

THE LEVEL OF PHYSICAL PREPARATION, WHICH RUNS TO A DISTANCE OF 800 METERS AND THE DYNAMICS OF ITS FORMATION IN ATHLETES

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Annotatsiya: in this article, which runs to a distance of 800 meters and the dynamics of its formation in athletes is doing the word about the level of physical preparation.

Key words: light athletics, physical education, physical qualities, running technique, running speed.

Young generation physically healthy, mentally mature to become o'sish in physical education and sports importance is larger. In the republic of physical education and sports development to toe'present e'tibor state policy to the level of ko'comb was. In this regard taken have been of the law on physical education and sports activities to the development of wide either'l opened has. Our athletes, Asia and the world in arena of our country's flag high raise emerge come. From year to year physical education and sports in the field of many research works are being conducted, sport type on training sessions and techniques and to teach uslubiyatlar of improvement. Other sports types in a number of light athletics 800 meters to a distance of running the type of also much towards development ability is. Action, human activity known methods as look should.

Present at the time of uzbekistan the people of self- consciousness sense heightened , of which, national and cultural values of the restoration of the fact that, of the population in many segments by rituals and ceremonies performed , which can be the attitude with physical education, in particular, light athletics the times of the requirements and national traditions in the spirit of knowledge to give and to educate based approach is necessary.

Runners of technical preparation , the level of his actions, effectiveness and efficiency with is determined. Running the computer's technical analysis to the basis, the scan unit as two step put or sti taken is. Every a sti two base (left and right feet by using) the period of , and two flight phase from up finds.

Running during internal and external power (external power to the environment, opposition, weight, power and base reakstiyasi included) mutual they ta'sirlashib as a result of running of the body are permanent on the basis of the vertical and the horizontal direction to the vibration rise feel makes. That is in addition to, running tasks one – of action, the proper linear that ensuring the focus will be on, so the body of the chip and the horizontal in the direction extremes over from the vibration to avoid required is.

Good running technique as so run to show that you can, that it's all transport to move effectively look able to be, smooth , and have peace in me in case be, forward aspiration no how harsh in the way a severe without strain, the right line across out 12 can be noted that it is. This condition significantly at the level above the knee bruised at the feet sit through is achieved. Thus, the legs plaques feet of fingers the basis of the previous section on click , and next, position your entire foot, plaques , and your fingers together will be reduced. Foot of plaques possible as straight a line along laid out, they're out turned in position placed, it yonlama fluctuations significantly at the level to be reduced can. Forward productive way to move for pushing to time in all the joints on white full arranged the

important role it has if, this condition is free in the position of the leg ahead – up have to shake the bottle with out carried. In this case the number that running type for a boundary at the level balandlikkacha is raised. Running the distance of many long if, the number of the ascension of the height value so the level lower to be required is. Boldir area, relaxing in a position to provide.

Running during the hands elbow joints from about the right angle under bruised in the position if it is, running during this condition be changed can. Medium and long distances running for hands whose main function – the body stable condition to hold the stand to focus on.

Running technique important components as step length and frequency are recorded it will be. Them between the ratios optimal position to be requires and, that is, natural and rhythm an see confirmation running to ensure to give is determined. The practice of the results shows, 800 meters to a distance of running during step average length leading is who runs in athletes 2,00– 2,10 smni up be noted , has been.

800 meters to a distance of which runs in athletes with special physical the quality assessment of some professors, 100 m, 400 m, 1500 m, 3000 m, 15,000 m of distance equal normative test of exercise recommended has if, some 60 m, 100 m, 600 m, 1000 m, 2000 m. from the place uzunlikka jump, from the place three hatlab jump, from the place ten hatlab jump test offer took.

To the finish line, yetib kelish. Medium and long distances runners usually oxiri in the finish line to remove (horse set up) or sports shall perform. Its length to a distance of and running potential reflect the real opportunities depending on average 150-200 m to etadi. The finish line to remove at the time of running texnika of a bit will change: of gavin ahead to be down increases, whose hands further more active movements are observed. Distance oxir metr in action texnika of a violation can be, because adrafinil starting will be. The adrafinil effects first and foremost running tez his effects makes: the action, the pace of decrease, the base time increases, depsinish effectiveness and depsinish severe decreases.

Running texof nika and first place, running the step of the structure of all in the distance preserved and will remain, just the steps of length and rate ratios, southematik and dynamic description (distance, length, running tez march, every a athlete antropometrick xususiyatlariga and physical reflect the real opportunities depending on) will change.

Light weightlifters preparation've most important parts of one of the athletes main political quality of the development and nurturing directed physical preparation is considered. Typically, light in athletics each party to the physical development towards the able who are athletes high index a show make , they can. Training process of the year during the organization to the principles of the lessons of the effectiveness increase and high sport results coming in achieving the solution of the sharta of one. The year during preparation – this athletes of training for 12 months during regular, various planning options on the basis of holds and also a few months or weeks of recovery for that allocates implies. Present at the time, the light in athletics il during the sessions of the organisation of three main variants there are. First option year one big training cycle (makrotsikl) established was, the third into the period 15 is divided: preparation, became a state and the transition dvarlaridir. Experimental group of tempted showing results 100 at a distance of average 18,5 sec established was. 200m distance running 37,05 sec, my 600 - distance running 103,8 sec. My 2000 dash 5.64,02 sec., from the place stand uzunlikka jump 168 I the result showed. Obtained research results that show that it will work out MAT, a cycle on formed are. This MATTE a cycle of school, light athletics, the sports section of bo'sm middle distance runners hobby recommend , we will.

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