

PAPER

LIGHT ATHLETICS TO HIMSELF XOS FEATURES

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Abstract

This article focuses on exercises such as walking, running, jumping, and throwing in athletics. This article discusses the uniqueness of athletics.

Key words: athlete, athletics, running, walking exercises, throwing, wrestling, healthy lifestyle, harmonious person, sports competitions.

Introduction

Today, one of the urgent tasks in our country is to raise our young men and women as comprehensively developed, healthy, and well-rounded individuals who are fully responsive to the 21st century. In this process, it is important to attract young people to sports competitions and create all the necessary conditions for them. In particular, it is advisable to develop athletics skills in them so that they can adhere to a healthy lifestyle.

As we all know, athletics is a sport that consists of walking, running, jumping and throwing exercises. —The word athletics is derived from the Greek word, which means competition, struggle, exercise. In ancient Greece, those who competed in strength and agility were called athletes. Athletes performed the exercises easily and at their own will. —The term athletics may have originated in this connection. In ancient times, competitions in running, jumping and throwing were organized at large events and celebrations. Accordingly, these sports were also included in the ancient Olympic Games. Modern athletics also consists of a multi-sport event that includes the above sports: walking, running, jumping, throwing and similar types. Since the sports covered are accessible to everyone, millions of people around the world are involved in athletics. The variety of exercises and their great benefits, as well as the simplicity of the equipment, have led to athletics becoming a popular sport that everyone can engage in. That is why athletics is called the "King of Sports". Nowadays, strong people who have reached physical maturity are called athletes. The name athletics is conditional and is based only on the fact that, at first glance, athletics exercises seem easier than weightlifting exercises. In some countries, athletics is called "athletics" in France or track and field exercises in the USA and England. Athletics consists of five sections.

(Figure 1).

Literature analysis and methodology

The history of the emergence of athletics dates back to ancient times. The great thinker and scientist Abu Ali ibn Sino, along with gymnastics, swimming, and wrestling, effectively used exercises such as walking, running, jumping, and javelin throwing in the treatment of patients. Our great-grandfather, the great-grandfather of the Jahangir general, Amir Temir, regularly used athletics, cross-country running, javelin throwing, stone throwing, and hurdle jumping exercises to train his soldiers to be physically strong, agile, and resilient.

It is known that people have used running, jumping, and throwing as natural and necessary movements in work and everyday life since ancient times.

But many years passed before they became popular as a means of physical education and as a type of sport. During the primitive communal system, athletics were closely related to people's labor activities. They began to become somewhat independent in physical education only when humanity began to transition to a slave society. Running, jumping and throwing were quite developed in ancient Greece. Along with other types of physical exercises, they played a large role in the military-physical training of slaves and were an important part of the Greek religious holidays. The most important of such celebrations are the Olympic Games. Interest in athletics in Uzbekistan increased after the construction of a stadium adapted for this type in Margilan in 1885. Since 1902, athletics competitions have been held in Tashkent, since 1919 national championships, and since 1927 Spartakiads have been held. More than 135,000 peo-

Figure 1. Athletics sections

Light athletics departments				
walk	running	jump	throw	day struggle

Figure 2. Athletics



ple in Uzbekistan are involved in athletics under the guidance of more than 140 coaches, 3 of whom are Honored Athletes of Uzbekistan, and 10 have the title of Honored Sports Master of Uzbekistan (2001). Uzbek track and field athletes have been participating in the Olympic Games since 1952.

Results

Athletics exercises have a multifaceted effect on the human body. They improve health (especially fast running or "cowardly" or "cowardly" or "cowardly"), the main abilities are developed, most physical abilities are developed: all types of endurance, strength, speed, coordination skills, flexibility, speed-cross skills, etc. Athletics is one of the most popular types of sports. It includes running at different distances, athletics, jumping (high, long, triple jump, with a pole vault), throwing (javelin, javelin, shot put), shot put, all-around (wrestling, heptathlon). Athletics is one of the exercises of modern pentathlon and triathlon sports, is included in the training of all sports, educational, military-training, health exercises of educational institutions, and the program of sports tests of students and youth "Alpomish" and "Barchinoy". Information about athletics exercises can be found in Homer's "Iliad", Ibn Sino's "Canons of Medicine" and other books.

Discussion

Track and field is practiced by millions of people around the world. Track and field training develops strength, speed, endurance, and many other movement skills. qualifications increases, volitional qualities educates. Also They have a great health value and help to achieve physical maturity. The variety of athletics exercises and the ability to change the force when walking, running, jumping, throwing allow athletics training with people of different genders and ages. Most of these exercises are not difficult in terms of execution technique, and are easy to teach and can be performed on ordinary fields or in open areas.

In athletics, exercises such as walking, running, jumping, and throwing are of particular importance. Running is a natural way to move from place to place. It is the most common type of physical exercise, and many sports, such as football, basketball, tennis, etc., are also involved. and others is included. Running very many types light is an organic part of various types of athletics. Running places

a much greater demand on the working capacity of the whole organism than running. Running light athletics everyone within the types the most universal is a physical exercise. In athletics competitions, running and various types of relays occupy a leading place, and spectators are also very interested in them. Therefore, running competitions are one of the best organizational tools.

Jumping-hurdles of passing natural method is, short time inside nerve muscle to the power maximum excellent to give with characteristic. Light athletic During jumping training, athletes improve their ability to control their bodies and use their strength, and their strength, speed, agility, and courage increase. Jumping is one of the best exercises for strengthening the leg muscles and developing jumping ability, and is not only beneficial for track and field athletes, but also for athletes who are physically active. to representatives of other sports, especially basketball players, It is necessary for volleyball players and football players.

Light in athletics the most far that is marathon distance 42 km 195 cm It is equal to. It is run between populated areas. Jumping is a natural way to overcome obstacles, providing maximum neuromuscular strength in a short time. It is characterized by. Athletes in track and field jumping training The ability to control one's own body and use one's strength improves, and strength, speed, agility, and courage increase. Jumping strengthens the leg and body muscles and jumping ability harvest to do for the most good from exercises one is, only It is necessary not only for athletes, but also for representatives of other sports, especially basketball players, volleyball players, and football players.

Light in athletics jump also own in turn 2 to the type divided.

1. Jumping over vertical obstacles in order to jump as high as possible, to a height jump and anchor stick with jump is considered.

Jumping over horizontal obstacles in order to jump as far as possible long jump and triple jump. The results achieved in the jump are measured in meters and centimeters. The jump is performed by running quickly from a standing position. Triple jump and pole vault competitions are not held for women. These to perform on time harvest to be hard blows It can disrupt the condition of women's internal organs. Throwing is an exercise in throwing and throwing special projectiles over a distance. The results of these are determined in meters and centimeters. Throwing is characterized by a short period of maximum neuromuscular tension. In this, not only the muscles of the arm, shoulder girdle and body, but also the muscles of the legs are actively involved. Athletics their names To throw a ball far, you need to have highly developed strength, speed, agility, and the ability to gather your strength. It is important to practice throwing. It not only develops qualities, but also helps in the harmonious development of the muscles of the entire body.

Conclusion

It is worth noting that the variety of athletics exercises and the possibility of changing the force when walking, running, jumping, throwing, etc. allow athletics training with people of different genders and ages. Most of these exercises are not difficult in terms of execution technique, and are easy to teach and can be performed on ordinary fields or in open areas. The variety of athletics exercises and the possibility of changing the force when walking, running, jumping, throwing, etc. allow athletics training with people of different genders and ages. Most of these exercises are not difficult in terms of execution technique, and are easy to teach and can be performed on ordinary fields or in open areas.

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