

# ORGANIZING AND CONDUCTING ATHLETICS COMPETITIONS IN SECONDARY EDUCATION SCHOOLS

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## Abstract:

Methods of Organizing and Conducting Athletics Competitions in Secondary Schools Athletics competitions in secondary schools have a significant impact not only on the development of sports but also on students' physical education. This abstract discusses the essential principles, methodologies, and practices required for effectively organizing competitions. Athletics, with its various events, provides students the opportunity to increase physical activity, create a healthy competitive environment, and foster team spirit. During the process of holding competitions, students not only test their skills but also strengthen friendships and solidarity. The abstract covers key aspects such as planning competitions, selecting venues, preparing participants, and ensuring safety measures. Additionally, innovative approaches to enhancing student motivation and encouraging their involvement in sports are also explored.

## Keywords:

Athletics, competition organization, participants, training process, preparation and training sessions, scheduled times for competitions and training, evaluation and announcement of competition results, safety measures for participants, encouraging students to participate in competitions, responsible personnel group for organizing competitions, competition venues (stadiums, fields), achievements and positions during competitions, awards for winners and participants.

## Introduction

The main goal of the ongoing reforms in Uzbekistan is to shape a healthy, well-rounded, educated, and morally upright citizen. These efforts are now being continued by the President of the Republic of Uzbekistan, Sh.M. Mirziyoyev, with great attention being given to the education and training processes. Specifically, the "Strategy of Actions" decree, which outlines five priority areas for the development of Uzbekistan for 2017-2021, has been adopted and is actively being implemented. There is still a lack of strong awareness regarding physical fitness through training, and there are misconceptions about the concepts of "muscle and mental well-being" during exercise. The solutions to these issues require addressing the volume and intensity of physical load during training.

Endurance for schoolchildren is needed not only during competition participation but also for performing large-scale training activities. This depends on the preparation level of the body's

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systems, particularly the central nervous system, cardiovascular, respiratory systems, and muscular apparatus, as well as the proficiency in sports techniques and the efficiency in executing movements.

Endurance can be divided into general and special endurance. General endurance is a component of overall physical development, resulting in significant positive changes in the central nervous system, cardiovascular, and respiratory systems, among others. Depending on the specific characteristics of various types of athletics, athletes require special endurance. For example, a sprinter is less likely to have endurance for marathon running, while a marathon runner may lack endurance for short sprints or long jump events. Every discipline of athletics has its own specific endurance requirements, each requiring tailored methodologies.

**\*\*General endurance is developed through almost all the athletic exercises included in the annual training program.\*\***

For runners and sprinters with a high level of preparation, the distance for improving general endurance may reach 20-30 km. However, the speed should not be too high. Such running workouts are conducted 3 times a week, while the most intense athletes (stayers) may train 6-7 times a week during the preparatory phase, which lasts 3-5 months. General endurance is primarily developed during the preparatory phase, and during the competition phase, it is mainly maintained.

**\*\*General endurance serves as the foundation for developing special endurance\*\*** and helps to determine the overall performance and health levels of schoolchildren. The higher the general endurance, the better the special endurance will develop. Special endurance should be developed in a specific order. First, during the preparatory phase, general endurance is improved, and then, during the competition phase, more attention is given to developing special endurance. However, special endurance will also continue to develop during the preparatory phase, while general endurance is maintained during the competition phase.

**\*\*The main method for developing the special endurance of jumpers and throwers\*\*** is to perform the selected athletics event multiple times, along with some specific exercises.

The special endurance of many wrestlers depends on their overall endurance, special endurance in short-distance running, and the perfection of their technique in all the wrestling exercises they engage in. Special endurance is determined by how high the specific training level is for the athlete's organs and systems.

There are different methods for developing special endurance for runners across various distances. This is primarily determined by the physiological characteristics of the running pace and the duration of the running, which are influenced by the work of organs and systems within the body. Specifically, it is important to take into account the balance between the body's oxygen demand and its usage during the exercise. It is well known that the working ability of the body, especially the nervous tissue in the brain, is linked to oxygen supply. If oxygen is insufficient, particularly during prolonged activity, the working capacity of the body decreases. Therefore, the importance of the respiratory and cardiovascular systems, which ensure the oxygen supply to the organism, is critical. Training methods are focused on improving these systems in many aspects.

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**\*\*To achieve good results in long or very long-distance running, it is essential to improve the functional capabilities of the respiratory and cardiovascular systems of the athlete.\*\***

To achieve this, the training process must place higher demands on the body and increase the movement speed. As a result, when the demand for oxygen increases, maintaining a "steady-state" where the body can cope with this demand becomes crucial. In such training, it is necessary to incorporate running at a pace that is 3-4% faster than the athlete's maximum sustainable speed over the full distance.

**\*\*In medium-distance running, the consumption of oxygen sharply increases within the first 1-2 minutes.\*\*** This reaches its highest level quickly and stabilizes for a short period. However, once the oxygen consumption reaches this "steady-state," it cannot increase further, which means that the body has reached its limit in oxygen usage. At this point, a deficit of oxygen, known as "oxygen debt," is formed. The faster the running speed, the greater the oxygen debt, and fatigue will begin more quickly. Oxygen deficiency has the most significant negative impact on the central nervous system, which is the first to be affected in such situations.

**\*\*The main task of middle-distance runners\*\*** is to improve their special endurance, which is achieved by developing the body's organs and systems, improving their functions, and teaching the body to use oxygen more efficiently and effectively. This can be achieved by incorporating running at a pace that exceeds the speed intended for competition over a shorter distance.

In such repeated runs, a significant "oxygen debt" is created, and the body's systems are placed under greater demand. After sufficient long-term training, when the running speed is higher, the runner's ability to resist fatigue increases, allowing them to continue running for a longer period with less fatigue.

**\*\*Experiments show that\*\*** running at a pace higher than the competition speed can be beneficial even during training for distances between 800-1500 meters. However, in medium-distance running, improving special endurance is best achieved through repetition training (for

example, 800m runners repeat 400-600m runs, and 1500m runners repeat 800-1000m runs). It is recommended to rest for 15-20 minutes between repeated runs to ensure that the following repetitions are done at a high speed.

When running 100m and 200m, the main cause of fatigue increasing rapidly is the changes that occur in the nervous tissue of the brain. During maximum exertion, especially in hypoxic conditions, the stress on the nervous system is particularly intense. This leads to a rapid decline in work capacity. If a runner can maintain a consistent and controlled pace without exerting excessive force, fatigue will increase more slowly, even in 100m and 200m races.

To reduce fatigue, it is necessary to improve the relevant metabolic processes and the neuromuscular apparatus, enhance the biochemical processes in the muscles, and make better use of oxygen in the blood. During high-speed running, energetic substances decompose very quickly, and all biochemical processes in the muscles occur almost in an oxygen-free environment. Therefore, systems and organs that increase endurance during 100-200 m running can only be developed in this environment. Thus, it is not possible to fully develop the endurance needed for sprinting through slow-speed running.

**Table 1 Methods Used to Develop Endurance in Young School Students**

Main Direction	Method Name	Method Description	Targeted at
1. Developing general endurance.	Mixed	Galma-gal goh sekin yugurish, goh sayr qadam bilan yurish.	Sometimes running slowly, sometimes walking with a calm pace.
2. Developing general endurance	At the same pace	To cover the distance at a constant speed; the duration of the exercise gradually increases.	For all track and field athletes
3. Developing general endurance and active rest.	cross.	Running or walking at a moderate or low pace in an open area	For all track and field athletes.
4. Developing general and special endurance	Gradual adaptation	Gradually increasing the distance, maintaining a constant pace, then gradually reducing the distance while increasing the speed	For beginners and young schoolchildren
5. Developing general endurance.	Fartlek.	Alternating running and walking at varying speeds in an open space continuously	For all track and field athletes.
6. Developing general endurance and active rest	Variable, restorative.	Active rest with medium-intensity training exercises, continuously alternating with very light work	For all track and field athletes.
7. Developing special and general endurance.	Variable, stair-like	Active rest with more intense training exercises compared to the competition pace (very light work), continuously alternating without interruption	For young schoolchildren, mainly for beginners
8. Developing special endurance.	a) Repetitive	Performing maximum intensity training exercises with moderate intervals of rest, repeatedly	For sprinters, jumpers, and throwers
	b) Repetitive	Performing training exercises that require more effort compared to the upcoming competition, with longer rest intervals, repeatedly	For young schoolchildren and beginners.
	v) Repetitive.	Performing shortened training exercises with very short rest intervals after a long-duration training that requires the same or even more effort than the competition	this is done to develop the ability to reach the finish line.

The longer the distance, the greater the difference between an athlete's average time and the best result in the 100 meters. The differences observed in the results of many of the world's top runners, when generalized, are shown as follows

**2-jadval Endurance coefficient in running**

distances, meters	The average time spent on 100 meters during the best performance over the entire distance, compared to the best time for running 100 meters, in terms of the time difference in seconds.
400	0,9 – 1,0
800	2,5 – 2,6
1500	3,2 – 3,4
5000	4,1 – 4,4
10000	4,9 – 5,9

1. If a runner who knows their best result in a 100-meter race with a slow start trains carefully and correctly, they can determine the result they can achieve over longer distances by checking the table. For example, if a runner completes 100 meters in 11.0 seconds, their result for 800 meters should be approximately 2.6 seconds more for each additional lap. Therefore, their 800-meter time should be around 108.8 seconds, or 1 minute 48.8 seconds, which should not be worse than this.

2. Regardless of which training stage of long-term sport development a person is at, the training of general and specific athletics skills is always a priority during the fundamental stage, where physical conditioning is expanded and serves as the basis for developing athletic skills.

3. The effectiveness of teaching general and specific athletics exercises to school children, the stages of teaching, methods, and tools are determined based on the principles of didactics and scientific research findings conducted in appropriate directions.

4. Ensuring the diversity of technical movements and the physical-technical capacity reserve, as well as developing their stability (endurance) in various situations, is crucial. The effectiveness of using general and special exercises efficiently depends on the speed of utilizing them.

5. The improvement of general and special track and field exercises used to develop and shape physical qualities will be based on research results. Mastering these exercises will create the opportunity to perform them with high skill.