

PERSONAL ACTIVITY OF THE STUDENT THROUGH ATHLETIC EDUCATION

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ABSTRACT

In this scientific article, the current issues of the development of the personality of the student through the education of new athletics are considered.

KEYWORDS: Athletics, IAAF, Tiltann Games, WARS, Decathlon.

INTRODUCTION

Athletics is the general name for a set of sports events in which athletes run, throw, walk and jump. Over the years, the appeal of sporting events grew worldwide, and in 1850 the Wenlock Agricultural Reading Society (WARS) created what it considered the forerunner of the modern Olympic Games. Wenlock's games were a mix of athletics and traditional country sports, mixing competitive events with exciting displays.

While providing information about athletics to students, we consider raising them as mentally and physically mature generation. It is well known that the first modern Olympic Games in Athens in 1896 were a great success and in 1912 the International Amateur Athletics Federation (IAAF) was founded.

In recent years, some events have disappeared, others have been changed, and new ones have been added. Although the Summer Olympics are still considered the pinnacle of an athlete's career, professional athletes today compete in IAAF competitions around the world, often competing for huge prize money. Obviously, informal foot races, throwing games, and the like may seem like natural pastimes that have been around the world since ancient times. Despite this unquestionable claim, athletics provides us with a more complete record of its early history than any other sport, from the ancient Egyptians to the ancient Greek Olympics.

Another festival was the Tiltann Games in Ireland, which began in the mid-2nd millennium BC to mourn the adoptive mother of the mythological god and king Lugh. The list of activities includes hurling, wrestling, boxing and walking, as well as non-sporting activities such as storytelling and singing.

The spectrum of events at the Olympics has changed over time. In the first games, a sprint along a straight path of about 180 meters appeared. Longer distances appeared gradually: Diaulos (2 x 180 meters), Hopios (4 x 180 meters) and Dolichos (about 3 miles). Meanwhile, the ancient fifth appeared in 708 BC. And consisted of 5 events held during one day. These include: discus throw,

javelin throw, long jump, running and wrestling. Today, men's athletics consists of the following directions:

- . Running 100, 200, 400, 800, 1500, 5000, 1000 meters;
- Marathon;
- Steep running at a distance of 110, 400, 3000 meters;
- Relay for 4x100 and 4x400 meters;
- covering 20 and 50 kilometers;
- High jump, long jump, pole vault and triple jump
- shooting;
- Discus, hammer, javelin throwing;
- Decathlon.

Modern women's athletics includes:

- Running for 100, 200, 400, 800, 1500, 5000 and 10000 meters;
- Marathon;
- Running with obstacles for 100, 400, 3000 meters;
- Relay for 4x100 and 4x400 meters;
- Covering a distance of 20 kilometers;
- Vaulting
- Long jump;
- Triple jump;
- Shooting;
- Discus, hammer, javelin throwing;
- Heptathlon.

A professional athletics stadium provides competitors with:

Condition:

- 400 m long synthetic rubber running track;
- Runway and pit for triple jump and long jump;
- Shooting range;
- All equipment for high jump;
- All pole vaulting equipment;
- A cage for throwing the hammer and discus.

There are a number of terms used to refer to the equipment or people involved in athletics events:

- Starter - this person starts all track events;
- Starting marshals - these people prepare to start the participants in the right order;
- Timekeepers - providing the official time for all participants of the track competition;
- Assistants of judges - to ensure the correct order of positions;
- relay judges - they make sure the runners are on the right track.

The only athletics events with any designation in the traditional sense are the decathlon and heptathlon. As this is a multi-day competition, participants will be awarded points for their performance in each. At the end of the competition, the athlete with the most points will be awarded with a gold medal. No points for all other activities. Everyone is judged by how fast they run or walk, how high or long they jump, or how far they throw.

In running and walking events, this means completing the race as quickly as possible. In throwing events, it involves jumping the farthest, and in jumping events, it involves jumping farther or higher than one's opponents. The winners of athletics are awarded with gold, the second with silver, and the third with bronze. Athletes who finish outside the top three will not be awarded.

Success in athletics is not measured by points or goals, but by time and distance.

These competitions begin with shooting from an electronic pistol. In short-distance races, officials use a digital dash cam to cross the finish line to take pictures of the finish line. The clock stops when the athlete crosses the finish line.

Jumps are measured from the front edge of the starting board to the athlete's first mark on the sand. Distance is always measured to the nearest centimeter and athletes are always given at least three jumps.

Throws are measured from the front edge of the throwing line to the first mark on the ground. Distance is always measured to the nearest centimeter and athletes are always given at least three attempts. By 1981, there were 19 separate organizations involved in the administration and management of athletics. Women's athletics is one such field was one, and thus an autonomous organization, the Women's Athletic Association (WAAA), was formed in 1922 and held its first national championships the following year.

Women fought for recognition in athletics, where some saw it as unfeminine, and others even thought that the participation of women in these events could lead to a decrease in the birth rate. For some time they were not allowed to participate in many events, as the following examples show when the event was held at the Olympic Games: 1500 meters (1964), marathon (1984), hammer throw (2000) and three jump (1996). The first Olympic Games to host the women's competition were held in Amsterdam in 1928. It should be noted that men opposed women's participation in the Olympic Games at the IOC meeting in 1926.

In the 1930s, the British Empire Games and the European Athletics Championships were established. The first British Empire Games, called the First Commonwealth Games, were held

in 1930 in Hamilton, Ontario, Canada. They are held every 4 years. In 2018, England were second only to Australia in the all-time medals table. The European Athletics Championships were held in Turin, Italy in 1934. Its frequency varied over time from 2 to 4 years. In 2018, Great Britain took second place behind Russia in the medal table. Amateur athletics took place in most major countries during the late Victorian era.

The early 1900s proved a popular time for the creation of world-class governing bodies for the sport, and the International Amateur Athletics Federation (IAAF) was founded in Stockholm following the closing ceremony of the 1912 Olympic Games in that city. not surprising. There were 17 founding members. Like other governing bodies, the IAAF has taken steps to expand the sport, mainly by introducing new world events. The name of the organization was changed in 2001 after the word "amateur" was removed and became the Association of International Athletics Federations.

The governing body for athletics is responsible for the organization of athletics events, as well as for athletes, their development and athletics officials.

Athletics is one of the most popular types of sports; running at different distances, athletic walking, jumping (high, long, triple, javelin), throwing (javelin, javelin, javelin), throwing, multi-sport (squatting, heptathlon) includes It should be noted that there are more than 50 exercises in athletics, 49 of which are included in the program of the Olympic Games (at the 2000 Sydney Olympics, men competed in 22 types of athletics, and women competed in 20).

In addition, athletics is an exercise of modern pentathlon and triathlon sports, training of all sports, training, military training, health exercises of educational institutions, "Alpomish" and "Everything" sports tests of students and youth. Took place in the program. In several books, such as "Iliad" by Homer, "Laws of Medicine" by Ibn Sina, information about athletics exercises can be found. In the ancient Olympic Games (from 776 BC to 394 AD) competitions were mainly organized in Athletics. In the development of modern athletics in the 19th century, competitions in England (since 1837), All-Greek games held in Athens (since 1859) and revival of the Olympics (since 1896) were of great importance. The IAAF has been holding the World Cup (now Grand Prix) since 1977 and the World Championship since 1983. Interest in athletics in Uzbekistan increased in 1885 after the establishment of a playground adapted to this type in Margilon. Athletics competitions were held in Tashkent in 1902, national championships in 1919, spartakia in 1927.

In Uzbekistan, more than 135,000 people are engaged in athletics under more than 140 coaches, 3 of the coaches have the title of honored athlete of Uzbekistan, 10 of them have the title of honored sports teacher of Uzbekistan (2001) .

The showing of videos about the sports competitions "Sprouts of Hope", "A perfect generation ", "Universiade" in Uzbekistan serves to further increase the interest in sports among schoolchildren. One of the main principles of this policy is to ensure the continuity and consistency of education. This is one of the reasons why it is recognized as one of the main components of the national training program. Means of physical education require interdependence with each other. Only then will they remain relevant. In the process of long-term physical education, physical exercises, healing forces of nature and hygienic factors are used as a means of physical education. Physical exercises are the main means of physical

education, and historically they are divided into groups in the style of athletics, gymnastics, sports and tourism, and are used as a means of education.

Physical exercise as a system of actions expresses the feelings and thoughts of a person, his attitude to the surrounding reality. Physical exercise is one of the methods of transferring socio-historical experience in the field of physical education.

Physical exercise affects not only the morpho-functional state of the body, but also the person performing it. Among all types of pedagogical activities, the subject of teaching only in physical education consists of the performance of a series of directed actions of students and the impact directed to the improvement of physical exercises. Physical activity can also fulfill a person's health needs.

We, the pedagogues, are responsible for developing effective planning of means, methods and methods of training endurance in young athletes and basing them on experience, increasing their functional readiness, arousing interest in athletics training and reserve training for sports that require endurance is one.

Currently, the head of state and government pay great attention to the development of physical education and sports. In our republic, physical education and sports, especially the development and popularization of children's sports, are considered as one of the priority directions. "It is important to increase and realize the creative and intellectual potential of the young generation, to form a healthy lifestyle among children and young people, and to involve them in physical education and sports." Our young athletes are winning prizes in prestigious international competitions.

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