

**THE IMPORTANCE OF ATHLETICS FOR STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS**

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The article describes the methodology of conducting athletics classes in higher educational institutions, the importance and role of athletics for the body of students. The place of athletics in the system of physical education, the methods of performing exercises are peculiar only to athletics, the place of athletics among other sports.

Keywords - Athletics, methodology, physical education, sports, running exercises, types of athletics.

Athletics is a sport that combines natural physical exercises for a person: walking, running, jumping, throwing. A variety of athletics exercises and ample opportunities to vary the load in walking, running, jumping, throwing allow you to successfully use these exercises for students of different ages and different degrees of physical fitness. When performing athletics 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, air - conditioned (speed, strength qualities, endurance, flexibility) and coordination abilities. 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 platforms. Thus, athletics it is one of the most accessible sports and has the most extensive arsenal of tools for targeted physical training engaged. Running is the most common type of physical exercise, which is included in other sections of the curriculum. When running to a greater extent than when walking, high demands are placed on the performance of the entire body, since almost all muscle groups of the body are involved in the work, the activity of the cardiovascular, respiratory and other systems increases, and metabolism significantly increases. By changing the length of the distance and the speed of running, it is possible to dose the load, influence the development of endurance, speed and other qualities of those engaged in according to their capabilities. In the process of running, strong-willed qualities are brought up, the ability to calculate one's strength, overcome obstacles, and navigate the terrain is acquired.



Athletics is the main form of building physical education classes in a higher educational institution. It consists of three parts: preparatory, main and final.

The purpose of the preparatory part is to include all the functional systems of the student's body in the work through effective physical exercises with minimal time. In athletics classes, it can be - walking, slow running, running exercises, various jumps, acceleration. Preparatory exercises of the type of athletics that students will be engaged 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. Consolidation and improvement of previously acquired skills is carried out in the middle and end of the main part of the lesson. Exercises requiring the manifestation of high-speed, speed-strength qualities, fine coordination and dexterity are performed at the beginning of the main part classes, 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 versatile influence. 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 running, various types of walking, relaxation exercises, correct posture, attention are used. Walking, running, jumping and throwing appeared together with man. Naturally, many peoples even before our era organized competitions in running, jumping and throwing. The true flourishing of athletics received with the resumption of the Olympic Games. At the First Olympic Games of modern Times (1896, Athens), 12 types of athletics were included in the program of the Games. At the XXVIII Olympic Games, which were held in Athens in 2004, athletes competed in 46 sports: 24 men's and 22 women's. Women at these competitions did not take part only in 50 km race walking and steeplechase. Types of athletics are usually divided into five sections: walking, running, jumping, throwing and all-around. Each of them, in turn, is divided into varieties.

Sports walking - 20 km (men and women) and 50 km (men).

Running

Short (100, 200, 400 m), medium (800 and 1500 m), long (5000 and 10000 m) and extra-long distances (marathon running - 42 km 195 m), relay running (4 x 100 and 4 x 400 m), hurdling (100 m - women, 110 m - men, 400 m - men and women) and steeplechase (3000 m). Sports walking is a cyclical locomotor movement of moderate intensity, which consists of alternating steps, in which the athlete must constantly make contact with the ground and at the same time the leg brought forward must be fully straightened from the moment of touching the ground to the moment of vertical. During walking, almost all the muscles of the body are involved in work, due to which the metabolism in the body increases, and the activity of the cardiovascular, respiratory systems and the body as a whole increase. Sports walking promotes the development of endurance, cultivates hard work and perseverance. The speed of sports walking is more than twice the speed of



normal walking. Sports walking competitions are held on the stadium track and outside the stadium.

Running is central to athletics. This is due to the variety of forms of sports running and the fact that running is an integral part of other types of athletics exercises. Only 25 sets of medals were awarded in the Olympic cross-country sports. With the help of running, the physical qualities necessary for a person are developed and improved: speed, endurance, strength, dexterity; hard work, courage, willpower are brought up. While running, almost all muscle groups of the body are involved in the work, the activity of the cardiovascular, respiratory and other systems of the body is significantly enhanced, and metabolism increases. Running as a means of training is universal, since by changing the length of the distance or the speed of running, you can easily dose the load, influence the development of speed, high-speed or special endurance, develop general endurance. Running is an excellent and affordable means of improving the health of the population. Jumps are acyclic exercises of a speed-strength nature. Results in jumps are measured in meters and centimeters. Jumping classes contribute to the development of the ability to instantly concentrate their efforts, navigate in space, develop strength, agility, speed, jumping, courage, diligence and other qualities vital to a person.

Throwing is an acyclic exercise of a speed-strength nature. All throwing in athletics is performed at a distance. Throwing, like jumping, requires short-term, but maximum muscle tension. During throwing, there is an energetic and coordinated work of the muscles of the legs, trunk, shoulder girdle and arms, while the movements of the thrower are performed in a significant amplitude and as quickly as possible. Throwing classes contribute to the development of such qualities as strength and speed, coordination of movements, cultivate diligence and willpower.

All-around competitions consist of athletics exercises - running, jumping and throwing. Men compete in the decathlon, and women in the heptathlon. The all-around is one of the most difficult sports in athletics. All-rounders have to act as a runner, jumper and thrower in two days. Decathlon and heptathlon are an excellent means to achieve comprehensive physical fitness and harmonious development of the athlete, contribute to the development of all physical qualities. The results shown in each type of all-around are evaluated in points according to a special table stipulated by the regulations on competitions. The winner of the all-around is determined by the maximum amount of points scored in all types.

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