



PREPARATION OF STUDENTS-FLIGHT AND ATHLETES FOR SPRINTER DISTANCES

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Annotation: The article reveals the theoretical foundations of the functioning of sports sections at universities. The practice of the development of student sports has been studied. The features of the work of university sports sections and specialization in sprinting while studying at the university are revealed. The analysis of training programs for sprinters of different qualifications was carried out.

Keywords: students, sports sections, sprinting, technology development, improvement.

Introduction. In the process of organizing the physical education of students, it is necessary to take into account personal characteristics, because the development of student sports must be carried out taking into account the age and psychological characteristics of the contingent of students [1, 2]. The sportization of physical education and the organization of a wide system of sports competitions and health-improving events at the university contribute to attracting more students to training and competitive activities. Competitive activity and preparation for it help students to improve themselves [3, 4].

The training of highly qualified specialists is unthinkable without constant concern for their physical improvement, therefore, the development of physical culture and sports is considered by theorists and practitioners as a necessary part of educating students in the classroom and in the extracurricular. This work in universities is carried out through the departments of physical education [5, 6, 7].

At present, it is very important to form a steady interest and need for physical self-improvement among students of higher educational institutions as the main factor in their quality of life, value attitude to physical culture and sports. Educational and extracurricular forms of physical culture and sports activities at the university should provide students with a wide and free choice of its means, methods and types, the possibility of their creative individuality and full self-realization [8, 9, 10, 11].

The successful solution of this problem is possible with the existing positive motivation of students for systematic physical self-improvement by means of physical culture and sports [12, 13, 14]. One of the ways to solve this problem can be the organization of the educational process, carried out by the departments of physical education through the creation of a section on various sports, which will contribute to the development of mass student sports and the possibility of training a sports reserve within the walls of universities [15, 16].

The organization of the educational process in physical education in the sports sections of athletics allows you to expand the network of student competitions at the university. Sports improvement of students in the course of classes in the section contributes to solving the problem of forming combined teams of faculties and preparing the combined teams of the university for more successful performance in competitions at various levels, and also improves the level of physical condition and physical fitness of students [17, 18].

The research problem lies in the need to obtain evidence-based information about the ratio of general and specific means of physical training, the means of controlling physical fitness, the direction,

intensity and duration of loads, the place of loads in the annual cycle, the importance of various components of training for more successful planning, organization and implementation of work.

It is assumed that obtaining information about the optimal ratio of general and specific means of physical training in combination with approaches to technical training, developing criteria for assessing physical fitness, selecting load parameters in the annual cycle, studying the specifics of organizing and implementing the work of the university section will serve as the basis for improving the methods of beginners of the student section. sprint run.

The formation of a healthy lifestyle among students is a complex process, since it is necessary to cover many components of the lifestyle of modern society, which includes the main areas and directions of students' life. It is necessary to create conditions in universities that allow students to orient themselves towards a healthy lifestyle. These conditions include both objective social and socio-economic conditions that allow for a healthy lifestyle in the main areas of activity (educational, sports, labor, family and household).

The priority direction of active sports in extracurricular time is the maximum development of motor abilities, ensuring the achievement of a high level of sports and technical skills. Acquaintance with a particular sport (theoretical aspects and methodological and practical skills), the formation of skills will help students easily change physical culture hobbies depending on the conditions, age, goals and objectives of physical culture and sports activities. This innovative process creates the conditions for motivation for physical culture and sports activities through the right choice of sport in accordance with individual interests and abilities.

The author has developed a methodology for training novice athletes involved in the student section of sprinting. A pedagogical experiment was conducted, 60 students of Termez State University participated in the experiment, which make up two groups: control and experimental, 30 people each - all students of a non-core sports university who are engaged in the athletics section and specialize in sprinting. The experimental group was engaged in the developed methodology. The control group included students involved in the same section of athletics.

To assess the speed abilities of students specializing in sprinting, testing was carried out in a 30-meter run, a 30-meter run on the go, a 40-meter run on the go, and a 60-meter run. Speed-strength abilities were assessed by the following tests: running in place with a high hip lift for 10 seconds at a maximum pace; shuttle run 3x10 meters; standing long jump; triple jump. To assess special endurance, tests were conducted in the 10x10 meter shuttle run, 150 meter run and 300 meter run. Endurance was tested by running 500 meters and 1000 meters. The coefficient of variation makes it possible to judge the homogeneous set of this indicator among the subjects, for girls it is 5.5%, for boys it is 9.1%. Thus, when analyzing the speed abilities of students for most indicators, the presence of significant differences in the results of the 2nd category standards for sprinters was revealed. In girls, the average indicators of speed abilities are lower than the standard value by 8.3-11.4%, in boys by 5.4-13.3%.

In the course of the study, an assessment was made of the individual typological characteristics of students involved in the athletics section, for a more accurate choice of specialization of the main type (sprint or long sprint) and additional types (cross-country, relay races). In particular, the type of muscle fibers and the type of adaptation to muscle loads were evaluated. Electroneuromyography was used to assess the type of muscle fibers and the type of adaptation to muscle loads in novice track and field athletes of the student sprint section.

The study revealed that in the process of training athletes involved in the student sprint section, they face such features as lack of competition experience, short preparation times for participation in competitions, the need to ensure the participation of students in 2-3 types of athletics to ensure representation and competitiveness of the university in student competitions, a limited training regimen is associated with a high academic load, regulation of the time of classes in the section and the remoteness of the section venue from the university. At the same time, it is necessary to take into

account the heterogeneous composition of the group in terms of the level of physical fitness of students.

Conclusion. Using the construction of an individual profile of students allows you to control physical fitness for different time intervals in the process of classes in the section. The choice of specialization (sprint or long sprint) should be carried out taking into account the initial level of preparedness and the identified individual typological (type of muscle fibers) and psychophysiological characteristics (maximum frequency of movements, responsive ability) of novice track and field athletes of the student section.

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