

THE ROLE OF ATHLETICS IN THE SYSTEM OF PHYSICAL EDUCATION

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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.*

INTRODUCTION

The history of the origin of athletics exercises is very ancient it starts with Times. It is known that people have been supporting walking, jogging, jumping and jumping in labor and everyday life since ancient times as a natural necessary action. But many millennia have passed until the ulema became a painting as a means of physical education and as a kind of sport. Elementary team athletics exercise in the era of saltarni with the labor activity of people was connected. They began to be independent to some extent in Physical Education, close to the fact that humanity began to go to the Slavery Society. The richest and long-lived such a sports network is difficult to find. Knowing the history of athletics and the work of the past is a light athletics. Walking, jumping and throwing all this together with a man to give birth. The first games and competitions began with light athletics. As can be seen from archaeological excavations, BC is light in Asia, Africa, old Egypt and the Middle East as well as in the countries of the Far Eastern countries it is said that they were shocked by athletics. His Red Star burned from the cities of ancient Greece. Walking, jumping and throwing have made a significant contribution in Greece. Among other types of physical exercises, they took a great place in the instant preparation of the military body and became a significant part of the tribes and religious holidays. The most important of such tinctures are the games of olimpia. Legends, stories and other monuments of culture testify to the fact that the game has a lot of specific physical exercises. In many sources it is shown that in the people's lives there is a fast running, jumping to the length of the run, throwing stones and jogging. [1]

The great thinker scientist Abu Ali ibn Sina used a fertile range of gymnastics, swimming, fast walking along with wrestling, running, jumping, spear throwing lifting exercises in the treatment

of patients. In the commander-in-chief of Jahongir, our grandfather Amir iron regularly used athletics, running in a low-high position (cross), throwing spears, throwing stones, jumping over obstacles in order to train his troops with strength, dexterity and endurance. In 1916-th year on the run to the city of Fergana (Skoblev) comes the famous Lev Barkhash in Russia, he sets up the gang of enthusiasts in athletics, together with them the bicycle on the shore of the Margilan soy (Independence Street), adapts the exercise and racing game on the sport for the re-construction of the racetrack, builds on the 280-meter At that time in urban athletics clubs, mostly, at an older age, very few people participated. If it is also a spore amateur societies, private sports clubs and scouting organizations members are. Since 1918-1920-ies, great attention is paid to the mass development of physical education and sports. In 1919, under the people's education Commissariat of the Republic of Turkistan, a sports college (council) will be established. He organized sports performances and organization of various competitions, as well as physical education exercise performances and various competitions organized by the main Department of General Military Education the study also guided the physical education classes conducted with the students. [2]

The importance of the subject:

Athletics is a kind of walking run, jumping, throwing and all-around. Special physical education in educational institutions and pedagogical institutes and at the faculties of physical culture, athletics is a lesson consisting of theory of this sport, practical work and methods of teaching it.

Athletics is a science that conducts scientific research in this area. Running: is the natural way a person moves from place to place. This is a common type of physical exercise, which is included in many sports (football, basketball, handball, etc.). A great variety of running is an organic part of all kinds of athletics. Light running of the track in athletics, over obstacles there will be a variety of running, aesthetically pleasing running and running in natural conditions. Types of running and distance include close range, medium range and marathon running, depending on the distance and proximity. [3]

Jumping: - is a natural way to pass obstacles, in a short time the nerve is character with maximum strain on muscle strength. In athletics, jumping classes, the ability of the athlete to handle their own, to gather their strength will be improved.

Strength, speed, agility, courage go to the middle. Jumping is one of the best exercises to pump the muscles of the legs and body and form dumbbells and is necessary not only for athletes, but also for other types of sports.

In athletics, jumping is divided into two types.

1. From vertical barriers in order to jump as high as possible o teeth-jump to the height and jump with an anchor.
2. It aims to jump as far as possible out of the horizontal barriers jump-jump in length and jump three times. Jump types are executed from different locations and come running.

Throw: throw and throw away special saryads exercises. The results of this are determined by meters and santimeters.

Throw nerve muscle tension short time with maximum boom character. Throw in athletics three depending on the technique of execution divided into types:

1. Throw from behind the head (spear and grenade).
2. Turning throw (disk raid)
3. Push-ups (core)

The difference of the throw methods depends on the shape and weight of the shells it is a tie. Light catch can come running from the birth of shells, which are convenient and throw away from behind the head. It is more convenient to turn and throw heavy shells. Special handle heavy shells core while it is more convenient to push. [4]

All-terrain: includes different types of running, jumping and jumping. The multivark is named depending on the amount of species in it. Three, four, five, six-stringed, eight-stringed, ten-stringed. The main types of multi – stroke: for men-ten-stroke and for women-six-stroke and eight-stroke for sevenfight. And the competition is held in two days. Athletics consists of five sections (walking, running, jumping, jumping and jogging) consists, each of them is also divided into different types. [5]

Athletics is characterized by a different intensity of competition exercises, and there are different ways and options for their performance. In order to accurately classify athletics exercises, it was desirable to describe it in five sections (walking, running, jumping, throwing and multi-running). They, in turn, are divided into species, species of the species, as well as options and distances. At the moment 47 types of Athletics are included in the program of games Olimpia. [6]

CONCLUSION

In summary, we can say that athletics is a multi-sport type of walking, running, jumping and jumping, and several of them have been formed and developed since very ancient times and have become an integral part of people's lives. [7]

In ancient times, running, jumping and jumping from athletics exercises were an ancient legend in ancient Greece. Among other types of physical exercises, they took a great place in the military-physical preparation of the slaves, and the tribes, as well as the general Greek, became an important part of religious holidays. It is for this reason that the beginning of the organization and development of athletics exercises is the games of Ancient Greece in the I Olympiad, which was held 776 years before our era. Athletics is characterized by a different intensity of competition exercises, and there are different ways and options for their performance. [8]

To accurately categorize the Athletics exercise, it is necessary to reduce it to five become a section (walking, running, jumping, throwing and all-around) it is desirable to describe. They, in turn, belong to the species, to the species and also divided into options and distances. At the moment, the Athletics 47 type is included in the program of the Olympic Games.

- Planning and training of athletics personnel implementation, strength, dullness, endurance, agility and dexterity is the acquisition of physical qualities such as;
- High in different halls and sports areas in different climatic conditions training and training exercises at the level;
- sample the exercises on athletics exercises possession of the instruction, as well as preparation of the normative.

Gymnastics summer and winter sports games in the process. Like weightlifting the species can be widely used;

- Scientific work on important issues of athletics to go on;
- Various competitions, mass sporting events organizational, judicial and methodical work in preparation and conduct implementation;
- Prevention of injuries, first aid, sports hygiene and practical use of the knowledge gained in the transfer of massage.

Athletics departments together carry out training of physical education system qualified specialists with different performance.

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