

## ATHLETICS AND THE HISTORY OF ITS DEVELOPMENT

**Utepov Maxmud Dawrxanovich**

*Qoraqalpoq davlat universiteti o'qituvchisi*

Athletics is the general name for a set of sports events in which athletes run, throw, walk and jump. The sport has its roots in history, when ancient teams competed in running, jumping and throwing. The sport became popular in ancient Greece at the Olympic Games, starting with running and eventually incorporating running, jumping and throwing. To this day, success in the Olympics is considered the pinnacle of athletics, although world championships and various national and continental competitions are also organized indoors and outdoors.

Athletics is one of the most popular sports. Running at different distances, athletic walking, jumping (high, long, triple, javelin), throwing (javelin, javelin, javelin), nuclear throwing, all-around (squatting, heptathlon) includes. There are more than 50 exercises in athletics, 49 of which are included in the program of the Olympic Games (at the 2000 Sydney Olympics, men competed in 22 types of Athletics, and women competed in 20). In addition, athletics is an exercise of modern pentathlon and triathlon sports, training of all sports, training, military training, health exercises of educational institutions, "Alpomish" and "Barchinoy" sports tests of students and youth. took place in the program. Homer's "Iliad", Ibn Sina's "Laws of Medicine" and other books contain information about athletics exercises.

Historical evidence of the first Olympic Games held in ancient Greece shows very similar events to today's events. Among them was the cross-country event, which was basically a run of about 190 meters from one end of the stadium to the other. They also included races over two distances. There were endurance races ranging from 7km to 24km. Over the years, the appeal of sporting events grew worldwide, and in 1850 the Wenlock Agricultural Reading Society (WARS) created what it considered the forerunner of the modern Olympic Games. Wenlock's games were a mixture of athletics and traditional country sports, mixing competitive events with exciting displays.

In 1896, the first modern Olympic Games were held in Athens. They achieved remarkable success, and in 1912 the International Amateur Athletics Federation (IAAF) was founded. In recent years, some events have disappeared, others have been changed, and new ones have been added. Although the Summer Olympics are still considered the pinnacle of an athlete's career, professional athletes today compete in IAAF competitions around the world, often competing for huge prize money<sup>20</sup>.

In the ancient Olympic Games (from 776 BC to 394 AD), competitions were mainly organized in Athletics. In the development of modern athletics in the 19th

<sup>20</sup> <http://sport.ziyonet.uz/uzc/kinds/14>

century, competitions in England (since 1837), All-Greek games held in Athens (since 1859) and revival of the Olympics (since 1896) were of great importance. In 1912, the International Amateur Athletics Federation (IAAF) was formed, 200 countries are members of it (2001; Uzbekistan Athletics Federation has been a member since 1993). The IAAF has been holding the World Cup (now Grand Prix competitions) since 1977, and the World Championship since 1983.

Interest in athletics in Uzbekistan increased in 1885 after the establishment of a playground adapted to this type in Margilon. Athletics competitions were held in Tashkent in 1902, national championships in 1919, spartakia in 1927. In Uzbekistan, more than 135,000 people are engaged in athletics under the supervision of more than 140 coaches, 3 of the coaches have the title of honored athlete of Uzbekistan, 10 of them have the title of honored sports teacher of Uzbekistan (2001) . Track and field athletes from Uzbekistan have been participating in the Olympic Games since 1952.

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The goal of all types of athletics is to win the competition: to run or walk faster than the competitors, throw farther and jump higher. In the multi-sport decathlon and heptathlon, the goal is to score as many points as possible by performing at maximum efficiency in each individual event.

Basic equipment for athletics consists of a vest, shorts and trainers. For certain events, certain equipment is required: pole, core, disk, hammer, spear. Athletics is a set of sports events consisting of three main directions: running, jumping and throwing. Running events include sprints, middle and long distance races and hurdles. Jumping consists of the long jump, high jump, triple jump and pole vault, and the discus, hammer throw, javelin and shot put events.

There are also combined events such as the men's decathlon, which consists of ten events, and the women's heptathlon, which consists of seven events. Success in athletics is not measured by points or goals, but by time and distance.

These competitions start with shooting from an electronic pistol. In short-distance races, officials use a digital dash camera to cross the finish line to take pictures of the finish line. The clock stops when the athlete crosses the finish line.

Jumps are measured from the front edge of the starting board to the athlete's first mark on the sand. The distance is always measured to the nearest centimeter and athletes are always given at least three jumps.

In conclusion, it can be said that the preparation of athletes in the current period processes are developing and perfecting. The introduction of new technologies brought great changes in sports. The modern sport is from ancient Greece very different from sports. The results shown by athletes are only physical it no longer depends on preparation. Inventions made in the last hundred years in the field of sports left new modern lines. That's all there is to such devices at the moment. We are used to devices that count millimeters and milliseconds in sports we consider its use as a simple case. It's just TV or sports not only to show competitions, but also sports for athletes and coaches for effective training management and good mastering of exercise techniques created computer programs are actively developing.

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