traveled during this time is determined in meters.

There are 2 types of obstacles. As a result of this type of running, running over obstacles of the same type placed at certain places at the same distance from each other is run for a distance of 60 to 400 meters. Each athlete runs on the track separately. Hurdles for 2000-3000 meters Osha Jogurish - in this running track, the obstacles that are firmly installed here and there are run through water filled in a pit dug in one of the sectors of the Osha stadium.

The relay race is run in teams. The distance is divided into as many stages as there are runners in the team. The goal of the relay race is to pass the baton to each other and deliver it from the start to the finish line as quickly as possible. The distance between the stages can be the same short and medium distances or different mixed distances. Relay races are held on the corridors of the stadium, and sometimes on the streets of the city.

Running in natural conditions. In this case, cross-country is run in open areas, and for distances of 15 km and more, it is run on roads, on highways, on trails. The longest marathon distance in athletics is 42 km 195 cm. It is passed between residential areas.

Jumping is a natural method of overcoming obstacles, and is characterized by the maximum effort of neuromuscular strength in a short period of time. Athletes' abilities to control their bodies, use their strength, strength, speed, agility, and courage increase during light athletic jumping training. Jumping is one of the best exercises for strengthening the muscles of the leg body and creating agility, and it is necessary not only for athletes, but also for representatives of other sports, especially for basketball, volleyball and football players. Athletics jumping is divided into 2 types.



1. Jumping over vertical obstacles in order to jump as high as possible, high jump and pole vault.

2. Long jump and triple jump to jump over horizontal obstacles in order to jump as far as possible. Jumping results are measured in meters and centimeters. The jump is performed by running quickly to the place where it is standing. Triple jump and pole vault competitions are not held for women. Hard shocks that occur while doing these things can damage the condition of women's internal organs.

Throwing is the exercise of throwing and throwing special projectiles. The results of these are measured in meters and centimeters. Throwing is characterized by a short period of maximum neuromuscular tension. In this, not only the muscles of the arm, shoulder girdle and body, but also the muscles of the legs are actively involved. In order to throw athletics projectiles far, it is necessary to have a high level of strength, speed, and agility, and to be able to gather one's strength. Doing throwing not only develops these important qualities, but also helps in the harmonious development of the muscles of the whole body.

Athletics throws are divided into three types depending on the method of execution.

1. Throwing spears and grenades from behind the head.
2. Throwing discus and javelin. Throwing Core.

The difference in throwing methods depends on the shape and weight of the projectiles. The projectiles, which are easy to catch, can be thrown from behind the head by running directly. Throw heavier projectiles around. A heavy projectile without a special handle is for throwing the core.

All-around. It includes various types of running, jumping and throwing. All-around is named according to the number of types in the composition. Three fights, four fights, five fights, six fights, eight fights, ten fights. The main all-around events are men's 10 events and women's five events, and juniors' six events and eight events. In order to make the competition easier, competitions from such difficult types of athletics will be held on two days. Multi-sport puts very high demands on the athletes. In addition to being technically highly skilled, they should be faster than sprinters, strong as throwers, jumpy and agile as jumpers, bold as runners, and durable as middle-distance runners. Completing an all-around program in full can be quite a process and requires highly developed willpower. Doing multi-sport has a comprehensive effect on the athlete's body and creates a good ground for special training in a separate type of athletics. The all-around result is determined by the sum of the points received by the athlete for the result shown in each round of the all-around. A table of points is used for this.

Millions of people around the world are involved in athletics. Athletics training increases strength, speed, endurance and many other movement skills, cultivates willpower. Also, their health benefits are very important and help to achieve physical maturity.

The variety of athletics exercises and the ability to change the strength when walking, running, jumping, and throwing allow athletics training with people of different genders and ages. Most of these exercises are not difficult in terms of execution technique, they are easy to teach and can be performed on regular courts or open spaces.

The positive effect of athletics exercises on the participants is the reason for their widespread use. In the program of physical education of school children and women, in the training plans of various sports, as well as in the physical training of the elderly, athletics exercises are given a lot of space. In physical education collectives, in voluntary sports societies, in higher and secondary educational institutions and other organizations, athletics training is in the leading place.

In order to evaluate the level of training in athletics, to encourage participation in this sport and to organize competitions, it is accepted to divide into classes. Due to the fact that the sport of athletics



is developing massively and the results in it are growing rapidly, the discharge norms change from time to time.

The history of athletics begins in ancient times. It is known that people have used running, jumping and throwing as a natural and necessary movement since ancient times in cocktails and in everyday life. But many years passed before they had painting as a means of physical education and as a kind of sport. During the primitive team system, athletics training was closely related to people's social activities. They began to be independent in physical education to a certain extent, close to the beginning of human slavery society.

Running, jumping and throwing were highly developed in ancient Greece. Along with other types of physical exercises, they played an important role in the military-physical training of the slavers and became an important part of the general Greek religious festivals. The most important of these celebrations are the Olympic Games.

In feudal society, especially during the early Middle Ages, physical exercise was popular. Narratives, stories, and other cultural relics indicate that there was a lot of physical exercise in the games. Many sources indicate that the triathlon of running, long jump, and stone throwing existed in the folk life.

Unsatisfied exploitation, lack of free time and adequate material conditions affect the level of development of people's physical exercises. For this reason, during the period of feudalism, people's physical exercises were always in the nature of traditional entertainment and were held only on holidays.

In the military physical training of the townspeople and feudal lords, running, jumping and throwing exercises had a great place.

In the bourgeois society, running, jumping and throwing were initially included in the gymnastic system of physical education, and were used in everyday life. But this track and field did not have a significant impact on the organization of sports, because the importance of these exercises in the gymnastics system was not primary, but secondary. People's participation in these exercises could not have a full effect on the development of athletics due to the limited opportunities of the working masses.

Running, jumping and throwing as independent physical exercises and athletics as important elements of sports began to be organized in the second half of the 19th century. started

The bourgeoisie needed physically fit workers for its capitalist enterprises and soldiers for its army of occupation. The old gymnastics systems were already unable to help Tola. The bourgeoisie began to pay attention to athletic exercises derived from traditional folk entertainment. Among them, in the process of improvement, there were also running, jumping and throwing exercises, which are part of athletics sports, taking the form of athletic running, jumping and throwing.

Types of athletics

Athletics is certainly one of the oldest and most important sports. This discipline, based on the ancient Olympic Games, plays an important role in the world of sports. It covers a wide range of areas:

- **to run**
- **jump**
- **shoot**

also a lot of struggle

This makes athletics one of the most diverse and versatile sports disciplines.

Physical activity of this nature supports skills and greatly contributes to the overall development of a person:



- **speed**
- **flexibility**
- **forces**
- **coordination**
- **endurance**

Athletics also provides the foundation for many other sports, including:

- **football**
- **basketball**

gymnastics and others

Running disciplines in athletics

Running disciplines in athletics offer an extremely diverse spectrum of competitions:

- **Starting with short distances like 100 meters**
- **ultramarathons run over 42 km.**
- **obstacle course**
- **relay races**

These routes are an important part of running competitions and require additional skills and strategies from athletes.

Each type of running requires specific training, which differs depending on the distance of the race and its specific characteristics.

Running technique, race tactics, training strategies, and recovery plans all play an important role in successfully completing these disciplines.

In addition, running disciplines have produced many famous athletes, such as:

- **Usain Bolt, 100m and 200m world record holder**
- **Eliud Kipchoge, the first person to run a marathon in under 2 hours**

These and many other athletes continue to inspire new generations of runners around the world.

Sports walk

Running is a special discipline of athletics, which differs from running in a number of basic rules. The key is that one foot must be touching the ground at all times, which is what separates walking from running. This requirement makes sport walking technique unique and requires specific preparation and strategy.

Athletics is one of the most popular sports. It includes running for different distances, athletic walking, jumping (high, long, triple, javelin), throwing (javelin, javelin, javelin), shot put, all-around (jumping, jumping). There are more than 50 exercises in athletics, 49 of which are included in the program of the Olympic Games (at the 2000 Sydney Olympics, men competed in 22 types of athletics, women in 20). In addition, athletics is an exercise of modern pentathlon and triathlon sports, it is included in the program of training of all sports, educational, military-preparatory, health exercises, "Alpomish" and "Barchinoy" sports tests of students and young people. Homer's "Iliad", Ibn Sina's "Laws of Medicine" and other books contain information about athletics exercises.

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1993). The IAAF has been holding the World Cup (now Grand Prix) since 1977, and the World Championship since 1983.

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