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Research Article

THE IMPACT OF ATHLETICS ON HUMAN HEALTH AND ITS EFFECT ON THE LEVEL OF PHYSICAL FITNESS

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Abstract:

To increase the functional capabilities of the body, various ways of running are suitable. In my opinion, the easiest and most effective is endurance running. Its essence is to cover the greatest distance in the minimum time. This kind of running allows you to develop mainly the lungs, it will allow you to improve your results for long distances in long training. With long runs comes the load on the heart, the heart begins to work in an increased mode. With prolonged training, the heart, like all muscles, begins to get used to such loads, thanks to this, the walls of the heart become thicker and more powerful. Also, in addition to the heart, in particular, there is a load on the leg and back muscles. There are two types of fibers in the muscles - red and white. The red ones are responsible for general endurance, the white ones for speed. If you train regularly, the number of mitochondria in muscle cells increases, which replenish ATP, the main source of energy. When muscles have an abundant source of energy, ATP, then they are capable of prolonged exertion.

Speed running is aimed at developing speed. This kind of running does not develop general endurance, but speed endurance. This kind of running conditions the development of leg muscles. White muscle fibers are responsible for speed, which is exactly what is developed in this type of running. This kind of running is not suitable for beginners, it is not effective for weight loss, as it requires thorough training. Muscles in this type of running should be well kneaded, because a poor warm-up can lead to a serious injury, most often, this type of running is engaged in professional athletes.

Key words: health, sports, physical education, health, athlete, track and field, running, injury.

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INTRODUCTION:

It is impossible to imagine the achievements of modern sports without the experience and knowledge of specialists. It is especially worth mentioning that professionals and simply acting athletes urge people to a healthy lifestyle, to engage in physical activity and sports, share advice based on their experience and help many managers in making work plans, as well as in improving and developing effective methods in management. According to the results of observations and surveys, it is worth saying that athletics has not yet become popular enough among people, and, for example, schools tend to give more time to play sports. In order to popularize the sport, the sports infrastructure should be improved and improved and people should be interested in it. Athletics has a recreational value. Classes are conducted in the air, exercises affect all muscle groups: strengthen the motor apparatus, improve the respiratory organs, cardiovascular system. Involvement in athletics a large number of young people helps to achieve the main purpose of education: to strengthen physical health, the formation of a full-fledged strong and healthy younger generation.

PURPOSE OF THE STUDY

It is worth considering athletics in terms of its impact on human health. In this aspect, we can distinguish both positive and negative aspects. Physical activity triggers various processes in the human body, coordinated by the central nervous system.

RESEARCH METHODS:

The motor apparatus and internal organs, which provide the basic needs of the body, are involved in the work. Scientists believe that the function of the motor apparatus mainly depends on the state of the internal organs. In turn, the activity of the body's internal systems closely interacts with the motor apparatus. That is why the practice of athletics is a necessary requirement for the stable functioning of the body. At the same time, even in ancient China and Greece, believed that various physical activities

have a positive effect on mental abilities. For example, Pythagoras was a champion fist fighter and at the same time was a famous philosopher. He was also a two-time mixed martial arts champion.

RESULTS AND DISCUSSION:

Based on all of the above, the following positive aspects of athletics can be highlighted:

Running has a positive effect on the cardiovascular system, in addition strengthens it, which is due to the constant tension and relaxation of the leg muscles

The number of capillaries multiplies, they become more flexible and capacious, which contributes to their ability to deliver more oxygen.

During running, the metabolism is accelerated, the process of blood circulation improves, which has a positive effect on the expenditure of extra calories, thus running contributes to becoming a more athletic person

Running has a positive effect on the functioning of the endocrine and immune systems, strengthening them.

During running one develops dexterity, endurance and, with certain kinds of running, speed qualities

Thanks to frequent and deep breathing of the person during running the supply of oxygen to the tissues of the body increases, which contributes to increased mental performance

During running, the process of cellular decay is activated and the production of new cells begins, thus renewing and rejuvenating the body.

Taking part in running helps release serotonin ("the hormone of happiness"), which makes a person feel happier and even more relaxed after exercise.

During running not only the legs are loaded - abs, back and buttocks are also exercised, so people who are active in athletics, have good posture and a fitter body

Running affects the human life expectancy - according to statistics, a person actively involved in running, lives 5 years longer

In case of a short evening run, an improvement in the quality of sleep can be noted

Exercise in the morning, which includes jogging at a slow pace, helps a person wake up more quickly and increases the capacity for work throughout the day. In addition, such exercise promotes a healthy appetite

Doctors say that thanks to running the risk of hypertension and hypotension is decreased and the risk of a stroke or a heart attack is halved.

Run, by stimulating certain physiological and chemical-biological processes in the human body, helps to fight chronic fatigue and lethargy

Running has a positive impact on the development of human determination, willpower, patience, control of his emotions. That is, the practice of running helps a person to develop himself not only physically, but also psychologically.

It is also worth highlighting those aspects that can cause harm, if you do not pay special attention to them when engaging in athletics:

It is worth refraining from or to exercise under the supervision of a specialist in the following diseases: visual disorders, high or low blood pressure, brain injuries, chronic diseases, bone structure disorders, diabetes mellitus.

Improperly chosen shoes can cause damage to both the calf muscle and the knees, because when running, the leg area gets a shock load. And so it is necessary to give preference to shoes with shock-absorbing properties.

Before you start training it is necessary to do a little warm-up, otherwise there is a big chance to get injured during the exercise.

Excessive loads do not strengthen the body, but, on the contrary, wear out.

There is a significant impact on the spine and joints of the legs, because of this increases the risk of

micro-traumas of cartilage and intervertebral discs. This can lead to arthritis and arthrosis. Therefore, it is necessary to follow technique while running.

Before training, you should choose an area with clean air, because running along roads, near factories or factories can cause irreparable damage to health, because the polluted air easily penetrates the lungs.

When you exercise a lot, men begin to release cortisol (stress hormone), which lowers testosterone levels.

When exercising outside in the wintertime, the wrong clothes can only do harm.

CONCLUSION:

Thus, summing up, we can say that properly organized athletics activities contribute to strengthening human health and have a positive effect on his physical fitness, because in the process of running increases a person's endurance, which will help him to perform other energy-intensive work. It should also be said that in the process of training in athletics you need to adhere to certain rules and regulations in order to benefit and not harm your health.

In modern educational organizations of the Ministry of Internal Affairs of Russia, special attention is paid to such a subject as physical training. Every year the requirements to physical performance of police officers are only increasing, and in order to meet these requirements an officer needs to develop such physical aspects as: speed, agility, endurance, strength, etc.

The basis for the development of these indicators is athletics, because athletics is a complex sport that includes many different disciplines. It includes: running for different distances, jumping, all-round events, etc. The main track and field athletics standards for cadets in modern educational institutions of the Russian Interior Ministry are the running for 100 meters, 1000 meters, 3000 meters, as well as different distances of the shuttle run. Athletics standards are aimed at identifying the level of development of speed-power qualities, as well as the quality of endurance. For example, cross-country running can be attributed to the standards showing the level of cadet endurance. Endurance refers to the ability to perform any human activity without diminishing efficiency or the ability to withstand increasing fatigue. In turn, the 100-meter run and the shuttle run over various distances indicate the cadets' level of speed, strength, and reaction.

Gandelsman, K.M. Smirnov - M: Fizikura i sport, 1970

Each track and field standard contributes to the development of their physical qualities, which help the cadets in their future work in the system of internal affairs of the Russian Federation. In addition, regular training in athletics ensures a high level of readiness of cadets, and later IAB officers to perform operational and service duties. Due to the dynamic development of the above qualities at the expense of athletics, cadets and officers are able to maintain efficiency for a long time in conditions of high physical, nervous and mental stress, as well as effectively withstand the lack or deficit of sleep and rest.

Thus, we can say that the section of athletics in the physical training of educational institutions of the Ministry of Internal Affairs of Russia is a fundamental area of development of physical qualities in cadets, helping them both in further work and in training.

General provisions, recommendations and content of classes on athletic training of employees are enshrined in the order №450 of 01.07.2017. "On approval of the Instruction on the organization of physical training in the internal affairs bodies of the Russian Federation".

In conclusion, let us consider the other positive aspects of athletics. This sport is used in one way or another in all educational institutions of our country, the popularity and one of the main advantages of athletics is its accessibility. This factor is related to the history of athletics, it originated a long time ago, in ancient Greece, and as a consequence, it does not need to acquire a large number of equipment and simulators. This is one of the sports, created for the natural strengthening of the body, it is for all the above reasons, athletics is a fundamental sport in educational institutions of the Ministry of Internal Affairs of Russia.

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