



Athletics in the System of Physical Education of Student Youth

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Annotation: *This article is dedicated to the popular mind sports - athletics. The significance of this kind of sport is considered, the influence of various means of athletics is determined.*

Keywords: *Physical education, athletics, student youth, sports, activities, criteria, exercises, qualities.*

The process of physical education in Uzbekistan, in a higher educational institution, is an integral part of education and provides for the use of various means of physical culture, sports and tourism. Athletics is also included in the list of the main types of sports of physical education of student youth.

Athletics as an academic discipline occupies one of the leading places in the process of training specialists in physical culture and sports. It takes the same place in the system of physical education of students of non-sports faculties, helping to increase the level of physical fitness, master the necessary motor skills and abilities, and reduce the negative impact of lack of motor activity. In this regard, the topic of this article is of particular relevance.

It should be noted that the content of the course "Athletics" includes the study of the technique of athletics, special exercises used for training and for the development of physical qualities. The methodology of teaching the technique of athletics exercises is considered in detail. The theoretical and practical developments in the field of sports training with children and athletes of various qualifications are studied. The study of the history of the development of types of athletics and the history of the formation of exercise technique is of no small importance. The study and practical use of various tests that allow assessing all aspects of physical development, physical fitness, dynamics of physical qualities, the effectiveness of various teaching and training methods. Carrying out research activities creates the preconditions for the training of highly qualified specialists.

Track and field as a sport is unmatched. Physical qualities: endurance, strength, speed, agility, flexibility, as well as applied skills: running, jumping, throwing are very widely used in work. Athletics form character, temper the will of a person, teach him not to be afraid of difficulties and boldly overcome them. Track and field athletics in a team, participation in team competitions fosters responsibility for the work received.

The goal of athletics classes is to develop an integral personality, harmonize its spiritual and physical strength, activate the willingness to fully realize their essential forces in a healthy and productive lifestyle, professional activity, in the self-construction of the necessary socio-cultural comfortable environment, which is an integral element of the educational space of the university. This sport encompasses such properties and orientations of a personality that allow it to develop in unity with the culture of society, to achieve harmony of knowledge and creative action,

feelings and communication, physical and spiritual, to resolve the contradictions between nature and production, work and rest, physical and spiritual. Achieving such harmony by a person ensures social stability, productive involvement in life and work, and creates mental comfort for her.

Athletics is a sport that combines physical exercises that are natural for a person: walking, running, jumping, throwing. A variety of athletics exercises and ample opportunities to vary the load in walking, running, jumping, throwing make it possible to successfully use these exercises for training students of different ages and different degrees of physical fitness. When performing track and field exercises, a significant number of human muscles are involved in the work, the activity of the cardiovascular, respiratory and other systems of the body is enhanced. In the process of conducting athletics classes, conditioning (speed, strength, endurance, flexibility) and coordination abilities are developed. The results in athletics have a strict quantitative measurement, which ensures their objectivity and the possibility of using them as criteria for the level of physical development of students.

It is also important that many exercises do not require special expensive equipment and can be performed on simple sites. Thus, athletics is one of the most accessible kinds of sports and has the most extensive arsenal of means for targeted physical training of those involved.

Track and field walking requires a higher intensity of work than normal walking, and, consequently, increased energy expenditures. In this regard, sports walking exercises have a significant effect on the body of students, strengthen its internal organs and systems, improve their performance, have a positive effect on the development of strength and especially endurance, educate volitional qualities.

Jogging is the most common form of exercise and is included in other sections of the curriculum. When running, to a greater extent than when walking, high requirements are imposed on the performance of the whole organism, since almost all muscle groups of the body are involved in the work, the activity of the cardiovascular, respiratory and other systems increases, the metabolism increases significantly. By changing the length of the distance and the speed of running, you can dose the load, influence the development of endurance, speed and other qualities of the trainees in accordance with their capabilities. Running at a higher speed places higher demands on students, especially their cardiovascular and respiratory systems, and serves as an excellent tool for developing endurance. Running at a very high speed is used to develop strength and speed. In the process of running, volitional qualities are brought up, the ability to calculate their strengths, overcome obstacles, and navigate the terrain is acquired.

Throwing is one of the types of athletics; they are characterized by short-term, but maximum efforts not only of the muscles of the arms, shoulder girdle, trunk, but also of the legs. To throw athletics equipment far, you need a high level of development of strength, speed, agility and the ability to concentrate your efforts. Throwing exercises contribute not only to the development of these important qualities, but also to the harmonious development of the muscles of the whole body. Track and field athletics is the main form of building physical education in a higher educational institution. It consists of three parts: preparatory, main and final.

The purpose of the preparatory part is, through effective physical exercises with a minimum investment of time, to include in the work all the functional systems of the student's body. The exercises in the preparatory part of the lesson must correspond to the tasks. In an athletics lesson, this can be - race walking, slow running, running exercises, various jumps, acceleration. The preparatory exercises of the kind of athletics that students will do in the main part of the lesson are used.

In the main part, one of the tasks of the lesson is to study new material. First, new movements (elements) of techniques of one or another type of athletics are learned. Consolidation and improvement of previously learned skills is carried out in the middle and at the end of the main part of the lesson. Exercises requiring the manifestation of speed, speed-power qualities, fine coordination and dexterity are performed at the beginning of the main part of the lesson, and exercises related to strength and endurance at the end. The composition of all exercises in the main part of the lesson should be such that they have a multifaceted effect.

The final part of the lesson is designed to bring the functional state of the body to normal activity. To reduce the excitement of the cardiovascular, respiratory, nervous systems, relieve muscle tension, slow jogging, various types of walking, relaxation exercises, correct posture, and attention are used.

Thus, athletics is an integral part of the physical education system. It absorbs not only the valuable centuries-old experience of preparing a person for life, mastering the physical and mental abilities inherent in him by nature, but, no less important, also the experience of developing the moral qualities of a person manifested in the process of physical culture activity, thanks to a variety of forms and methods. It is impossible even to present the Russian education system and athletics as separate components. Between them is not just an inseparable connection, these two concepts are so closely intertwined that it can no longer be otherwise. This is how it should be, those qualities that a person acquires in the process of his development in a natural way are the most important.

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