

PHYSICAL ENDUANCE OF ATHLETICS

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Annotation: This article focuses on improving the physical fitness of athletics athletes, nurturing their physical qualities.

Keywords: athletics, physical fitness, physical qualities.

Introduction: One of the most basic and popular sports today is athletics is a sport. Student-youth athletics different distance running and jumping, long jump and long jump, core, javelin, discus throw and multi-sport athletics development, improvement of physical fitness and light weight training and training athletes for their physical qualities improving the process of today's current issues one.

Development of the sport of athletics in educational institutions, education student - interest of young people in sports on the request of the period to improve, strengthen knowledge, skills and abilities circling.

Also, physical education in educational institutions - development of Health and mass-sports work, education student athletics intellectual increase interest, strengthen knowledge, skills and skills the period is becoming in demand.

Basic of general physical training in the educational system one of the tasks is the physical qualities of students development.

Comprehensive preparation from the point of view of Physiology I.P. It is based on the teachings of Pavlov. It acts as an organism as a whole reviews, in which all the qualities of a person are interconnected, development of one of the qualities of movement of others has a positive effect on its development or its opposite, developmental delay prevents others from developing as well.

Comprehensive physical education of students in the process of physical education the principle of development plays an important role. Age specific taking into account the characteristics, it is necessary to teach physical exercises, or this is the focus on the effectiveness of the manifestation of physical qualities needed. Age-specific favorable conditions for their development must be.

The main physical qualities of athletes development (physical fitness) – above all the athlete's every it is a process of comprehensive and special physical development. Accordingly physical fitness depends on general physical fitness and specific divided into physical fitness.

General physical fitness refers to the weightlifter's harmonic development, that is, the development of movement muscles, strengthening the organs and systems of the organism, their functionality improve ability to gain capacity, control, power, increase agility, endurance, agility, flexibility, correction of defects in the figure and body structure is provided.

To achieve this, an organism that participates in various activities of movement exercise on all body parts with organs and systems with the help of regular exposure is necessary. And for this above from the exercises in the three groups mentioned, especially to the general development it is necessary to use different from the intended exercises.

For general physical fitness, the general effect is often from the exercises shown, and for special training, to the specific goal guided exercises are used. But the overall physical physical development, body structure, healthy personality, even in preparation and in order to eliminate some shortcomings in the like, it is clear guided exercises are used.

Strength, agility in general and special physical training, exercises that develop endurance, agility, flexibility plays the main role. Light in the same physical qualities organs and systems work in the entire organism of the athlete based on his ability, his ability to act is reflected.

Pedagogical experiments testify to the fact that even physical in students even in conditions where the upbringing lesson is twice a week positive results in the development of basic physical qualities it is possible to achieve, and the main focus is speed, speed-strength, flexibility, focusing on the development of qualities of agility and overall durability needed.

As you know, exercise all the qualities of movement, some, on the other hand, only develop certain physical qualities. For example, running from a low start to 30 meters is basically a quickness exercise with a barbell if it develops muscle strength helps to develop.

Physical development of physical qualities the effect of the effect is with the use of its application is defined. For example, doing one-time exercise with a barbell is basically develops muscle strength and fast - strength qualities, doing the same exercise doing it many times, but with less weight gives strength endurance develops.

A certain positive in the development of the speed of movement to achieve results, more speed is required-strength and strength it is advisable to use exercises. The main tool for the development of speed – maximum are exercises performed at speed. For example, not very large running distances, cross-country running 50-60 meters, (from start to finish or from where it stands), 60, 100 and 200 meter runs, relay runs, special running exercises, running on sandy ground; climbing and et al.

The main tool for the development of general endurance is long is a continuous, less intense run. It is all organs and in order to increase the functional "limit" of systems, positive conditions are created, and with their high level of organization ensures performance. Allowed in one practice run downloads range from 800 - 1000 meters in students aged 10-12 years organizes.

Other effective means of developing endurance – are various cyclic exercises and action sports games. General effective style of endurance development distance one at the finish, overtaking, play and circuit in different variations training styles are considered.

Special durability is developed in two directions. If general endurance using exercises with a more cyclic nature if developed by the way, special durability reader the types of exercises that specialize are developed through the tool. Another feature is that the development of special durability the exercises are performed with the competition or the intensity that is close to it.

Basic development of agility in students one of the tasks is to acquire new movement skills and skills as well as effective restructuring of action activities when the situation changes is the improvement of ability. Hence agility development, first of all, coordination complex movements to develop the ability to master, and secondly, to act a sudden change in activity is re-established in accordance with the requirements of the situation implies the ability to change.

The most important structural element of agility is the response to the new situation is the speed of giving, and to improve it, the students are given every time applying methodical methods that force a faster reaction purposeful. A favorable opportunity for the development of agility corresponds to adolescence and youth, at which time the reader's organism it becomes more flexible than in the next period of development.

Exercises "stretching" to develop flexibility specific being that they gradually increase the amplitude of movement to the end is characterized by. The simplest of basic and additional Gymnastics considered a leading tool for stretching exercises, one or another muscle selection of steps (exercises for legs, arms, torso, neck) to groups affects.

Exercises for flexibility are performed on projectiles, on the gymnastic wall and in other shells, filling balls, dumbbells, with a partner can be done. Engaged in movement amplitude in these exercises with its own strength - shaking movements of the arms or legs or external force at the expense of use, for example, in exercises performed in pairs can increase with the power of the pair.

A variety of motion and sports to develop flexibility from their games, with a large movement amplitude (with pieces and without items) from exercises performed joints, pins and muscles flexibility to do by adding with reinforcement movements it will be necessary to use exercises. Flexibility exercises its pace when performing is the characteristic of exercises and what purpose intended, as well as the level of training of students depending.

The main method of developing flexibility-exercise being considered a repeat performance and developing it regularly necessary. From multiple repetitions of flexibility exercises (10-15 times) it is only then possible to achieve an increase in the amplitude of the movement.

From the fact that classes are held every day or twice a day only if the greatest effect is achieved in the development of elasticity was. In addition, independent, morning hygienic Gymnastics it is necessary to engage in flexibility exercises even during the exercises.

In conclusion, it should be noted that the weightlifters training physical qualities agility of movement, strength, provides an opportunity to train speed, endurance. Which is light necessary for the daily labor and military activities of track and field athletes.

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