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ESSENTIAL ASPECTS AND PECULIARITIES OF ATHLETICS

Student of the Nukus Branch of the Uzbekistan
State University of Physical Education and Sport.
Tanrbergenova Dinara Mubaraq qizi

ABSTRACT: Athletics, which includes such fundamental activities as walking, running, jumping, and throwing, plays a crucial role in the overall physical development of individuals. Regular participation in these exercises contributes to the improvement of essential physical qualities, including speed, strength, endurance, agility, and coordination. As one of the most popular and widely practiced sports, athletics is based on natural human movements, making it accessible to people of all ages. Moreover, athletics serves as an effective means of promoting a healthy lifestyle among young people, enhancing their physical fitness, and developing their sporting abilities.

Keywords: athletics, running, walking exercises, jumping, throwing events, combined events, healthy lifestyle, holistic development, sports competitions.

INTRODUCTION

At present, one of the priority objectives of our country is to raise the younger generation as comprehensively developed individuals who are physically fit, spiritually enriched, and capable of meeting the demands of modern society. In this regard, encouraging young people to participate actively in sports, particularly athletics, is of great significance. To support this objective, modern sports infrastructures and favorable training conditions are being established throughout the country.

Regular engagement in athletics promotes a healthy lifestyle among young people, enhances their physical fitness, and contributes to the development of essential motor skills and physical qualities. Athletics is recognized as one of the oldest and most popular sports, as it is based on natural human movements such as walking, running, jumping, and throwing. The word "athletics" derives from the Greek term athlon, meaning "contest," "competition," or "struggle." In Ancient Greece, individuals who participated in competitions requiring strength, speed, and agility were known as athletes. Sporting events during that era were commonly organized as part of religious festivals and public celebrations, featuring disciplines such as walking, running, jumping, and throwing.

The historical development of athletics is closely associated with the Ancient Olympic Games, where running and walking events initially occupied a central place. Over time, additional disciplines, including jumping, throwing, and combined events, were introduced into the Olympic program.

Today, modern athletics comprises a broad spectrum of events, including race walking, sprinting, middle- and long-distance running, relay races, jumping events, throwing disciplines, and combined competitions. One of the principal factors contributing to the global popularity of athletics is its accessibility and simplicity. Unlike many other sports, athletics requires relatively little specialized equipment or costly facilities, making it available to individuals of all ages.

As a result, millions of people worldwide regularly participate in athletics. The wide variety of athletic activities, their beneficial effects on human health, and their important role in improving physical fitness have established athletics as one of the most widely practiced and influential mass sports in the world.

LITERATURE REVIEW AND METHODOLOGY

The origins of athletics can be traced back to ancient times. Throughout history, various forms of physical exercise such as running, jumping, and throwing have played an essential role in human life

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and survival. These movements were initially used in hunting, warfare, and everyday labor activities. Although they existed from the earliest stages of human civilization, it took many centuries before they evolved into organized forms of physical education and independent sporting disciplines.

Prominent historical figures recognized the importance of physical exercises for maintaining health and improving human performance. The renowned scholar and physician Abu Ali Ibn Sina (Avicenna) extensively recommended and applied activities such as gymnastics, swimming, wrestling, brisk walking, running, jumping, and spear throwing as effective methods for disease prevention and treatment. Similarly, the great military commander Amir Temur incorporated cross-country running, spear throwing, stone throwing, and obstacle running into the training of his troops in order to develop physically strong, agile, and resilient warriors.

During the primitive communal period, athletics-related exercises were directly associated with labor activities and survival needs. As society gradually progressed toward the slave-owning system, physical education emerged as a relatively independent sphere of social life. In Ancient Greece, running, jumping, and throwing reached a particularly high level of development. These exercises formed an integral component of military preparation and civic education and occupied an important place in religious celebrations and national festivals. The most significant of these events were the Ancient Olympic Games, which laid the foundation for modern athletics.

The development of athletics in Uzbekistan also has a rich history. The sport began to gain popularity after the establishment of a specially equipped athletics ground in Margilan in 1885. Organized athletics competitions were first held in Tashkent in 1902, while national championships have been conducted since 1919. Since 1927, Spartakiads have regularly been organized, contributing significantly to the popularization of athletics throughout the country. At present, athletics in Uzbekistan continues to develop dynamically, involving thousands of participants and qualified coaches. Uzbek athletes have represented the country at the Olympic Games since 1952, achieving notable successes on the international stage. Athletics is currently regarded as one of the most popular and universally practiced sports worldwide. It includes a wide range of disciplines, such as race walking, sprinting, middle- and long-distance running, relay races, jumping events, throwing events, and combined competitions including the decathlon and heptathlon. Athletics also constitutes an essential component of modern pentathlon and triathlon and is widely incorporated into educational curricula, military training programs, recreational activities, and physical fitness assessment systems.

One of the major advantages of athletics is its versatility and accessibility. The diversity of athletic exercises and the possibility of adjusting physical loads make participation possible for individuals of different ages, genders, and fitness levels. Most athletic exercises are relatively simple to learn and do not require sophisticated equipment or facilities, which explains their widespread popularity across the world.

Running occupies a central place in athletics. It places significant demands on all physiological systems of the human body and is considered one of the most effective forms of physical exercise. Running and relay events are among the most attractive disciplines in athletics competitions and traditionally generate considerable spectator interest. Consequently, running competitions serve as an important means of promoting sports and physical culture.

Jumping events represent another essential component of athletics. Jumping is a natural motor action used to overcome obstacles and requires athletes to exert maximum muscular force within a very short period. These events contribute substantially to the development of strength, speed, agility, coordination, and courage. Athletics jumping disciplines are generally classified into two categories: vertical jumps, which include the high jump and pole vault, and horizontal jumps, represented by the

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long jump and triple jump. Performance in these events is measured in meters and centimeters and may be executed either from a standing position or with a running approach.

Throwing events involve projecting specialized implements over the greatest possible distance. These disciplines require a combination of strength, speed, coordination, and technical mastery. Although the muscles of the arms, shoulders, and trunk play a major role during throwing, effective performance also depends greatly on the contribution of the leg muscles. Participation in throwing events promotes the harmonious development of the entire muscular system and enhances overall physical preparedness.

Among endurance events, the marathon occupies a special place in athletics. Covering a distance of 42 kilometers and 195 meters, the marathon is traditionally conducted on roads passing through populated areas and is recognized as the longest standard event in athletics. Today, millions of people around the globe participate in athletics activities, benefiting from their positive effects on health, physical development, and psychological well-being. In addition to improving physical qualities such as strength, speed, endurance, flexibility, and coordination, athletics fosters important personal characteristics, including determination, perseverance, self-discipline, and willpower.

CONCLUSION

Furthermore, the diversity of athletics exercises and the possibility of regulating the intensity of walking, running, jumping, and throwing activities make it possible to organize athletics training for individuals of different ages, genders, and levels of physical preparedness. This flexibility enables coaches and physical education specialists to adapt training programs according to the specific needs, abilities, and health conditions of participants. As a result, athletics can be effectively practiced by children, adolescents, adults, and elderly individuals alike.

Most athletics exercises are not technically complicated, are relatively easy to teach and master, and can be performed on simple sports grounds, stadiums, playgrounds, or in open outdoor areas. Unlike many other sports, athletics does not require expensive equipment or sophisticated facilities, which significantly increases its accessibility and popularity among the general population. Consequently, athletics has become one of the most widely practiced forms of physical activity throughout the world.

The broad range of athletics disciplines provides opportunities for individuals with different physical characteristics, abilities, and personal interests to participate actively in sporting activities. Some athletes may excel in speed-oriented events such as sprinting, while others may demonstrate greater potential in endurance running, jumping, or throwing events. This variety allows each participant to select a discipline that best corresponds to their individual capabilities and preferences.

Regular participation in athletics contributes substantially to the improvement of overall physical fitness and functional capacity. Systematic athletics training strengthens the cardiovascular, respiratory, muscular, and skeletal systems, thereby promoting better health and increasing resistance to various diseases. In addition, athletics exercises facilitate the development of essential physical qualities, including strength, speed, endurance, agility, flexibility, and coordination abilities.

Beyond its physical benefits, athletics also plays an important educational and social role. Participation in athletics fosters discipline, determination, self-confidence, perseverance, responsibility, and the ability to overcome difficulties. Through training and competition, athletes develop strong moral and volitional qualities that are valuable not only in sport but also in everyday life. Therefore, athletics is widely recognized as one of the most accessible, effective, and scientifically grounded means of physical education, health promotion, and comprehensive personality development. Its universal character and positive influence on human health make athletics an indispensable component of modern physical culture and sports systems.

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