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Specific Features of Athletics

Talipov Gulomjon Adiljanovich

Teacher, of Sports Management Department, Faculty of Taekwondo and Sports Activities, National University of Uzbekistan named after Mirzo Ulugbek

***Annotatsiya:** In athletics, exercises such as walking, running, jumping, and throwing are of particular importance, This article discusses the specifics of athletics.*

***Key words:** athletics, athletics, running, walking exercises, throwing, all-around, healthy lifestyle, well-rounded personality, sports competitions.*

INTRODUCTION

As we all know, athletics is a sport that consists of walking, running, jumping and throwing. The word "athletics" is derived from the Greek word meaning competition, wrestling, exercise. In ancient Greece, athletes who competed in strength and agility were called athletes. Athletes performed the exercises lightly and at will. The term "athletics" may have originated in this connection. In ancient times, competitions in running, jumping and throwing were held at large events and ceremonies¹. Accordingly, it was these sports that were included in the ancient Olympic Games. Modern athletics is also a multi-sport that includes the above sports: walking, running, jumping, throwing, and so on. Millions of people around the world are involved in athletics because of the popularity of the covered sports. The variety of exercises and their great benefits, the lack of complexity of equipment has led to the fact that athletics has become a popular sport that can be practiced by anyone. That is why athletics is called the "King of Sports".

RESULTS AND DISCUSSION

Athletic exercise has a multifaceted effect on the human body. They improve health (especially brisk running or "cowardly" or "cowardly" or "cowardly"), the performance of basic abilities, most physical abilities are developing: all kinds of endurance, Strength, speed, coordination skills, flexibility, speed-
nation skills, and more. Athletics is one of the most popular sports. Includes exercises for running

¹ Normuradov —Athletics| Tashkent 2002.

different distances, athletic walking, jumping (height, length, triple jump, anchor), throwing (spear, lappak, baskan), shot put, all-around (snatch)².

Athletics is practiced by millions of people around the world. Athletics develops strength, speed, endurance and many other motor skills, develops willpower. They are also important for good health and physical fitness. The variety of athletic exercises and the ability to change the amount of strength when walking, running, jumping, and throwing make it possible to conduct athletic training with people of different genders and ages. Many of these exercises are not difficult to perform, but they are easy to teach and can be performed on a simple platform or in the open.

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 exercise, and many sports include football, basketball, tennis, and more. Many types of running are an integral part of various types of athletics. Running is much more demanding on the whole body than running. Running is the most popular exercise of all types of athletics. Running is one of the main means of physical development in every way. That is why a lot of attention is paid to running in the training of athletes of all specialties, as well as in other sports, as well as the share of running as a means of active recreation, health and ability to work. Athletics competitions are dominated by a variety of running and relay races, which are also very popular with spectators. That's why running races are one of the best organizational tools.

Jumping is a natural way to overcome obstacles and is characterized by maximum exertion of nerve power in a short period of time. Athletic jumping exercises improve the ability of athletes to control their bodies, use their strength, increase strength, speed, agility and courage. Jumping is one of the best exercises to strengthen the leg muscles and create jumping, which is necessary not only for athletes, but also for representatives of other sports, especially basketball players, volleyball players and players.

The longest distance in athletics is 42 km 195 cm. It runs between residential areas. Jumping is a natural way to overcome obstacles and is characterized by maximum exertion of nerve power in a short period of time. Athletic jumping exercises improve the ability of athletes to control their bodies, use their strength, increase strength, speed, agility and courage. Jumping is one of the best exercises to strengthen the leg muscles and create jumping, which is necessary not only for athletes, but also for representatives of other sports, especially basketball players, volleyball players and players³.

Jumping in athletics is divided into two types.

1. In order to jump as high as possible, it is necessary to jump over vertical obstacles, jump high and jump with an anchor stick.
2. Long jumps and triple jumps over horizontal obstacles to jump as far as possible. The results of the jump are measured in meters and centimeters. The jump is performed by running fast where it stands. The triple jump and pole vault competitions are not for women. Severe blows during this process can damage the internal organs of women. Throwing is the practice of throwing and throwing special projectiles at a distance. The results of these are determined in meters and centimeters. Throwing is characterized by a short-term maximal nervous and muscular tension. Not only the shoulder girdle and body muscles but also the leg muscles are involved. In order to throw athletics long distances, it is necessary to have a high level of strength, speed, agility and to be able

² I. Niyazov —Athletics|| Fergana 2005.

³ Shakirjanova K.T. Light athletics in Uzbekistan: problems and tasks of further development. Lecture. T., 2008, 27 p.

to gather strength. Exercise not only promotes the development of these important qualities, but also the development of hormones in all the muscles of the body.

CONCLUSION

It should be noted that the variety of athletic exercises and the ability to change the strength of walking, running and jumping, throwing allows you to conduct athletic training with people of different genders and ages. Many of these exercises are not difficult to perform, but they are easy to teach and can be performed on a simple platform or in the open. The variety of athletic exercises and the ability to change the strength of gait while walking, running, jumping, and throwing make it possible to conduct athletic training with people of different genders and ages. Many of these exercises are not difficult to perform, but they are easy to teach and can be performed on a simple platform or in the open.

Interest in athletics in Uzbekistan grew in 1885 with the construction of a stadium in Margilan. Athletics competitions have been held in Tashkent since 1902, national championships since 1919, and the Spartakiad since 1927. More than 135,000 people in Uzbekistan are involved in athletics under the guidance of more than 140 coaches, 3 of them are Honored Athletes of Uzbekistan and 10 are Honored Sports Coaches of Uzbekistan (2001). Uzbek athletes have been competing in the Olympics since 1952.

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