

DEVELOPMENT OF PHYSICAL QUALITIES IN ATHLETICS IN THE SYSTEM OF PHYSICAL EDUCATION OF STUDENTS

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ABSTRACT

This article is dedicated to the “Queen” of sports – athletics. The importance of this sport is considered, the influence of various means of athletics on the functional systems of the body as a whole, which contribute to the hardening of the body, as well as the prevention of various diseases, is determined.

Keywords: Physical education, athletics, student youth, sports.

Starting from an early age, athletics exercises are widely used in preschool institutions, schools, secondary and higher educational institutions. Athletics exercises increase the activity of all body systems, promote hardening, and are one of the effective factors in the prevention of various diseases. Easily dosed exercises can be used both for the development of the physical qualities of high-class athletes, and for the development of the younger generation, for people with impaired health, the elderly, during rehabilitation after injuries and simply to maintain the normal functioning of the human body. A large role is assigned to the types of athletics in the physical training of conscripts and military personnel.

Accessibility, relative simplicity of exercises, minimum costs allow you to engage in various types of athletics almost everywhere, both in rural and urban areas.

Athletic training in athletics and competitive activities enable athletes to realize their potential abilities, express themselves as a person, form a character and an optimal mental sphere.

The process of physical education in higher education is an integral part of education and provides for the use of various means of physical culture, sports. Athletics is also included in the list of the main sports of physical education of students.

A group of students from all educational institutions in physical education and sports classes. The influence of athletics exercises during classes. Athletics as an academic discipline occupies one of the leading places in the process of training specialists in physical culture and sports. Athletics occupies the main place in the system of physical education due to its diversity, accessibility, dosage, as well as its applied value. Various types of running, jumping and throwing are an integral part of every physical education lesson of educational institutions of all levels and the training process of many other sports. It occupies the same place in the system of physical education of students of non-sports faculties, helping to increase the level of physical fitness, master the necessary motor skills and reduce the negative impact of lack of motor activity. In this regard, the topic of this article is of particular relevance. It should be noted that the content of the Athletics course includes the study of athletics techniques, special exercises used for training and for the development of physical qualities.

The methodology of teaching the technique of athletics exercises is considered in detail. Theoretical and practical developments in the field of sports training with children and athletes of various qualifications are being studied. Of no small importance is the study of the history of the development of athletics and the history of the formation of exercise techniques. The study and practical use of various tests that

allow you to evaluate all aspects of physical development, physical fitness, dynamics of physical qualities, the effectiveness of various teaching and training methods. Conducting research activities creates prerequisites for the training of highly qualified specialists. Athletics as a sport has no equal. Physical qualities: endurance, strength, speed, agility, flexibility, as well as applied skills: running, jumping, throwing are very widely used in work. Athletics form the character, harden the will of a person, teach him not to be afraid of difficulties and to overcome them boldly. Athletics classes in a team, participation in team competitions brings up responsibility for the work received.

To develop an integral personality, to harmonize its spiritual and physical forces, to activate the readiness to fully realize its essential forces in a healthy and productive lifestyle, professional activity, self-realization to build a social, cultural comfortable environment, which is an integral element of the educational space in higher educational institutions. This sport covers such properties and orientations of a person that allow her to develop in unity with the culture of society, achieve harmony of knowledge and creative action, feelings and communication, physical and spiritual development, resolve contradictions between nature and production, work and recreation, physical and spiritual. The achievement of such harmony by a person provides her with social stability, productive involvement in life and work, creates mental comfort for her.

Athletics is a sport that combines natural physical exercises for a person: walking, running, jumping, throwing. A variety of athletics exercises and ample opportunities to vary the load in walking, running, jumping, throwing allow you to successfully use these exercises for students of different ages and different degrees of physical fitness. When performing athletics exercises, a significant number of human muscles are involved in the work, the activity of the cardiovascular, respiratory and other systems of the body is enhanced. In the process of conducting athletics classes, conditioned (speed, strength qualities, endurance, flexibility) and coordination abilities develop. The results in athletics have a strict quantitative measurement, which ensures their objectivity and the possibility of using them as criteria for the level of physical development of students. It is also important that many exercises do not require special expensive equipment and can be performed on simple platforms. Thus, athletics is one of the most accessible sports and has the most extensive arsenal of means for targeted physical training of those involved. Athletics walking requires a higher intensity of work than in normal walking, and, consequently, increased energy expenditure. In this regard, sports walking exercises have a significant impact on the body of students, strengthen its internal organs and systems, improve their performance, positively affect the development of strength and especially endurance, educate strong-willed qualities.

Running is the most common type of physical exercise, which is included in other sections of the curriculum. When running to a greater extent than when walking, high demands are placed on the performance of the entire body, since almost all muscle groups of the body are involved in the work, the activity of the cardiovascular, respiratory and other systems increases, and metabolism significantly increases. By changing the length of the distance and the speed of running, it is possible to dose the load, influence the development of endurance, speed and other qualities of those engaged in accordance with their capabilities. Running at a higher speed places increased demands on students, especially on their cardiovascular and respiratory systems, and serves as an excellent means for developing endurance. Running at a very high speed is used to develop strength and speed. In the process of running, strong-willed qualities are brought up, the ability to calculate one's strength, overcome obstacles, and navigate the terrain is acquired.

Throwing is one of the types of athletics, they are characterized by short-term, but maximum efforts not only of the muscles of the arms, shoulder girdle, trunk, but also of the legs. To throw athletics projectiles far, you need a high level of strength, speed, dexterity and the ability to concentrate your efforts. Throwing classes contribute not only to the development of these important qualities, but also to the harmonious development of the musculature of the whole body. Athletics is the main form of building physical education classes in a higher educational institution. It consists of three parts: preparatory, main and final. The purpose of the preparatory part is to include all the functional systems of the student's body in the work through effective physical exercises with minimal time.

The exercises of the preparatory part of the lesson should correspond to the tasks. In athletics classes, it can be - walking, slow running, running exercises, various jumps, acceleration. Preparatory exercises of the type of athletics that students will be engaged in in the main part of the lesson are used. In the main part, one of the tasks of the lesson is to study new material. First, new movements (elements) of the technique of a particular type of athletics are unlearned. Consolidation and improvement of previously acquired skills is carried out in the middle and end of the main part of the lesson. Exercises requiring the manifestation of high-speed, speed-strength qualities, fine coordination and dexterity are performed at the beginning of the main part of the lesson, and exercises related to strength and endurance at the end. The composition of all exercises in the main part of the lesson should be such that they have a versatile influence. The final part of the lesson is designed to bring the functional state of the body to normal activity. To reduce the excitement of the cardiovascular, respiratory, nervous systems, relieve muscle tension, slow running, various types of walking, relaxation exercises, correct posture, attention are used.

Thus, athletics is an integral part of the system of physical education. It incorporates not only the valuable centuries-old experience of preparing a person for life, mastering the physical and mental abilities inherent in him by nature, but, no less important, also the experience of developing moral qualities of a person manifested in the process of physical activity, thanks to a variety of forms and methods. It is impossible even to imagine the Uzbek system of physical education and athletics as separate components. There is not just an inseparable connection between them, these two concepts are so closely intertwined that it can no longer be otherwise. This is as it should be, the qualities that a person acquires in the process of his development naturally are the most important.

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