

A STUDY OF THE PRESSING ISSUES IN THE DEVELOPMENT OF ATHLETICS IN CONTEMPORARY SPORTS

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Abstract:

The issues of developing athletics in modern sports are very relevant today. Athletics, with its diverse types and techniques, is one of the oldest and most popular sports, which is important not only for physical activity, but also for spiritual and social development. This article provides information on the current issues of developing athletics, their solutions and future prospects.

Keywords: athletics, sport, technical skills, sports grounds, training bases, sports infrastructure, mass media.

Introduction

The first priority in the development of athletics is educational and educational processes. Involving the younger generation in sports, improving their physical education and increasing their interest in sports, is an important foundation for the development of athletics. It is necessary to organize athletics classes in schools, train young athletes and encourage them to participate in competitions. The role of teachers and coaches in this process is enormous. They are important not only to train technical skills, but also to mentally train athletes. The development of Sports Infrastructure stands out as an important issue. The creation of modern stadiums, sports fields and training bases for athletics, providing comfortable conditions for athletes, ensures their success. The development of sports infrastructure will be useful not only for athletics, but also for other sports. Also, the presence of sports facilities plays an important role in attracting young athletes and enhancing their experience. In this regard, it is

important to strengthen cooperation between the public and private sectors, to improve sports infrastructure.

MATERIALS AND METHODS

The issue of technology application in athletics is also relevant. Modern technologies significantly improve the process of training athletes. For example, the analysis of the technique and tactics of athletes using video cameras will help to increase their results. Also, the use of modern training methods and programs in the process of training athletes improves their physical and mental state. Scientific research and innovative approaches in this regard are important in the training of athletes. It is also important to ensure healthy competition in athletics. Healthy competition among athletes increases their motivation and improves results. To do this, it is necessary to organize competitions, encourage athletes and recognize their success. Also important in athletics is the issue of gender equality. Creating equal competitive conditions between female and male athletes increases interest in the sport and promotes the development of athletics. Promoting Gender equality is important in increasing the popularity of the sport. The issue of increasing publicity in athletics is also relevant. The popularity of sports directly affects its development. To popularize athletics, it is necessary to use the media, widely cover sporting events and involve young people in sports. It also helps to promote athletics by organizing local and international competitions, encouraging athletes and enhancing their experience. Public events play an important role in bringing young people into the sport and increase their interest in the sport.[1]

RESULTS AND DISCUSSIONS

Health issues are also important in athletics. Physical education of athletes, maintaining their health and increasing their physical activity, is one of the important aspects of the development of athletics. Giving athletes advice on proper nutrition, maintaining a healthy lifestyle, and avoiding stress ensures their success. A healthy lifestyle and physical activity improve the overall health of athletes and have a positive effect on their success in sports.[2]

It is also important to promote international cooperation in athletics. Participation in international competitions helps to introduce athletes to international experiences and improve their qualifications. To do this, it is necessary to

establish cooperation with international organizations, organize sports events and prepare athletes for participation in international competitions. International cooperation is important in introducing athletes to new ideas and experiences. In athletics, the issue of sports psychology is also relevant. Training athletes in mental training, stress management and increasing motivation before competitions ensures their success. Sports psychology, mentally training athletes and helping them achieve successful results. Psychological training determines how athletes behave in competitions and affects their results.[3]

In athletics, it is important to introduce innovative approaches and new techniques. The application of new techniques, techniques and strategies in the training of athletes improves their results. Also, the introduction of new technologies makes the process of training athletes more effective. Innovative approaches help to introduce new ideas and methods in the training of athletes. Public and private sector cooperation is important in the development of athletics. State support for sports, development of sports infrastructure and involvement of youth in sports is of great importance. The private sector, on the other hand, plays an important role in the financing of sporting events, the promotion of athletes and the creation of sports facilities. Cooperation between the public and private sectors helps to achieve effective results in the development of athletics.[4]

CONCLUSION

In general, the development of athletics in modern sports involves many pressing issues. Issues such as education, infrastructure, technology, healthy competition, publicity, Health, International Cooperation, sports psychology, innovative approaches and public-private sector cooperation are important in the development of athletics. By addressing these issues, it is possible to further develop athletics and successfully train athletes.

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