

## The Importance of Athletic Exercises for Health Promotion

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**Abstract:** *In this article, athletics is studied as a means of improving the health of the population. The importance of the sport of athletics and athletic training in the direction of health are described in detail. Also, the effect of healthy walking on the human body is highlighted.*

**Keywords:** *exercise, healthy lifestyle, physical training, athletics, fitness, health, free thinking, creative, initiative, students.*

### Introduction.

Physical education and sports are of great importance in creating a healthy lifestyle. In this regard, recommendations were made in the research of A.K. Atayev, G.I. Bagdanov, V.I. Glukhov, N.I. Muhammedov, M.T. Toirova, H.Q. Yoldoshev, T. Haydarov, F. Khojayev and other scientists. "For example, it is not a secret to anyone that in developed countries health is achieved mainly through physical education and sports factors. Therefore, it is our sacred duty to make the growing young generation physically fit in all aspects." [4]

I.P. Pavlov describes the impact of physical activity on human health, as a person is closely connected with the external environment. Physical training has an effect on the whole body, not affecting the muscle group. Metabolism improves, tissues absorb nutrients better, and decomposed substances are removed from the body faster. The heart is trained and becomes more resistant. Because of this, those who engage in physical activity are refreshed, mentally light, full of energy, in a high mood, and have a clear language. Exercise from childhood is especially beneficial.

### Materials.

The adoption of the Law "On Physical Education and Sports" in the republic, the establishment of the Order "For a Healthy Generation" became the first foundation for the improvement of sports. They care about raising healthy, strong, strong-willed, trained and skilled young people who can adequately protect the honor of our country. *In particular, the President's words: "A nation that sets great goals for itself can achieve its desired goals only if it is healthy and strong. "There is no doubt that the importance of physical education and sports is incomparable for the country to be healthy and able to do great things," he said* [1]. In the process of physical education, not only rehabilitation, but also educational and educational tasks are carried out.

Athletics is the "queen of sports" and combines five disciplines - running; race walking; jump (long, high, triple, pole jump); throwing (disc, javelin, hammer), shooting; athletics. This is one of the main and most popular sports. Athletics originated in England, and it began to develop mainly in the form of running and walking in the 17th and 18th centuries. Since then, it has come a long way and has become one of the most popular sports.

### Research and methods.

Athletics can act as a "life bubble" in our time. Modern development and civilization, on the one hand, improves human life, on the other hand, it distances it from nature. A decrease in physical activity, which, combined with negative ecology, causes great harm to the human body. Diseases are increasing,

the activity of the immune system is decreasing, and many diseases that were previously suffered by the elderly are becoming "age-related" and as a result, the life expectancy of a person is decreasing. Decreased physical activity is one of the many negative factors that interfere with a person's normal productive life.

Athletics is the most popular sport that helps a person's all-round physical development. Systematic training in athletics develops strength, speed, endurance and other qualities that a person needs in everyday life.

Consider how certain types of athletics affect the human body.

### **1. The effect of running on the human body.**

Running is not an enjoyable activity for many people. But practice shows that this is the most optimal, cheapest way to monitor your health. Everyone runs: children, adults, old people with their dogs ... Running can be used to achieve a variety of goals, from improving oneself mentally to losing weight. Everyone, if they want, can find the answer to their question with the help of running. But there are several basic processes that are stimulated during running - which both a beginner and an experienced athlete should know.

1. During and after running, the process of hemopoiesis is activated - "young", healthy blood is formed.
2. Breathing is activated, absorption of free electrons in the air from the body is stimulated. This process occurs through the activation of gas exchange in the lungs and through the skin.
3. During running, the production of carbon dioxide by the body is activated, which has a very beneficial effect on all biochemical processes in cells.
4. At a moderate duration (30-60 minutes), the breakdown of cells in the body is activated, which in turn stimulates the synthesis of new young and healthy cells after running training.
5. There are approximately 35 liters of fluid in the body of an adult (5 liters of blood, 2 liters of lymph and 28 liters of intracellular fluid).
6. Supplying cells with nutrients and oxygen is carried out according to the following scheme. In the first stage, the necessary substances pass from the blood to the intercellular fluid by diffusion through the walls of the capillaries. In the second step, oxygen and nutrients pass from the intercellular fluid through the membrane into the cell. The third stage is the distribution of nutrients and oxygen inside the cell. In the same way, but in reverse order, waste is removed from the cells. During and after running, all these processes occur at high speed, which increases the vitality of the body and activates self-healing. The cells of the body get rid of the products of their vital activity during running, which excludes the possibility of self-poisoning.
7. Millions of cells die every moment in the human body. To eliminate all this by itself, you need a moderate load of non-intensive duration. Slow running is best for this. Otherwise, the dead cells in the body begin to break down with the formation of toxic substances, which are carried through the blood stream in the body, causing poisoning and, for example, a condition such as chronic fatigue.
8. During running, the hormone serotonin is released, it is known to everyone as the hormone of happiness, thanks to which the mood improves, the symptoms of depression disappear, and stress is relieved.

### **Results.**

During running, the cardiovascular system receives a healing impulse first. According to experts, heart and blood vessels have a very positive effect on urgent loads of moderate (30-60 minutes) duration. Training on power machines or with dumbbells (dumbbells) develops skeletal muscles well, while not

stimulating the development of heart muscles and blood vessels. On the contrary, running is one of the best ways to restore and maintain a healthy cardiovascular system.

There are several reasons for this positive effect.

For many, this exercise seems to be a very monotonous and boring exercise. In fact, it is not. When running, you can "throw" your temper in a sprint, and try all your patience by measuring a few kilometers in a marathon. You can prepare for your passionate desire to become a world record holder or Olympic champion, or finish your desire to maintain your health, performance and normal psychology. And finally, you cannot separate from running until you reach a mature age, and running fully satisfies the spiritual and physical demands of sports at all years.

These exercises also have a healing effect on the immune system. With regular running, a person becomes active, focused, purposeful, which allows him to increase his self-esteem.

## **2. The effect of walking on the human body.**

Walking is the easiest of all sports. You don't need to spend a lot of energy on it, and the effect is very high. Walking has a healing effect on the body, increases muscle tone, strengthens bone tissue, develops coordination of movements and stimulates metabolism.

First of all, it stimulates the heart muscle (myocardium). Doctors have proven that if a person walks for at least an hour every day, the risk of such a disease is reduced by 70%. Walking helps to lose weight and has a beneficial effect on the nervous system. In addition, lactic acid does not accumulate in the body with it.

Walking can be divided into two types: fast and calm. Peace is more suitable for old people, it just keeps the body in good condition. In addition, you can increase the class time by two hours at a time. Brisk walking puts stress on muscles and develops bone tissue. By combining two types of walking, you can adjust the load according to your preferences and well-being. After all, first of all, it is necessary to raise the tone, raise the mood and improve health. Walking can be both an independent sport and a general development, preparatory exercise before engaging in other sports. In this case, you should spend less time on it.

### **Discussion.**

Among the means of physical education of children, teenagers and young men, various types of running, jumping and throwing occupy an important place. This is due to their presence, dynamism, emotionality and naturalness. Properly organized athletic training together with other means of physical education:

1. strengthening the health of children and adolescents;
2. harmonious physical development;
3. development of physical, moral and volitional qualities;
4. education of organizational and physical culture and sanitary-hygiene skills.

Skillfully applied athletics exercises help to improve metabolism, strengthen the nervous, cardiovascular and respiratory systems, as well as form the right posture. When preparing a teenager to achieve high sports results, it should be remembered that his body is different from that of an adult, and a teenager is not a miniature adult. During physical activity, blood flow increases 40-60 times or more, and skeletal muscles pump a lot of blood through them.

All observations of young athletes show that they have improved physically compared to non-exercising teenagers. However, such comparisons show not only the undeniable positive effect of muscle training, but also the influence of competition in attracting different sports schools and teams. Physically fit teenagers are more likely to succeed in sports. Therefore, compared to their peers who do not play sports,

the best physical development occurs in children who have just started classes in children's sports schools. The importance of competition is also reflected in the unequal development of teenagers who specialize in different sports.

For example, when comparing the growth of deadlift between young athletes, boxers and speed skaters, the best indicators were recorded among speed skaters, when comparing the strength of arm muscles, the best indicators were observed among boxers and athletes.

### **Conclusion.**

The question of the scope of change in connection with different indicators of physical development of children, motor movement and specialized influence of the environment in different age periods is of great interest. Systematic, well-organized training, as mentioned above, leads to the improvement of the functions of the cardiovascular system, improves the response to muscle work, and expands the functions of school-aged children. For example, during functional tests (intensive running for 7 minutes), according to electrocardiography data, a significant difference was found in trained and untrained young athletes. Those who trained less showed increased heart rate and systolic rate. A more specific reaction is noted in terms of arterial blood pressure. In trained athletes, the displacements were much smaller, and recovery was more likely. Thus, in children and adolescents, under the influence of physical exercise, the reserve breathing capacity increases; VC and MVL clearly increase, more oxygen is consumed per liter of ventilated air, the oxygen transport function of the blood circulation increases, the oxygen permeability of the blood increases, the respiratory mechanisms of the tissues improve, the ability to continue physical activity in clearly hypoxemic and hypercapnic conditions increases with the appearance of a greater oxygen debt. In the course of systematic sports training in young athletes, neurohumoral regulation of breathing during muscle work is improved, better coordination of breathing work during exercise with both muscles and other functional systems of the body is ensured; there is an increase in the processes of saving the respiratory system, both during rest and during normal physical exercise.

This trend of changes in respiratory function indicates that the body expands with age and provides an opportunity for a sports doctor to make a functionally objective assessment.

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