

Athletics a Tool for Education of a Healthy Generation

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Abstract:

Many sports exercises are performed by the general public - from the smallest children to adults - in a variety and different ways in everyday life. Athletics can be practiced all year round. For these reasons, athletics (walking, running, jumping and throwing) are the practical criteria for most of the republican special test complex "Alpomish and Barchinoy".

Keywords: athletics; athlete; mass sports; olympiad; international competition.

Athletics is one of the most popular sports; running at different distances, race walking, jumping (high, long, triple, javelin), throwing (javelin, javelin, javelin), throwing, all-around (squat, heptathlon) includes more than 50 exercises in athletics, 49 of which are included into the Olympic Games program (at the Sydney 2000 Olympics, men competed in 22 types of athletics, women in 20).

In addition, the program included athletics - modern sports of pentathlon and triathlon, training in all sports, training, military training, recreational activities of educational institutions, sports competitions for students and youth "Alpomish" and "Barchina". Information about athletics exercises is contained in Homer's Iliad, Ibn Sina's Laws of Medicine and other books. At the ancient Olympic Games (from 776 BC to 394 BC), competitions were mainly held in athletics.

The rules of modern athletics began to be applied in England earlier than in other countries. In 1837, the first competition of Rugby Town College students was held here over a distance of about 2 kilometers. Soon students from other cities joined their initiative. After this, the competition program included sprinting, steeplechase and throwing heavy objects, and from 1851 the competition program included running and long jump. In 1864, the first athletics competitions were held between the universities of Oxford and Cambridge, and later these competitions became permanent. The competition program included six types of running and two types of jumping. Later the program was supplemented with such types as interception and nuclear launch. In the 60s of the 19th century, adults also became interested in athletics exercises, training and competitions. Athletics and sports clubs for the upper classes began to appear. English aristocrats were interested in athletics, but did not want to mingle with the common people on the track. They especially loved to participate in open walking and running competitions.

Athletics is often called the "Queen of Sports". International competitions of the republic are included in all programs of the Olympic Games and at the same time are the largest in terms of the set and number of medals awarded.

In the program of the faculties “Physical Education” of the Institute of Physical Education, universities and pedagogical institutes, athletics is the main subject of study and is important in the preparation of bachelors in the direction of “Physical Education and Sports”. Athletics is the most popular sport that promotes the all-round development of a person, since it combines vital and ordinary movements (walking, running, jumping, throwing). Regular athletics develops strength, speed, endurance and other qualities a person needs in everyday life. Each student must acquire the following knowledge when studying athletics as a main subject and when working independently as a physical education teacher: 1. Study the theoretical foundations of athletics.

2. Mastery of race walking, running, jumping, throwing and other basic exercises at the required level.

3. Acquisition of practical pedagogical skills and competencies necessary for teaching athletics, as well as training in organizing and refereeing competitions.

Movement is considered as certain ways of human activity. For example, a student's educational activity in physical education consists of mastering the system of actions provided for by the program of the educational institution. Currently, due to the growing self-awareness of the Uzbek people, the restoration of national and cultural values, the introduction of customs and rituals by many segments of the population, physical education, in particular, athletics training, must be approached in the spirit of the times and national traditions. After all, the Decree of the President of the Republic of Uzbekistan Islam Karimov “On the creation of the Fund for the Development of Children's Sports of Uzbekistan” is aimed at raising a physically and mentally healthy young generation, a healthy life among young people.

It should be noted that training the physical qualities of student-athletes, in particular, makes it possible to develop agility, strength, speed, and endurance. This is necessary for the daily work and educational activities of athletes. During athletics classes, the process of learning the technique of running 400 meters was observed. The completion of each task given by the teacher to the students was monitored and analyzed. It was noted that there were differences from previous results obtained after this physical activity. For all measures, it was found that the results were higher than the results before loading. In particular, it was noted that blood pressure and the number of breaths per minute varied depending on the time the students ran the 400 meters. While running, all muscles are in active motion. Strong excitement occurs, especially in the leg muscles. However, it is important to detect the occurrence of movements in the left and right forearm muscles, especially in cases after physical activity. It was at this time that the strength of the right and left shoulder muscles was determined to determine the level of muscle strength. At the same time, in the postoperative period there was a slight decrease in shoulder muscle strength compared to the period before training. This is because the shoulder muscles, like all muscles, move in an active state during running. This condition is also characterized by symptoms of muscle fatigue.

Thus, it is recommended to accept, take into account, and implement developmental physiology in athletics, taking into account anthropometric and especially physiometric indicators individually for a student-athlete; these physical activities must be gradually increased and gradually performed in strict accordance with the age characteristics of the body; Considering that the volume and intensity of physical activity are inversely proportional to each other, it is recommended to determine the above physiometric parameters in order to justify the joint physical and mental development of students studying in higher education institutions, colleges and lyceums.

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