

**THE ROLE OF ATHLETICS EXERCISES IN THE FORMATION OF PHYSICAL
QUALITIES**

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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.

Each person will have to develop and educate the basics of physical and spiritual-volitional aspects in order to find their place, achieving comprehensive physical development, health promotion and success in sports. The development and education of the main of these qualities is an important part of the training of athletes. The development of the basic physical qualities of athletes (physical training) is, first of all, the process of comprehensive and special physical development of an athlete. Accordingly, physical training is divided into general physical training and special physical training.

Athletics is one of the most popular sports; it includes running over various distances, cross-country running, high jumping (high, long, triple, with anchor), throwing (javelin, Lapp, boscon), shot put, all-around (jumping, heptathlon). There are more than 50 types of exercises in athletics, 49 of which are included in the Olympic Games program (at the 2000 Olympic Games in Sydney, men participated in the 22nd and 20th editions of women's athletics).

Special physical training is aimed at the high development of all the functional capabilities of the athlete's body, all organs and systems, depending on what is required to perform this type of athletics. For this, of course, exercises of a selected athletics sport and special exercises are used. Many exercises with a general effect are used for general physical training, and exercises with a specific purpose are used for special training. But even in general physical training, exercises are used aimed specifically at eliminating some shortcomings in physical development, body structure, and figure.

As noted above, exercises that develop the properties of strength, speed, endurance, agility and flexibility play a major role in general and special physical training. It is in these physical qualities that the athlete's ability to move is reflected, relying on the efficiency of organs and systems of the entire body.

Athletics jumps are divided into two types:

- 1) jumping over vertical obstacles (high jumps and anchor jumps);
- 2) jumping over horizontal obstacles (long jump and triple jump).

The effectiveness of a jump is determined in the extension phase, when the main factors of jump efficiency are formed. These factors include:

- 1) the initial flight speed of the jumper's body;
- 2) the body of the jumper

The departure angle of the uomi. The direction of movement of the uom during the flight phase will depend on the nature of the fall and the type of jump. The triple jump has three flight phases, while the anchored jump has both the supporting and non-supporting parts of the flight phase. Athletics jumps are of a mixed type in their structure, that is, there are elements of both cyclic and acyclic movement. The jump can be divided into components as a complete movement:

- running and preparing for depression
- from the beginning of movement to the moment of placing the extended leg in the extension position;
- extension (push) - from the moment of setting the extended leg to the moment of its separation from the place of extension;
- takeoff-from the moment of disconnection of the extensor leg from the place of extension to the moment of contact with the landing site;
- landing-from the moment of touching the landing site to the complete stop of body movement.

Come and prepare for depression. Four different types of jumps (long jump, triple jump, high jump, anchor jump) have their own characteristics in running, but also have certain common features.

The main function of running is to give the jumper's body the optimal running speed suitable for jumping, as well as to create optimal conditions for the acceleration phase. Running has a cyclical structure of movement before the preparation for push-ups begins. In it, running movements are slightly different from running.

The rhythm of running should be constant, that is, it does not need to be changed from attempt to attempt. Usually running corresponds to his physical abilities, which are observed in the athlete at the moment. Naturally, with the improvement of physical functions, running changes, speed increases, the number of steps increases (up to a certain limit), but the rhythm of running does not change. These changes are due to two main physical qualities of the jumper, which must be developed in parallel. It's speed and strength. The start of the run should be normal, always the same. The jumper can start running from the place where he stands, as if he had just started, or from the place where he arrived, to the starting point of the run.

Athletics is often called the "queen of sports." Republican international competitions are included in all programs of the Olympic Games, while they are the most numerous in terms of the complex and the number of medals awarded.

In the program of the faculties "physical culture" of the Institute of Physical Culture, universities and pedagogical institutes, athletics is the main academic discipline and plays an important role in the preparation of bachelors in the field of "Physical Culture and Sports".

Athletics is the most popular sport that contributes to the comprehensive development of a person, as it combines vital and common movements (walking, running, jumping, throwing). Regular athletics exercises develop strength, speed, endurance and other qualities that a person will need in everyday life. Each student, in the course of studying athletics as the main subject and in the course of independent work of physical education teachers on himself, is obliged to master the following knowledge;

1. Studying the theoretical foundations of athletics.
2. Athletic walking, jogging, jumping, throwing and other basic exercises are mastered at the required level.
3. Acquisition of practical pedagogical skills and skills necessary for athletics training, as well as training in the organization and refereeing of competitions.

Movement is considered as certain ways of human activity. For example, a student's educational activity in physical education lessons consists of mastering a system of actions provided for in the curriculum of educational institutions. Currently, due to the increased self-awareness of the Uzbek people, the revival of national and cultural values, the implementation of traditions and rituals by many segments of the population, it is necessary to approach physical education, in particular athletics, in the spirit of the requirements of the time and national traditions. After all, the Decree of the President of the Republic of Uzbekistan Islam Karimov "on the establishment of the Fund for the Development of Children's Sports of Uzbekistan" provides for the upbringing of physically and spiritually healthy younger generation, strengthening the desire for a healthy lifestyle and sports among young people, the development of children's mass sports as the most important condition for this work. The share of athletics in this is huge.

Athletics is walking, running, jumping, throwing and all-around. In educational institutions and pedagogical institutes of special physical culture, and at the Faculty of Physical Culture, athletics is an activity consisting of theory, practical exercises and methods of teaching this sport.

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