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Athletics

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Annotation: In athletics, exercises such as walking, running, jumping, and throwing are of particular importance. This article discusses the specifics of athletics.

Keywords: athletics, athletics, running, walking exercises, throwing, allaround, healthy lifestyle, well-rounded personality, sports competitions.

Introduction: Today, in our country, our country is full of young girls to the XXI century meet comprehensively developed, healthy, and competent individuals who coming of age is one of the urgent tasks. And in the process of Sports young people it is important to attract to competitions and create all the conditions for them.Especially regarding athletics in them so that they adhere to a healthy lifestyle it is advisable to form skills.

As we all know, athletics-walking, running, jumping and throwing is a sport that consists of exercises. - Athletics word-Greek derived from the word, it means competition, wrestling, exercise. Old In Greece, those who competed in strength and agility were called Track and field athletes.Athletes performed the exercises lightly and at will. – Athletics the term may also have arisen in connection with this.

Running, jumping at large events and celebrations in ancient times, throwing competitions are organized. Accordingly, exactly these sports were also included in the ancient Olympics.Modern athletics are also the above sports: walking, running, from a multicooker that covers jumping, throwing and similar types is a phrase. Since the sports covered are co-educational, Earth millions of people in Shari are engaged in athletics.

The variety of exercises and the fact that their elegance is large, the equipment uncomplicated athletics can be practiced by any individual it led to the fact that remained a mass sport. Hence Athletics are called King of Sports.

And now strong people who have reached physical maturity are called athletes. Light the name athletics is conditional on the superficial view of athletics exercises it is based only on the fact that it seems light compared to weightlifting exercises. Individual athletics in countries "athletics" in France or on the road exercises are called us England.

The history of the origin of athletics exercises dates back to very ancient times begins. Great thinker scholar Abu Ali ibn Sina in the treatment of patients gymnastics, swimming, fast walking along with wrestling, running, jumping, javelin throw made good use of lifting exercises. Jahangir sarkarda babakalanim Amir Iron, on the other hand, in raising its armies to be physically strong, agile and resilient athletics, low-altitude cross country (cross country), javelin throw, Rock Throw, he regularly used the practice of jumping obstacles.

People run, jump and throw, as a naturally necessary feat has been known to have supported and daily since time immemorial. But their image as a means of physical education and as a kind of sport many years passed before it became. Athletics during the primitive team formation the were closely related to the cocktail activities of the people. They are humanity is known in Physical Education near the beginning of the transition to a slave society at the level began to become independent. Running, jumping and throwing in ancient Greece has developed a lot. Among other types of exercise, they are those of slaves Harbi-got a big place in physical fitness and Kabila panhgrek it began to form part of the muxim of religious festivals. Of such celebrations most notably, the Olympic Games are celebrated. Athletics in Uzbekistan of interest

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from the establishment of an engraving in Margilon in 1885, adapted to this species then it intensified.

Athletics exercises have a multifaceted effect on the human body. They are increases health (especially rapid running or "cowardly" or "cowardly" or "coward"), the main opportunities are fulfilled, most physical opportunities developing: all types of tolerance, strength, speed, coordination skills, flexibility, speed-nationality skills, etc. Light athletics is one of the most popular sports. Running different distances, athletic walk, jump (high, long, triple, with langarcho_p) , throwing (spear, lappak, bosgon), nuclear thrust exercises. Athletics modern pentathlon and triathlon constitutes one exercise of sports, of all sports training, military training, health exercises of educational institutions, place from the Youth Sports testing program" Alpomish "and" Barchinoy" took. In Homer's "Iliad", Ibn Sina's "laws of Tib", and other books References to athletics practice occur.

With athletics, millions of people around the world are caught. Light athletics training includes strength, agility, endurance and much more the movement increases skills, educates volitional qualities. Also their wellness is of great importance, melting into physical maturation helps. A variety of athletics exercises and when walking, when running and it is possible to change the arrival of strength when jumping, throwing different gender and athletics training with people of age is allowed.Many of these exercises are not as difficult as the technique of execution, but to teach easy and can be done in simple areas or open areas.

In athletics, exercises such as walking, running, jumping, throwing are on the aloof has achamity. Running is natural ways to push from place to place. It's physical a more common type of exercise, so many sports are football, basketball,tennis et al. Many types of running in athletics each is the organic part of the variety. Running porridge is the body's work the demand for the ability will be much greater than that of the runner. Running is the most common physical activity of all forms of athletics. The leading place in athletics competitions is the variety of running and relay they are full, they are also very interested in tomashabins. Therefore, running competitions are considered one of the best organization tools.

In athletics, jumping is in turn divided into 2 types.

1. Crossing vertical obstacles with the aim of jumping as high as possible, is a high jump and an anchor pocket jump.

2. Crossing the gorizantal barriers with the aim of jumping as far as possible long jump and triple jump. The results achieved in the jump were in metres and. measured in centimeters. The jump is performed by running fast where it is standing. Three jumping and anchor jumping competitions for women not held. These are the hard blows that are generated during the performance of women it will be possible to distort the state of the internal organs.

Throw special these are exercises to push and throw projectiles to a distance. The results of these meters and determined by centimeters. Throwing nerve muscle tension for a short time it is characterized by being maximum. In this hand to the shoulder girdle and body muscles not only the leg muscles are actively involved. Athletics naryads strength, speed, agility to throw away become highly developed and it is necessary to be able to gather their strength. Doing Capricorn is muxim not only progressing the qualities, but also the harmony of the muscles of the whole body it also helps to develop.

Conclusion: It is worth noting that the variety of athletics exercises and when walking, when you run and jump, you can change the power coming when you throw each athletics practice with

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people of the same gender and age allows. Many of these exercises are not difficult than the technique of execution, and easy to train, and they can be found in ordinary squares or in open areas can be done. Variety of athletics exercises and when walking, when you run and jump, you can change the power coming when you throw each athletics practice with people of the same gender and age give opportunity.

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