

INTRODUCTION OF INNOVATIVE TECHNOLOGIES IN ATHLETICS IN THE CURRICULUM OF HIGHER EDUCATIONAL INSTITUTIONS

Erkin Allomov Ibragimovich

Teacher of the Department of Sports Games of the Faculty
of Physical Culture of Fergana State University

<i>A B S T R A C T</i>	<i>K E Y W O R D S</i>
This article is about the correction of methods of preparing students Involved in athletics and, in particular, long-distance raise.	Strength training, experiment, cardiovascular system, musculoskeletal system.

In higher educational institutions, “Physical culture” is presented as an academic discipline and the most important component of the holistic development of the individual. Being a component of the general culture, psychophysical formation and professional training of the student during the entire period of study, “Physical culture” is among the mandatory disciplines.

Physical Culture performs its educational and developmental functions most fully in the purposeful pedagogical process of physical education, which is based on the basic general didactic principles: consciousness, visibility, accessibility, systematicity and dynamism. It is these principles that permeate the entire content of the exemplary curriculum for universities in the pedagogical discipline "Physical Culture", which is closely connected not only with the physical development and improvement of the functional systems of the young person's body, but also with the formation of vital mental qualities, properties and personality traits by means of physical culture and sports.

All this in general is reflected in the psychophysical reliability of the future specialist, in the necessary level and stability of his professional performance. The purpose of physical education of university students is the formation of physical culture of the individual and the ability to direct the use of various means of physical culture, sports and tourism to preserve and strengthen health, psychophysical training and self-preparation for future professional activity.

To achieve this goal, it is planned to solve the following educational, educational, developmental and health-improving tasks:

- understanding the social role of physical culture in the development of personality and its preparation for professional activity;
- knowledge of the scientific, biological and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value attitude to physical culture, attitudes towards a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercises and sports;

- mastering a system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, personality qualities and properties, self-determination in physical culture;
- provision of general and professionally applied physical fitness, which determines the psychophysical readiness of the student for the future profession;
- acquisition of experience in the creative use of physical culture and sports activities to achieve life and professional goals.

The section "Athletics" of the discipline "Physical culture" in higher educational institutions includes: running 30, 60, 100, 800, 1000, 1500, 2000, 3000 meters; jumping in length from a place and in height from a running start; throwing a grenade at a target and at a range. Walking, running, jumping have a high developmental effect and are indispensable tools in teaching and training students, strengthening their health. Being natural types of movements, walking and running have a very versatile effect on the body of the student. During walking and running, muscle tension alternates with relaxation, their rhythmic contractions increase blood circulation, breathing and activate metabolism.

At first glance, walking and running are fairly simple types of movements. However, it's one thing to just walk and run, and it's quite another to walk with a free, wide step, with the right posture, or run fast, without unnecessary stress, observing a high frequency of steps. Teaching the skills of proper walking and running requires a lot of hard work of the teacher and in fact is a complex motor task. The formation of the correct running technique and the acquisition of skills in easy, relaxed, but at the same time fast running is a rather complex process that requires the use of a variety of methodological techniques, long and painstaking work to eliminate errors.

Walking exercises are included in the program of physical education of students of all academic institutions. Walking is a wonderful tool for developing and strengthening muscles, mainly legs. In athletics classes at any age, the following types of walking are used: regular, on toes, on heels, on the inner arch of the foot, on the outside of the foot, rolled from heel to toe and from toe to heel, or on the entire foot, backwards, with attached steps, with different hand positions, with swinging movements legs, lifting the knee of the bent leg high, with torso turns, with forward bends, lunges, with a jump, stealthily, etc. Rhythmic walking is widely used: with the teacher's counting, collective counting, at different tempos under sound signals. To bring up the pace, the steps are supported by various rhythmic movements to the beat of walking: clapping, stamping, etc. Walking is used in short, medium and long steps, with a change in the length and frequency of steps, according to markings, with stepping over benches, overcoming 2-4 or more obstacles.

In addition to normal walking, there are her:

- marching,
- drill,
- sports.

Running. Running occupies a special place among applied physical exercises. Running exercises place higher demands on the body than walking, since almost all muscle groups are involved in the work, the activity of the cardiovascular and respiratory systems increases, and metabolism accelerates. When running, they manifest and develop in a complex way basic physical qualities, such as speed, strength, endurance, agility, etc. Being the main exercise of an applied nature, it is included in gymnastics lessons, outdoor and sports games, ski training. Students of higher educational institutions "meet" with running in physical education classes, in general physical training sections, sports sections by sports,

in physical therapy classes. Isolating running from the whole variety of physical exercises, it should be considered as the basis in classes, the dominant means of preparation.

When teaching running, two strategic educational tasks should be solved: firstly, to teach students to run technically correctly - to give the basics of sports running, to teach methods and means of training, which will allow them to take part in sports competitions after graduation; and, secondly, to teach the ABC of recreational running so that the student, having received knowledge on at the level of the installation, I could competently engage in health-improving running on my own, make sure of the usefulness of the habit of running systematically and constantly.

Athletics high and long jumps are an indispensable means of physical training of children and students, education of their physical qualities. Jumps are characterized by a large variability of performance and application in different conditions, therefore they have a significant impact on the development of coordination abilities. At the same time, their importance is great in the development of speed of movement and speed-strength qualities, endurance.

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Externally, the performance of athletics jumps is characterized by simplicity and naturalness. However, the apparent simplicity hides the great efforts shown by the jumper. This causes the need for a long, painstaking work of a physical education teacher to teach students the technique of long and high jumps.

The teacher determines the methods of jumping independently, depending on the readiness of students, the availability of appropriate material base and technical means of training.

Athletics is a complex sport that includes various types of disciplines, and is rightfully considered the "queen of sports."

In the curriculum of universities, physical culture is a means of becoming future specialists. It is noticed that students engaged in physical culture and sports often differ in leadership qualities, sociability and sociability. Such students are more active in the learning process, they have a high stress tolerance, confidence, the level of health increases and a certain daily routine is developed.

S.G. Zhestkov notes that the level of health is closely related to the level of motor activity and physical fitness of a person. Therefore, physical education lessons, which for the bulk of schoolchildren and students are the only means of increasing motor activity, are becoming more important for strengthening and preserving the health of the younger generation. Students with a higher level of motor activity, physical fitness and working capacity are distinguished by a better ability to mobilize memory, emotional stability, and greater confidence in their actions. It is known that the most effective for the development of motor potential and strengthening the health of students is the use of sports training in the process of physical education. Athletics has the most extensive arsenal of tools for targeted physical training of those involved.

It combines such physical exercises as: walking, running, jumping, throwing. A variety of athletics exercises allows you to successfully use them for students of different ages and different degrees of physical fitness. When doing athletics, speed, endurance, strength qualities, coordination and flexibility develop.

The main direction of athletics is running. Running is the most common type of physical exercise. When running, many body groups work, the activity of all body systems increases, metabolism significantly increases, mental and physical activity improves. 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.

During running, the hormone serotonin is released, say G.V. Gretsov and A.B. Yankovsky. Thanks to him, the mood improves, the symptoms of depression go away, tension is relieved. While running, the process of hematopoiesis is activated – "young", healthy blood is formed, breathing becomes deep and frequent, this leads to an active movement of the diaphragm up and down, which in itself is an excellent massage of all abdominal organs. Such a massage activates blood circulation in these organs with all the positive consequences that follow from this. The active movement of the diaphragm promotes the outflow of venous blood from the legs up to the heart.

Athletics is one of the most accessible sports, as many exercises do not require special equipment. In the process of studying at a higher educational institution, students are engaged in walking, with prolonged and rhythmic walking, almost all the muscles of the body are involved in the work, the activity of various body systems increases, metabolism increases, which has a health-improving value. Sports walking exercises have a significant impact on the body of students, since walking requires high intensity of work and increased energy costs. Walking is the easiest of all sports. It does not need to expend a lot of energy, and the effect is quite high.

O.A. Sbitneva writes that walking is just as important as running, it is characterized by constant, rapid contact of the foot with the ground, the absence of a unsupported phase of movement. Unlike running, there is no strong pressure on the joints and spine.

For students of mental activity who lead a "sedentary" lifestyle, who do not have health abnormalities, it is recommended to use walking at an average and fast pace daily for 1.5-2 hours at a speed of 4-5 km / h outside of physical education classes. The healing effect of walking will be observed when moving from 30-60 minutes, gradually increasing the pace. With a prolonged "sitting" position, stagnation of the lower extremities occurs, walking on stairs is also a good prevention (stepping on each step, stepping over 1, 2, 3 steps). At the same time, mobility in the hip, knee, and ankle joints increases; the external arch of the foot is formed, flat feet decrease, special endurance develops, and the cardiovascular and respiratory system strengthens.

Walking is a good remedy for the lack of motor activity. Walking is an aerobic exercise, which is the best way to promote health and maintain active vitality. Walking has a health-improving effect on the body, raises muscle tone, strengthens bone tissue, develops coordination of movements, stimulates metabolism. And it also has a positive effect on the internal organs and systems of the human body, improves their performance, develops strength and especially endurance.

Throwing is one of the types of athletics, characterized by short-term, but maximum efforts of the muscles of the arms, shoulder girdle, trunk and legs. A high level of development of strength, speed, agility and the ability to concentrate their efforts are necessary for throwing athletics projectiles.

Throwing classes contribute not only to the development of these important qualities, but also to the development of the musculature of the whole body.

Athletics is an integral part of the system of physical education. In his article A.O. Nepomnyashchikh also talks about the positive effect of athletics on the body. Athletics exercises, says the author, increase the activity of all body systems, promote hardening, are an effective way to prevent various diseases. Athletics is the main form of building physical culture and sports classes in a higher educational institution. It consists of three parts: preparatory, main and final. Its educational significance lies in the fact that athletics form the character, harden the will of a person, teach him not to be afraid of difficulties, but to overcome them boldly.

Athletics is aimed at developing a holistic personality, harmonizing its spiritual and physical forces, activating the willingness to fully realize its essential forces in a healthy and productive lifestyle, professional activity, in self-building the necessary socio-cultural comfortable environment, which is an integral element of the educational space of the university.

Reducing the level of mental excitability and improving the general condition, which occur as a result of a physically active life, will certainly have a positive impact on the performance of their professional duties. For many students and knowledge workers, this primarily means that even a thirty-minute workout will help to strengthen mental abilities and use time more efficiently. The inclusion of exercise breaks in the work and study schedules of sedentary workers and students can increase productivity and academic performance.

All of the above together determines the importance of physical culture in higher education institutions and determines the need to popularize physical culture among students. By doing physical education regularly 2-3 times a week at the university, students improve their physical health, they have the strength for a long, diligent study, which helps them achieve their goals and objectives. It is athletics, and in particular running, that allows you to develop the qualities necessary for young professionals: self-confidence, stress resistance, clarity of mind, health of body and spirit, sociability. Having these qualities, the student increases the probability of his success in his further professional career.

One of the most important tasks of modern education is the upbringing of a healthy person, a comprehensively developed personality. One of the most important conditions for solving this problem is the development of student sports. This area of social activity can be divided into three major areas. Firstly, student sport is a source for top—level sports, secondly, it is a way to promote the culture of sports to the masses, and thirdly, it is also a way to promote the basics of a healthy lifestyle among students. The role of student sports in the training of athletes is also important. Attention to improving the achievements of mass sports, the fight against shortcomings in the training of athletes at this stage, the stage of students, and especially long-distance runners can give great results for high-achievement sports.

After analyzing the theory and practice of university physical training, we came to the conclusion that the training of stayer runners is not given due attention. The main methodological developments are designed for junior athletes and athletes with sports categories. That is, the middle link has been missed, the training of athletes studying in higher educational institutions who do not have basic general sports special training. Very often in the university program, athletics training is developed with an orientation to the age characteristics of students without taking into account individual characteristics. This causes overloads due to special preparation for competitive activities. This is also a risk factor for the health of the student.

If a student already has special training, he studied at a specialized sports school, and has experience in stayer running, then this risk is minimal, since there is experience in general physical training. Moreover, these methods should be designed for a year-round course and adapted to the conditions of the university.

The results of the experiment allow us to judge that the growth rates of sports results among the students of the experimental group were objectively significantly higher than in the control group. Thus, we believe that in the university program, the sports training of novice athletes based on athletics should be subordinated to the requirements of sports improvement. The new adjusted methodology has proven itself. It allows us to solve the most important tasks: to strengthen the health of athletes, creating a basis for achieving further sports results. This technique allows you to avoid traumatic factors, as well as physical overstrain of young athletes who do not yet have basic general physical training.

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