

THE IMPORTANCE OF ATHLETICS IN PHYSICAL ACTIVITY AND THE RULES OF DOING IT

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ABSTRACT

This article provides information about athletics, running short distances in athletics classes, types of athletics and their rules.

Keywords: Athletics, track and field, sports, sprinting, running, jumping, throwing.

INTRODUCTION

Athletics is a Greek word that means competition, struggle, exercise. In ancient Greece, those who competed in strength and agility were called athletes. Athletes performed the exercises lightly and at will. The term "athletics" may have appeared in connection with this. In ancient times, running, jumping, and throwing competitions were organized at large-scale events and celebrations. Accordingly, these types of sports are also the ancient Olympics. Modern athletics is also multi-sport, which includes the above sports: walking, running, jumping, throwing, etc. Because of the popularity of the sports covered, millions of people around the globe participate in athletics. The diversity of the exercises and their great value, the uncomplicated equipment made athletics a mass sport that every person can practice. That's why athletics is called the "King of Sports". specific walking, running, jumping and throwing - develops speed, strength, endurance, mobility of human limbs strengthens, educates the will, increases the working capacity of body parts. This is the healing effect of athletics exercises. This type of sport forms good habits, qualities such as constant attention to one's health. The positive effect of athletics exercises on children's health and physical growth has led to the inclusion of this sport in the curriculum of colleges. allows you to practice in stadiums and sports. This sport is practiced in warm weather wearing light clothes. Thicker sportswear is worn in cold weather. Shoes, sneakers, slippers are worn. When athletics running or jumping competitions are held in the stadium, the participants may wear studded slippers. It helps to increase performance in short-distance running (by 2-3 s); and in the long jump (20-30 cm) it helps to jump further. When doing athletics, it is necessary to follow a number of rules, which leads to the expected good results.

As a rule, first run slowly for 3-5 minutes, perform 6-8 general exercises, run 2-3 times at a speed of 30-50 m. This will help to form the skill of performing the movement accurately. Now it is time to prepare for training. For this purpose, the training ground is well prepared, the long jump pit is softened, the running track is cleared of excess objects, and a safe place is chosen for throwing. When throwing independently, special attention is paid to choosing a direction where the ball does not touch windows, trees, or people. In this case, there should be no sharp, pointed objects in the place of landing. When observing the high jump, the observer stands on the side of the runner, otherwise the pole may fly and touch him.

Do not stop or sit down immediately after running. For example, when running a long distance of 100-200 m, it is better to walk 10-15 meters. It is forbidden to stand on the treadmill or cross it while others are running. It is also not allowed to run next to those who are participating in the competition. You can't drink cold water after running, because it suddenly cools the body and inflames the upper respiratory tract (which causes bronchitis, angina, etc.) The following inscriptions were found: "If you want to be strong - run, if you want to be beautiful - run, if you want to be smart - run." short distance (sprinting), i.e. 60, 100, 200, 400 meters; relay — 4 x 100 m, 4 x 200 m, 4 x 400 m; medium and long distances, i.e. 1000 m, There are light races such as 1500m, 2000m, 3000m, 5000m, 10000m, marathon (42km 195m) and long distance races (5km to 80km). In local conditions, running is called cross-country running. In the college program, in athletics classes, short distances (30 — 60 m) and endurance (1000 m) running is recommended. Flat running is held on a flat field or stadiums. The walkway must be at least 80 m long (there is a stop every 15-20 m).

Such places are also used for short-distance running competitions. If it is not possible for college students to exercise on the sports field, they can use the paths of parks (alleys) near the college. The chosen place should have a good view, so that it does not collide with bicycles or pedestrians coming from the corner. The run can be conditionally divided into the following stages: start, acceleration, passing the distance, finish. is used. If it is used appropriately, it will be possible to reach the maximum speed in a short time. High start is used in running for medium and long distances. If this running is used efficiently, progress will be achieved in the first meters of the distance. Running for short distances (sprint). The highest results for boys and girls in this type of running in our republic were recorded in the city of Tashkent. For boys, 100 m. record result for running to Anvar Kuchmuradov (10.50 sec. electronic counter); Ludmila Lapshina (11.85 sec.) among girls. The world record for running this distance is 6.39 s among men (according to an electronic stopwatch). This was achieved by the American Maurice Greene. Among women, it was 6.92 s (according to the electronic stopwatch), which was achieved by Irina Privalova from Russia. In physical education classes, 2 x 30, 2 x 20, 60 m or 100 m distances (1, 2, 3 students) is run based on a simple stopwatch measurement. After a few lessons, first 30 m, and after 2-3 lessons 60-100 m are given. Low start is the first position that is convenient for fast running. To run from a low start, a support, pit or starting balls (pad) are used. Kneel down and rest on your hands, one knee touches the ground, the other leg stands on the support (pad); — placing hands shoulder width apart, resting on the ground, thumbs turned inward, arms straight, body weight falling evenly on arms and knees. The head is bent and facing the starting line.

CONCLUSION

When the attention command is given, the knee of the trailing leg is removed from the ground, the weight of the body falls on the base of the foot (hands and feet).

When the command is given, the body is quickly straightened, the first step is taken with the leg standing behind, the hands move sharply, then the second, third, etc. steps are taken. The body is fully straightened only after 6-8 steps. When running for a certain distance, the athlete tries to take big steps by pressing the foot on the palm. The hands move in unison, and he is

bent at the elbow. The hands are not fisted, the body is slightly bent forward. The back is not completely bent and the teeth are not tightly pressed to each other, only moving forward, the movements are performed freely. About 10-15 meters before the finish line, the runner looks forward while maintaining free movement, keeping the shoulders straight (and -without turning to this side), without slowing down, he sharply crosses the finish line.

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