



FROM THE HISTORY AND DEVELOPMENT OF ATHLETICS

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ABSTRACT

The article deals with the information about the earlier history of athletics that is considered as the oldest sport with a rich history in terms of development history. In the paper, actions such as running, jumping, and throwing that created together with mankind were described. Also, the article gives data on the development of the Olympic Games that were revived in some countries, and the effect of athletics running in a football game has a special effect on the development of speed, endurance, and strength qualities have been discussed. The author notes that to achieve the goal during training, the coach and the athlete have to solve a number of tasks and exercises.

KEY WORDS: *athletics, history, physical training, exercises, coach, Olympic games, speed, running, jumping, throwing.*

INTRODUCTION

Athletics is the oldest sport with a rich history in terms of development history. Actions such as running, jumping, and throwing were created together with mankind and were closely related to his work and life. That is why, athletics games have been introduced as a competition in many countries. Basically, the peak of the development of athletics was in Ancient Greece. Sports competitions were very popular in this country, because the wars that took place in those days required well-trained warriors. In ancient Greece, international and international competitions were organized, and later they received the title of the Olympic Games. The Olympics in ancient Greece. People from many other Greek cities flocked to the Olympic Games, and the wars were stopped at this time. The first Olympic Games in 776 BC His program was 192.27 m. distance running (called fomas) was introduced [3]. In 708 BC, along with running, sports such as discus, javelin throwing, jumping, and wrestling were included in the program.

The achievements of ancient Greek athletes were very high due to the intensity of their training. The reason is that Greek children who go to school from the age of 7 do not pay much attention to literacy, on the contrary, they pay more attention to physical education. In connection with the transfer of Greece to the Roman Empire in the last century AD, the Olympic Games lost their status. In 393 BC, the Olympic Games were revived by a special decree of the Roman emperor Theodosius I.

Athletics is a sport that combines walking, running, jumping, throwing and training. Athletics as a scientific-educational subject for special physical education higher educational institutions is a science in the content of the methodology of practical and didactic teaching of this sport. "Athletics" is translated from the ancient Greek word, which means course, training. In ancient Greece, athletes competed in strength and agility, but today they are strong men with well-developed physical bodies [4]. The name athletics refers to the lightness of appearance during exercise, and athletics is the

opposite of athletics or athletics (USA, France, England). Athletics is divided into five divisions, and then into several types and variants.

Athletic training is a common human activity, good exercise for people of all ages. During a normal long, rhythmic walk, almost all body muscles work, the work of the heart, relaxation systems and other systems improves, and the metabolism increases. There are other types of walking, for example: marching (pokhodnaya), rowing (stroevaya), sports (sportinaya), among which the most technically difficult, but at the same time the most effective, is used in competitions. His speed is twice his normal walking speed. But mastering the technique is not enough to achieve high speed. Walking too high requires more effort than normal walking and also increases energy loss. In this regard, playing sports has a special effect on the athlete's body, strengthens internal organs and systems, improves work capacity, has a positive effect on the development of strength, especially endurance, and forms voluntary qualities. A well-made sail is very durable [5]. Running is a common form of exercise that is included in many sports (football, basketball, tennis, etc.). Compared to walking, running requires a higher work capacity from the body, and almost all body muscle groups begin to work, the activity of the heart and blood vessels and the rest systems increases, and the metabolic process increases.

LITERATURE REVIEW

In athletics, running is divided into flat, hurdles, relay and natural types. In the course of this exercise, jumping, the athlete's body, strength, speed, dexterity, and heroic qualities develop. Jumping in athletics is divided into two types; 1) through a vertical obstacle, i.e. high jump, spike jump. 2) horizontal hurdles, i.e. long jump and triple jump. Throwing This exercise is performed by pushing or throwing special equipment for a long time. Their dimensions are measured in meters and centimeters. When shooting, it is performed in a short time with the help of nerve and muscle power, during



execution, not only the arms, but also the muscles of the shoulder girdle, chest and legs are activated. According to the method of execution, sports shooting is divided into three types: 1) head shooting (spear, grenade); 2) with a twist (disc, hammer); 3) by pushing (core).

Generally, this exercise is a combination of the aforementioned running, jumping and throwing exercises. They are named according to the number of exercises: (triathlon, pentathlon, hexathlon, octathlon, decathlon). Among the sports, athletics is effective in terms of its wide and comprehensive impact on the human body, training techniques, excitement, and comfort in natural conditions. Maybe that's why athletics is called the queen of sports. It has a special place in the development of physical fitness and physical qualities of athletes in other sports. In particular, the effect of athletics running in a football game has a special effect on the development of speed, endurance, and strength qualities. In a basketball game, the qualities of speed, strength, dexterity, and heroism are developed through athletics training. The emergence and establishment of athletics as a form of athletics dates back to the middle of the 19th century: the first 7-mile athletics competitions were held in England in 1867.

I period. Characterized by very long distance races: Vienna - Berlin - 578 km.; Paris-Beaufort - 496 km.; Turesh-Marseille-Barcelona - 110 km. This type of race was 3.5 km on the program of the Olympic Games held in London in 1908. and continued until the introduction of 10 km sport walk competitions.

II period. It covers the years 1908-1932. At this time, athletic walking became an Olympic sport. One of the modern Olympic distances is 50 km at the 1932 Los Angeles Games. included. World records were set for 20 km in 1918 and 50 km in 1924.

III period. From 1932 to 1952, it was customary to prepare athletes for a sports walk every year. Modern methods and methods of sports training were used, the volume of loads offered by trainers increased during training. In 1964-1976, the sport continued to spread in continents such as Africa, Asia, and Latin America. Various means and methods of training athletes are widely used in sports, and a scientifically based system of training various professional athletes has appeared.

In 1924, registration of records for sports walks began. Races 3 km., 5 km., 10 km. and 20 km. were carried out. In 1964, the first 50 km sports race was held. In 1952, Soviet athletes participated in the Olympic Games, won Olympic medals in various fields and were able to actively compete with foreign athletes.

METHODOLOGY

One of the types of athletic training is walking. In competitions, the most technically complex and at the same time the most effective type of sports walking is held. Sports walking require a higher intensity than normal walking, as well as an increase in energy expenditure. In this regard, the sports walking park has a significant effect on the athlete's body, its internal parts and systems are strengthened, it has a positive effect on the development of strength, especially endurance and will. Depending on the correct technique, one step of a person's movement is completed in 0.27-0.33 seconds to achieve high

success in sports walking. Sports driving speed is 2-2.5 times higher than normal. It depends on the frequency and length of the step. The length of the step is 80-90 cm in normal walking, and 105-120 cm in sports walking, the frequency of the step is 110-120 steps per minute in normal walking, and the length of the step is 180-200 cm. sports walking etc. Despite the high speed of walking, the step of the walker should be longer. But a very long step leads to more energy consumption and less mastery of the technique. Sports walking has a cyclical nature, that is, the movement of certain distances is repeated several times and, unlike other cyclical types of athletics, is strictly limited by the specific characteristics of the competition. These limitations have had a significant impact on the design of sports walking techniques. First of all, there should be no flight phase in sports walking, that is, there should always be contact with support. Secondly, it is necessary to write in the complete combination of the support in the vertical moment, leaving the first limit. In sports walking, the technical basis is a cycle of movement, which consists of a double step, a step of the left foot and a step of the right foot. The cycle consists of:

- a) two stages of individual assistance;
- b) two-level support;
- c) two stages of stretching the non-swinging leg.

The period of bilateral support is very short-lived and sometimes it cannot be seen. The period of personal support is very mobile and is divided into two stages:

- 1) the phase of the solid front support;
- 2) push phase.

Research shows that during sports, all groups of human muscles are used, and the cardiovascular system works in a very efficient mode. Sports indicators are related to the development of physical qualities such as endurance, speed, coordination of movement. In addition, the sports walker needs active movement of the hip and calf joints, strong back muscles and well-stretched muscles of the lateral part of the abdomen. A sports walker differs from a regular walker in that two support positions are distinguished. At modern speeds, a sports car does not even count in two-wheeled conditions. Because there is an active movement of the hip joints around the vertical axis. For the very active movement of the sports walker, the supporting leg extends forward at the knee joint. According to the referee's new rules, in the front support position, the knee joints must be extended from the moment it is placed until the moment of standing.

In the vertical moment, there is a significant drop of the hip to the side of the non-swinging leg, which should never be confused with a lateral orientation of the hip joint of the supporting leg, which is a blunder. part of the judges.

The center of gravity shifts through the supporting leg during the forward step of the non-rotating leg, and the athlete simultaneously shifts their weight to the supporting leg as they make contact with the supporting leg. The body should not lean forward, as this will cause the knees to bend. In refereeing, the problem of determining the presence of the flight phase in sports walking often arises. Athletes in the international group often make a serious mistake, that is, they quickly miss the vertical moment of the supporting leg, pass it quickly, that is, in the back support position, they quickly support the leg without opening it. - they will support. In this movement, the



first causal phases of flight are hidden. Walking competitions are held on open field paths and ordinary roads (street, city, rural roads) at a distance of 3 km, 50 km. Participants of walking competitions should not lose the features of sports walking technique - contact with the road. In case of violation of this rule, the referee will exclude the athlete from the competition.

Jumping in athletics is divided into two groups: straight jump and long jump. First, the group includes the following: 1. Running and high jump; 2. Running and jumping with a stick. The second group includes: 1. Running and long jump; 2. Run and jump in three jumps. The first group of athletics jumps: a) running and high jump (k) is a cyclical exercise that requires the development of speed, strength, dexterity and elasticity. It is held between men and women in sports fields and arenas; b) running and vaulting (k) is a cyclical form, one of the most technically difficult exercises in athletics, which requires athletes to develop speed, strength, agility and flexibility, and is held both on and off the field. The second group of athletics: a) running and long jump (k) is a mixed type of exercise in terms of structure, which develops speed, strength and agility in athletes, it is held both on the field and on the field between men and women; b) running and triple jump (k) in athletics, which requires the development of speed, strength, dexterity, and flexibility from athletes, is one of the technically complex exercises held between men and women on the field and arena.

DISCUSSION

The basis of the training is the general laws and regulations, which are the basis of the training process in all types of athletics. Among them are training goals and tasks, principles, main tools and methods, physical, technical, tactical, theoretical, psychological preparation, periodization of the training process. The main goal of an athlete's training is to achieve good health, all-round physical development and high sports results. It is important not only for sports, but also for preparing young people for professional activities and defense of the Motherland. In order to achieve the goal during training, the coach and the athlete must solve a number of tasks, the main of which are the following [2]:

- strengthening of health;
- achieving all-round physical development;
- formation of high-level special physical training;
- mastering the technique and tactics of the selected type of athletics;
- education of moral and voluntary qualities;
- acquiring theoretical knowledge;
- Mastering the experience of participating in competitions.

The listed tasks do not meet all the requirements for athletes. Different types of athletics, individual characteristics of athletes, periods and conditions of training require clarification and differentiation of tasks. Solving such a problem can be parallel or sequential. In some cases, the best result is achieved with a parallel solution, for example, the mastering of sports equipment is combined with the development of physical qualities. In others, more effectiveness is achieved by solving problems sequentially, for example, first

they increase the level of development of general endurance, and then - special. Consistent problem solving takes place over many years of training. However, there are often cases of a combination of parallel and sequential problem solving in sports practice. Depending on the age and physical fitness of athletes, periods and stages of training, attention is paid to tasks, less attention to others, and the ways of solving them change.

The existing differences between the types of athletics, of course, require a different approach to training. At the same time, there are common, mandatory methodological rules for the organization, planning and construction of the process of training athletes [1, 17]. Effective methods of developing various physical qualities - strength, endurance, speed, dexterity - have been developed. The ancient Greeks strove for harmonious physical development during training and achieved great success in this regard, as evidenced by the statues of athletes of that time that have survived to this day. Professional trainers (gymnasts) were able to distinguish between body types and recommended to participants when choosing one or another type of competition. The structure of the training was based on a four-day cycle. On the first day, preparatory exercises were carried out, on the second day the load was increased and maximum stress was reached, on the third day it was slightly reduced, and on the fourth day it reached the level necessary to maintain the body in a normal state. Before the training, the athletes warmed up and had a massage, and after the training, they took thermal baths. The period of preparation of the ancient Hellenes for the Olympic Games was quite long and was 11 months. The last month of this cycle was devoted to the direct preparation of the athletes before the competition. There is evidence that there was periodicity in the training of athletes in those days: four years of training were planned - from one Olympic Games to another. Trainings have become regular and intense, in which not only the knowledge and experience gained in sports, but also the achievements of medicine are widely used. Intense training was combined with a strict rest and nutrition regime, which was different for athletes preparing for performances in different athletics. During training, they not only developed physical qualities, but also learned rational methods of performing exercises, that is, what we now call technical training. In addition, exercises were performed both as a whole method and divided into parts. It should also be noted that, in contrast to the early history of the ancient Greek Olympic Games, when athletes often competed in several sports, later, in the process of gradual professionalization of athletes, a narrow specialization of athletes appeared. It has been. It made it possible to achieve the highest achievements in one or another type of athletics. Thus, the preparation of athletes for the Olympic Games in Ancient Greece was regular and intense. It uses not only the most effective means and methods of education, but also knowledge in the fields of medicine, hygiene, rational nutrition, and various massages.

CONCLUSION

Thus, in the feudal ages, there were no special athletics competitions, but there is evidence that people held competitions in stone throwing, long and high jump, and sprinting on holidays. Later in Western Europe, running, jumping and throwing began to be included in the physical



training system of knights. At that time, there was no teaching method in these species. After a long period of stagnation, athletics began to take shape as a sport only in the second half of the 19th century.

With the birth of modern athletics, training methods began to evolve. At that time, preparation for competitions was understood in a very simplified way. For example, if an athlete participated in a 1,500-meter run, he would have to cover this distance several times a week. Athletes-jumpers trained only in jumping, and throwers only trained in throwing. After a few weeks of such training, the athletes participated in competitions, after which they rested until they had to prepare for new competitions. In the methodological works of Western European authors at the beginning of the 20th century, training of athletes was considered as repetition of exercises for a relatively short period of time - 4-8 weeks. The tasks of training athletes are solved sequentially. First, they developed the necessary physical qualities, then learned and improved the technique of running, jumping and throwing.

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