

ATHLETICS-KING OF SPORTS

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Annotation: Athletics is a sport based on natural human movements and includes major disciplines such as running, jumping and throwing. This sport is important in the development of physical endurance, agility and strength. The article talks about the main types of athletics, the rules of the competition, its place in health and social life and the development process in Uzbekistan.

KEYWORDS:

- Athletics
- Run
- Jump
- Throw
- Competition rules
- Physical education
- Sports
- Sport of Uzbekistan
- Durability
- Sports infrastructure

Introduction

Sport is the main bet on human health. Each sport has its own positive effect on the human body. One of them, and one of the oldest, is athletics. He has been called the “king of sports” by many sports professionals. It is not for nothing: Athletics are based on natural human actions – running, jumping, throwing. This article will cover the sports, importance of athletics, rules of the competition and the state of development in Uzbekistan.

MAIN PART

Content and types of athletics

Athletics is a complex of sports based on natural forms of movement. It consists of the following main sections:

- 1. Running (sprint, middle and long distance, hurdles, relay)**
- 2. Jump (high jump, long jump, yellow jump-troynoy skok)**
- 3. Throw (core throw, disc throw, spear throw, hammer throw)**
- 4. Multicourt (decathlon and heptathlon)**
- 5. Sports walking and marathon running**

These species are a major part of the Olympic Games program. Competitions are held at the stadium (arena) or on the streets of the city (marathon, walk).

The importance of athletics

Athletics serve to strengthen human health, increase endurance, improve the functioning of muscles and the cardiovascular system. Especially for children and adolescents, Athletics play an important role in the correct formation of the body, in the development of agility, speed and coordination.

Development of athletics in Uzbekistan

Athletics is a widely popular sport in Uzbekistan. Sports schools and sections in athletics operate in all regions of the Republic. Uzbekistan has been participating in Asian and world-class competitions and winning medals. One of them – Svetlana Radziwill-was the champion of many international competitions in the high jump.

Race rules

There are strict technical and time standards in each direction. For example:

In the -100 Meter Run, participants must complete the distance as quickly as possible after the start signal.

-In the long jump, the athlete seeks to cover the maximum distance, jumping from the specified line.

-When throwing a core, it is important to throw a heavy Core away under technical conditions.

The evaluation criteria are clear and measurable and are controlled by international federations.

The main types of athletics and their description

№	Sports	Description	Race type	Basic skills
1	Run	Sport that requires speed and endurance	Sprint, long distance, hurdles, relay	Tezlik, chidamlilik, taktik fikrlash
2	Jump	Requires balance, strength and technique	High, long, yellow jump	Strength, balance, technique
3	Throw	A sport that requires strength and accuracy	Core, disc, spear, hammer throw	Strength, accuracy, technique
4	Multikurash	Includes several athletics	Decathlon (men), heptathlon (women)	Tolerance, a lot of skill
5	Sports walking	Fast walking under special rules	By race	Endurance, tactics

Main content

Athletics is a sport based on running, jumping and throwing, which are natural human movements, with several areas of focus. Running types range from sprints to long distances and serve to develop endurance and speed. The jump section requires strength, balance and technique, with the long jump and high jump being among the most popular types. Throwing, on the other hand, embodies strength, precision and technical skill; core, disc, spear and hammer throwing fall into the same category.

Athletics requires athletes not only physical strength and endurance, but also the ability to think quickly and control oneself. This sport plays an important role in the formation of a healthy lifestyle of a person, strengthening the muscle and cardiovascular system.

Athletics has developed in Uzbekistan, and many talented athletes are gaining success in international competitions. Support of athletes, development of modern infrastructure

INTERESTING INFORMATION

Athletics is the oldest sport and the main sport of the Olympic Games. Usain Bolt, who is widely regarded as the fastest runner, completed the 100 metres in just 9.58 seconds. This is equivalent to a speed of about 37.58 kilometers per hour!

In addition, despite the long history of athletics, previously athletes only competed within their own nation. Now, athletics is popular worldwide, with thousands of athletes participating in the Olympic Games every four years.

Another interesting fact — in Ancient Greece, athletics competitions were considered precisely the beginning of the Olympic Games. These sports were so popular at the time that records of which city they came from, which weight they ran and who they won have reached the present day.

CONCLUSION

In conclusion, Athletics not only develops the physical potential of athletes, but also forms their qualities such as willpower, perseverance and hard work. The widespread promotion of the sport, especially to the youth, is an important way to bring the healthy generation to adulthood. Further progress in the international arena can be achieved by further development of athletics in Uzbekistan, improving infrastructure and supporting talented athletes.

RECOMMENDATION

- Increasing the number of clubs in athletics at the school and high school level;
- More Organization of domestic and international competitions;
- Improving the skills of coaches and introducing modern styles;
- Strengthening the system of athlete stimulation.

SUGGESTIONS

1. Increasing the number of round - robin and optional classes in athletics in schools and higher education institutions-this will increase interest in sports among young people and help to form a healthy lifestyle.
2. Equipping sports facilities and stadiums with modern equipment - creates the necessary conditions for the more effective organization of training in athletics.
3. Expanding training courses and making it possible to learn foreign experience - this increases the quality of training athletes.
4. The introduction of a system of scholarships and grants to support young athletes-increases their motivation and promotes their success in international competitions.
5. More local and international athletics competitions-this will increase the popularity of the sport and enrich the experience of athletes.
6. More material and propaganda works about athletics in the media

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