



## Origin And Development of Athletics

**Odilov Otabek Norboyevich**

Is a teacher at Chirchik State Pedagogical Institute

This article summarizes the origins of athletics. In ancient times, there were competitions in running, jumping, and throwing at large events and ceremonies. Accordingly, this sport was included in the ancient Olympic Games. Modern athletics is also a multi-sport sport that includes the above sports: walking, running, jumping, throwing, and so on.

**Keywords:**

Athletics, competition, wrestling, exercise, sports, running, jumping, throwing, walking, competition.

Athletics is a Greek word meaning competition, wrestling, exercise. In ancient Greece, athletes who competed in strength and agility were called athletes. Athletes exercised lightly and voluntarily. The term "athletics" may be related to this.

In ancient times, there were competitions in running, jumping, and throwing at large events and ceremonies. Accordingly, this sport was included in the ancient Olympic Games. Modern athletics is also a multi-sport 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 sport. The variety of exercises and their benefits, as well as the simplicity of the equipment, have made athletics a popular sport that anyone can practice. That is why athletics is called the "King of Sports".

Athletics develops speed, strength, endurance, will, increases the mobility of limbs, increases his ability to work. That's the decent thing to do, and it should end there. This sport develops good habits, such as constant attention to one's health. The positive impact of exercise on children's health and physical

development has led to the inclusion of the sport in college curricula.

The natural conditions of the country allow us to practice athletics all year round in the open air, in squares, parks and stadiums.

This sport is practiced in light clothing in hot weather. In cold weather, they wear thicker sportswear, shoes, sneakers and slippers. When running or jumping competitions are held at the stadium, participants may wear gears. It helps to increase the performance in the short run (2-3 seconds) and in the long jump (20-30 cm).

There are a number of rules to follow when it comes to athletics, which can lead to good results. As a rule, first run slowly for 3-5 minutes, do 6-8 general exercises, run 2-3 times at a speed of 30-50 m. This will help you develop the ability to perform the action accurately.

Then prepare for the session. To do this, the training ground is well prepared, the long jump pit is softened, the treadmill is cleared of excess objects, and a safe place for throwing is chosen. When throwing independently, special attention is paid to the choice of direction in which the ball does not touch the window, the tree, or people.

Long or high jumps should be dry and flat. There should be no sharp, pointed objects on the ground. When observing a high jump, the observer stands on the running side, otherwise the jumping stick may fly off and touch it.

You can't stop or sit up immediately after running. For example, after running 100-200 meters, you have to walk 10-15 meters.

It is forbidden to stand or cross the treadmill while others are running. Do not drink cold water while running, as it suddenly cools the body and ventilates the upper respiratory tract (causing bronchitis, angina, etc.). Smooth running An ancient Greek rock inscription from about 2,500 years ago reads: "If you want to be strong - run, if you want to be beautiful - run, if you want to be smart - run." It turns out that running is the main sport. In athletics, short distances (sprinting), ie 60, 100, 200, 400 meters; relay - 4½100 m, 4½200 m, 4½400 m; running medium and long distances, ie 1000 m, 1500 m, 2000 m, 3000 m, 5000 m, 10000 m (stayer); There are light running types such as marathon (42 km 195 m) running. They also run long distances (5 km to 80 km). In local conditions, running is called cross-country running. In the college program, it is recommended to run short distances (30 - 60 m) and endurance (1000 m) in athletics classes. Smooth running takes place on a flat field or in stadiums. The walkway should be at least 80 m (every 15-20 m there will be a stopping distance). These places are also used for short-distance running competitions. If it is not possible to go to the gym, you can use the sidewalks of nearby parks. The chosen area should be clearly visible so that it does not collide with cyclists or pedestrians coming from the corner. Running can be divided into the following stages: start, acceleration, distance, finish. Low start for short distances. Used properly, it can achieve maximum speed in a short period of time. High start is used for medium and long distance running. If this run is used effectively, it is possible to advance in the first meters of the distance.

Running short distances (sprinting) The highest results in this type of running for boys and girls in our country are as follows. Anvar

Kuchmurodov set a record in the men's 100m (10.50 seconds, electronic counter); among girls belongs to Ludmila Lapshina (11.85 seconds).

In physical education classes, people run distances of 2-30, 2-20, 60 m or 100 m (1,2,3 students) on the basis of a simple stopwatch. After a few lessons, the first 30 m, and after 2-3 lessons - 60-100 m.

A low start is the first position where you can run fast. You can use a base, a pit or a starting pad to run from the bottom start.

When the "Start" command is given:

- Kneeling, leaning on the hands, one leg touches the ground, the other leg rests on the support (pad);

- Put your hands shoulder-width apart and lean on the ground, thumbs pointing inwards, arms straightened, body weight falls evenly on the hands and knees. The head bends and looks at the starting line.

When the "Attention" command is given, the knee of the hind leg is removed from the ground, and the weight of the body falls on the four base points (arms and legs).

When the Marsh command is given, the body is slightly straightened, the first step is taken with the hind leg, the arms move sharply (Fig. 30), then the second, third, and so on are taken. Only after 6-8 steps will the body be completely straightened.

When running a certain distance, the athlete presses his foot with his palm and tries to take big steps. The arms move in unison, with the elbows bent. The arms are not punched, the body is slightly bent forward. The waist is not completely bent and the teeth are not pressed tightly together, but just move forward and move freely.

At least 10 to 15 meters before the finish, the runner looks forward, maintaining his free movement, keeping his shoulders straight (without swaying back and forth), and sharply crosses the finish line without slowing down.

Medium and long distance running

For medium and long distance (cross) running (500-3000 m), a high start is usually used. At the referee's signal, the runners gather at a distance of 3 m from the starting line. With

the "Start!" Command, they approach the starting line and are in the best position to start running. At this point, the runner puts his strong foot on the starting line, leaving the other behind. The legs are bent and the arms are brought forward. Some runners lean on the ground manually (up to the starting line). The "Warning!" Command is not given when running medium distances. When the "Marsh!" Command is given, the runners move forward.

The start of the run is the same as in a sprint, only with less effort. Once the run begins, runners quickly straighten their bodies and move freely in the distance.

When running, the body is slightly bent forward, the head is held straight, the shoulder girdle and arm movements are performed lightly. Fingers crossed. Step length and running speed decrease as the distance increases. In medium-distance runners, the step length increases by 15-20 cm from the body length, in long-distance runners - by 10-15 cm. When running a medium distance, placing the foot in the aisle begins with a gentle drop of the front of the palm, followed by a drop of the entire palm. Breathing speed is important when running long distances. When running a short distance, one breathing movement (breathing in and breathing out) corresponds to 6 steps. As the speed increases, so does the breathing. One breathing movement is done in 4 steps, sometimes in 2 steps.

Running on uneven terrain is one of the most practical forms of athletics. Running in the wild strengthens the body, has a positive effect on the nervous system, and is an important tool for training athletes in many sports. They use it to run on uneven ground, while exercising.

Racing is not only a means of training athletes, but also an independent sport of running. The peculiarity of this type of running is its duration and high intensity of muscle work. The technique of running is similar to that of running medium distances. However, it is important to take into account the characteristics of the race track and adapt to it. During the ascent, for example, the forward

bending of the body increases, the movement accelerates, the stride is short, and the arms are active. During the run, the torso is slightly bent, the length of the steps is increased, the legs are placed on the full palm or heel, and then transferred to the tip, the forward bending is reduced. On circular slopes, the step length is reduced, and the torso is pushed back slightly.

#### Relay race

Relay running is a team type of competition in which participants pass a baton to each other in turn and run a certain distance. According to the rules of the competition, the baton should be not less than 50 g, 30 cm long and 4 cm thick. It is allowed to pass the baton only in the designated area. The technique of running with a baton is practically no different from running a distance. When traveling at high speeds, the technique of passing the baton in a restricted zone is important.

If the baton is brought from the start to the finish without violating the rules of the competition, then the team is considered to have successfully completed the running distance. The baton is passed only from hand to hand, and it is not allowed to shoot or roll it down the aisle. If the baton is dropped during transmission, the transmitter must pick it up immediately. Participants are not allowed to help each other with the wand.

The first stage participant starts the run from a low start, as in a short distance run. In the corridor, the receiver can place a control sign at a distance of 7-9 meters. By placing the sign, the receiver is at the beginning of the transmission zone - in a high or semi-high starting position, and waits for his team's runner, focusing all his attention on the control sign. On stages up to 200 meters long, when running along a separate corridor, the receiver of the relay is allowed to start 10 meters from the start of the transmission zone. In this case, the control signal is performed at a distance of 7-9 meters from the starting point received by the runner.

It is important for the receiver to plan his or her starting run correctly, as the baton must be held at full speed in the extension zone. As soon as the receiver knows that the transmitter

has reached the control mark, it immediately begins to run at the highest possible speed. In the middle of the zone, between the transmitter and the receiver, the outstretched arms should be close together, and the running speed of both should be equal. This is the best case for passing the baton. The transmitter makes a loud, conditional sign and says, "Hop!" At this signal, the receiver reaches out without slowing down. At this point, the palm is facing down, and the thumb is pointing at the thigh (Fig. 36). At that moment, the transmitter moves down and places the baton in the receiver's palm. As expected, the runners are passed one step at a time, at full speed and without disturbing the speed of the arm movement, not one step behind the outstretched arms, and the stick is passed.

After passing the baton, the athlete must get out of the way. He should not interfere with other runners. In short relays (4½60, 4½100) the stick is carried in one hand and is not passed from hand to hand. In this case, the following method of passing the baton is used: in the first stage, the starter holds the baton in his right hand and runs as close as possible to the lane line, the second runner waiting for him stands close to the outer edge of his lane and receives the baton in his left hand; he runs straight (second 100 meters) - along the right side of his corridor and passes the baton from the left hand to the right hand of the third participant - along the left side of the corridor transmits to the runner; the fourth runner takes the baton with his left hand and reaches the finish line.

In other types of relay races, the athlete takes the baton in his right hand and places it on the right during the run, with the receiver passing the baton from his left hand to his right. Jumping The technical basis of athletics jumps. Jumping is a way to overcome horizontal or vertical obstacles. Jumping is done from the ground or by running. In athletics, high jump, long jump, triple jump and pole vault are very popular. The goal of jumping training is to get the athlete to jump as high and as far as possible.

To do this, students are generally introduced to the theoretical foundations of jumping techniques and learn the jumping techniques chosen based on this knowledge.

The jumps consist of four consecutive steps. These are running, trampling, flying and landing. The outcome of all jumps is largely determined by running speed and depressing force.

## References

1. Xudoyberganov Javlonbek Soatboy ògli Utepbergenov Genjabay Kutlimurotovich THE CLASSIFICATION OF NATIONAL MOVEMENT GAMES THAT TRAIN PHYSICAL QUALITIES AND WAYS TO TEACH THEM. International Multidisciplinary Journal, vol. 5, no. 8, p. 4, Nov. 2020.
2. Utepbergenov A.K. Shukrullayev J. M. PRELIMINARY STAGES OF DIDAKTIKS IN THE PROCESS OF AKMEOLOGIKAL APPROACH TO VOLLEYBALL SPORTS. 28-31. METHODOICAL RESEARCH JOURNAL.
3. Nurmatov Farkhat Abdualimovich. Khudoiberganov Javlonbek Saotboy oglu. IMPROVING THE QUALITIES OF PHYSICAL ENDURANCE IN STUDENT YOUTH. Journal of Natural Remedies Vol. 21, No. 12(2), (2021)
4. Xudoyberganov J.S. Talaba yoshlarda jismoniy chidamlilik sifatlarini takomillashtirish. УЗЛИКСИЗ БИЛИМЛЕНДИРИЎ СИСТЕМАСЫНДА АРАЛЫҚТАН ОҚЫТЫЎДЫҢ ИНТЕГРАЦИЯСЫ"АТАМАСЫНДА ӨТКЕРИЛЕТУҒЫН ХАЛЫҚАРАЛЫҚ ИЛИМИЙ-ТЕОРИЯЛЫҚ КОНФЕРЕНЦИЯ Нукус 2021 29-31 бетлар.
5. Xudoyberganov J.S. Pedagogik ta'lim innovatsion klasteri taraqqiyoting asosi. Актуальные визовые современной науки сборник научных трудов 65-68 бетлар Украина 2020.
6. Xudoyberganov J.S Kurshchilarning tezkorlik va chidamlilik jismoniy sifatlarini rivijlantirish uslubiyatlari.

- TEACHER MUALLIM учитель 82-87  
betlar Toshkent 2021
7. Abdulaxatov A.R, Xudoyberganov.J.S  
Technique of improving the technical  
and tactical skills of national wrestlers.  
Asian Journals of Multidimensional  
Research 44-47 бетлар .Yanvar 2020  
йил. INDIA 2020
  8. Адизов.Б.Р, Худойберганов,  
Абдулахатов А.Р, Ж.С,Юсупбаева.  
А.С.Мирахматов. The Practical State of  
Teachinng Physical Education in Higher  
Education Institutions. TEST  
Engineering & Management Америка  
Колифорния штати. Том. 83: 628-631  
бетлар May/Iyun 2020 йил
  9. Абдулахатов А.Р Ахмедов.Ф.Қ  
,Ахмедов.Ф.Ш. Анализ  
соревновательной деятельности  
квалифицированных дзюдоистов по  
весовым категориям.Ученые записки  
университета имени 33-37  
бетлар.П.Ф. Лесгафта. – 2020 йил
  10. Abdulaxatov A.R, Xudoyberganov.J.S  
Wrestling sports is an invaluable  
education instrument. Монография  
журнали.Польша 2020 йил 28-31  
бетлар