

GENERAL CHARACTERISTIC OF THE SPORT OF ATHLETICS

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Abstract: this article provides a general description of athletics and provides information about the history of athletics, stages of development, types of athletics.

Keywords: Athletics, general description, start, finish, distance, run, throw, multi-fight, Triple, pentathlon, description.

ОБЩАЯ ХАРАКТЕРИСТИКА ВИДА СПОРТА ЛЕГКОЙ АТЛЕТИКИ

Аннотация: в данной статье дается общее описание легкой атлетики и приводится информация об истории легкой атлетики, этапах развития, видах легкой атлетики.

Ключевые слова: Легкая атлетика, общее описание, старт, финиш, дистанция, бег, бросок, многоборье, тройка, пятиборье, описание.

INTRODUCTION

The relevance of the topic is one of the most popular types of athletics — sports; includes various distance running, sports walking, high jump, long, triple, with an anchor, javelin throw, lappak, nuclear irradiation, exercises. There are more than 50 exercises in athletics, 48 of which were included in the Olympic Games program (the 2000 Sydney Olympics saw the men compete in 23 athletics events and the women in 20). In addition, athletics constitutes one exercise of modern pentathlon and triathlon sports, the training of all sports, training of educational institutions, military-preparatory, health exercises, a program of various sports tests of students and youth. References to athletics exercises are found in a number of philosophers' "Iliad" of Homer, Ibn Sina's "laws of Tib", and other books. At the ancient Olympics (From 776. in the 1st century. 394 BC) mainly in athletics. The development of modern athletics was significant in England in the 19th century (from 1837) when competitions were held, Athens (from 1859) when the all-Greek games were held, and the Olympic revival (from 1896). In 1912, the International Federation of amateur leaders (IAAF) was formed, to which 200 countries were admitted to the member League (2001; Uzbekistan athletics federation member since 1993). The IAAF has hosted the World Cup (currently the Grand Prix events) since 1977, and the world premiership since 1983. In Uzbekistan, interest in athletics intensified after the establishment of an engraving in 1885 in Margilan, adapted to the same species. Athletics competitions began to be held in Tashkent from 1902, country premierships from 1919, and spartakia from 1927. In Uzbekistan, more than 135,000 people are engaged in athletics under more than 140 coaches, 3 of the coaches have received the title of honored athlete of Uzbekistan, 10 have received the title of honored sports teacher of Uzbekistan (2001). In addition athletics is well developed in countries such as the United States, Great Britain, Germany, Cuba, China.

MATERIALS AND METHODS

The ancient Greek may stand for "athletics" means wrestling in the uzbek language. In ancient Greece, athletes were called those who competed in strength and agility.

The name athletics is conditional and is based on the fact that, when viewed from the surface, athletics exercises seem light compared to weightlifting exercises.

Athletics consists of five divisions: walking, running, jumping, throwing and multi-wrestling.

The main part of athletics is the general characteristic of exercise

Walking is an excellent exercise for people of different ages, which is a simple way to strengthen the human body from place to place.

When walking long and evenly, almost all the muscles in the limb body work, the activity of blood supply, breathing and other systems in the body increases, as a result of which the metabolism increases.

Physical exercise, as the usual gait, has a primarily health-improving ethos. The person is taught to walk in their early childhood. But it is not enough, it is necessary for all people to be able to walk straight, beautiful and economical. In addition to normal walking, other variations of walking will be ham: walking on a leash, walking in a row and athletic walking.

In competitions, the most difficult, but most useful, sports walking is used from the technical nature of walking. Its speed is twice as much as for normal walking, but to achieve such a speed, it is not enough just to learn the basics of sports walking techniques, but to do a lot of intensive work than for normal walking, which means that energy consumption increases. For this reason, the practice of sports walking has a much greater effect on the athlete's body, strengthens its internal organs and systems, increases their working capacity, has a positive effect on the development of strength and, more specifically, endurance, teaches to be strong-willed. Therefore, Ham mature fast walkers are highly resistant.

The Walking race is run on stadium tracks (in the reverse direction of the clock circuit) and on regular tracks (on the chassis, in the city forces) over a distance of 3 km to 50 km. Participants in The Walking competition must adhere to the characteristics of the walking technique established by the rule.

The main thing about this is not to let the ham two legs break off the ground at the same time if they are one. If an opportunity occurs when one of the legs is not touching the ground, the athlete will be able to move from walking to running. An athlete who breaks this rule is excluded from the competition by special hackams.

Running is a natural way of strengthening from place to place, it is a more common type of exercise, and a lot of Sports (Football, Basketball, etc.) are included.

A lot of the way of running in athletics it I the learning part of different type. When running, the demand for the working capacity of the whole organism is much greater than that of a walker, since when running, almost the raw material of muscle groups in the limb body is triggered, the activity of the cardiovascular, respiratory and other systems is increased, the metabolism is greatly increased. Depending on the capabilities of those involved, the amount of work with a change in distance length and running speed can affect the development of endurance, agility and other qualities of a person. For example, not so fast, but the hygienic acuity of running for a long time (in the forest or in the park) is great, which is one of the best means of recovery. High-speed running increases the demand for those involved, in particular their cardiovascular and respiratory systems, and serves as an excellent tool that develops endurance.

Running at very high speeds, however, is part of speed development training.

In the process of running, a person will be motivated by Will, the ability to distribute his strength, to learn from the Tusi, to be able to take muljal in an open, open place.

Running is one of the main tools of physical development from the outside. It is from this that in all specialties, athletes with ham, those who practice other sports have a lot of attention to running in Ham training, as well as a large share of running as a means of maintaining active rest, wellness and working capacity.

RESULTS

Running is the most hammered bop physical activity in the hammer disciplines of athletics. In athletics competitions, a wide variety of running and relay teams occupy a leading position, to which the audience is very interested in ham. Therefore, running competitions are one of the most powerful propaganda tools.

There are several ways to run in athletics: flat running, cross-country running, relay running, and running in natural conditions.

Flat running is carried out at a certain distance or in a timeless way on a treadmill (in the opposite direction to the clock arrow stroke). In running a distance of 400 m and shorter, each runner is allocated a lane in Aloxi. The rest of the distance is run on a common track. The time taken to pass a given distance is measured by a stopwatch.

There are two types of running over fences: 1. Cross-country running is when a runner exceeds a type of barrier placed at specific locations within a distance at the same distance from each other on a treadmill and runs from 60 m to 400 m; whichever athlete runs on a treadmill in alokhi-alokhi.

3,000 m cross country running (stiplchez)-in this running track it is running past the barriers where the mustacham is installed, past the water that has been dumped into a hollowed pit in one of the stadium sectors.

Relay running-in which a team-is run as a team; the more runners in a team the distance Ham will be divided into so many skirts. The goal of relay running is to extend the relay rod to each other and deliver it from start to finish as quickly as possible. The range of the skirts is the same (short and at a distance to the middle), the neck is different (at a mixed distance). Relay running is performed on stadium tracks, and sometimes on city tracks.

Jumping is a natural way to get rid of tusks and is characterized by maximum tension on the neuromuscular force in a short time. In jumping training, athletes ' abilities to be able to Will their bodies, to gather their forces are improved, strength, speed, agility are behind.

DISCUSSION

Jumping is one of the best exercises for strengthening the muscles of the legs and body and dressing for jumping, which is necessary not only for athletes, but also for representatives of other sports, Ham, especially for basketball players, volleyball players and players.

The light athletic jump is divided into two types:

a) high jump and anchor pocket jump;

B)long jump and triple jump.

The results achieved in the jump are measured in meters and centimeters.

Throwing is the practice of ironing and throwing special projectiles at a distance. Throwing is characterized by the fact that the neuromuscular tension is short-maximum. Not only the muscles of the arms, shoulder girdle and body, but also the muscles of the legs are actively involved in this.

To throw athletics projectiles far away, it is necessary that strength, speed, agility have developed at a high level and be able to accumulate their strength.

In athletics, throws are divided into three types, depending on the method of execution:

a) throw starting from behind the head (spear and grenade);

b) spin throw (disc, bosgon);

v) push (core).

Includes various types of running, jumping and throwing. The multicooker is named depending on the amount of species it contains.

CONCLUSIONS

In addition to the fact that they are highly skilled in technical humor, they need to be fast as sprinters, strong as throwers, bouncy and agile as jumpers, bold as pores, resistant as middle-distance runners. And full execution of a multi-fight program requires excellent endurance in general, highly developed volitional qualities.

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