

THE ROLE OF ATHLETICS IN THE SYSTEM OF PHYSICAL EDUCATION

Yakhshiboev Zohid Abdukhakim Ugli*

*Student,

Faculty of sports activities and arts,

Samarkand State University,

Samarkand, UZBEKISTAN

Email id: yakhshiboev_z@gmail.com

DOI: 10.5958/2249-7137.2022.00323.8

ABSTRACT

In this article, the term athletics is conditional, which does not shed light on the natural importance of all the exercises that go into this sport. At the same time, athletics is derived from the ancient Greek word athletics, which means "training", "struggle", "competition". In the system of physical education, thoughts are made about the role and importance of athletics.

KEYWORDS: *Gymnastics, Swimming, Fast Walking Along The Fight, Running, Jumping, Spear Throw, Physical Armies Energetic, Agile, Resistant, Athletics, Low-High, Running On The Spot (Cross), Spear Throw, Stone Throw, Hurdle.*

REFERENCES:

1. Abdullayev MJ. Athletics Medium and long distances professional and pedagogical activity of the coach for runners. Training manual. Bukhara. Durdona. 2015.
 2. Abdullayev MJ. Athletics Runners over obstacles general and special physical training and teaching methods. Textbook. Bukhara. "Durdona". 2013.
 3. Abdumalikov R, Abdullaev A et al. Physical education Problems of improving science, methodical manual, T. UzDJTI Publishing House, 1996.
 4. Andris ER, Kudratov RK. Engil athletics. Ukuv kullanma. Tashkent, 1998.
 5. Andris ER, Saveliev YuM. Learning to run, jump and throw. Tutorial. Tashkent, Ibn-Sino, 1990.
 6. Arzumanov GG, Malykhina LA, Martynova NB. Athletics in Uzbekistan. Toolkit. Tashkent, "Medicine", 1988.
 7. Abdullaev Zh, Smygina LV. Building a training process of young athletes at the stage of initial specialization/International scientific and practical conference "Issues preparations for the XXIX Olympic Games in Beijing (PRC). Abstracts conferences, 2007. December 25 UzGIFC, pp. 175-176.
 8. Andris ER, Volkov NI, Normurodov AN. Dynamics of absolute and relative pulse rates in the annual cycle of training athletes (methodological development) T, UzGosIFK, 1991, p. 30.
-