

THE ROLE OF ATHLETICS IN INCREASING PHYSICAL ACTIVITY OF YOUNG PEOPLE

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Annotation. The article examines the importance of athletics as one of the most accessible and effective means of increasing physical activity among young people. The pedagogical, physiological and social aspects of athletics are analyzed, as well as its impact on the formation of a healthy lifestyle. It is noted that regular running, jumping and throwing classes contribute to the development of basic physical qualities — strength, speed, endurance and coordination. It is concluded that the introduction of athletics exercises into the physical education system contributes to improving health and increasing youth interest in sports.

Keywords: athletics, physical activity, youth, physical education, health, physical activity.

Аннотация. В статье рассматривается значение лёгкой атлетики как одного из наиболее доступных и эффективных средств повышения физической активности молодёжи. Анализируются педагогические, физиологические и социальные аспекты занятий лёгкой атлетикой, а также её влияние на формирование здорового образа жизни. Отмечается, что регулярные занятия бегом, прыжками и метаниями способствуют развитию основных физических качеств — силы, быстроты, выносливости и координации. Сделан вывод о том, что внедрение легкоатлетических упражнений в систему физического воспитания способствует укреплению здоровья и повышению интереса молодёжи к спорту.

Ключевые слова: лёгкая атлетика, физическая активность, молодёжь, физическое воспитание, здоровье, двигательная активность.

In modern society, one of the urgent problems is the decrease in the level of physical activity among young people. The development of digital technologies, an increase in time spent on computers and mobile devices, leads to a sedentary lifestyle. This negatively affects the health, physical development and performance of young people. In these conditions, the development of mass sports and physical culture is of particular importance. One of the most accessible and effective sports is athletics. It includes various types of motor activity: running, walking, jumping and throwing. Due to its simplicity and versatility, athletics is widely used in the system of physical education of schoolchildren and students.

The importance of athletics in the physical education of young people. Athletics occupies an important place in the system of physical education, since its exercises contribute to the comprehensive physical development of a person. It is a basic sport on the basis of which basic motor skills and physical qualities are formed. Athletics have a positive effect on the human body. Regular running exercises help strengthen the cardiovascular and respiratory systems, increase the level of endurance and performance.

In addition, athletics exercises improve coordination, flexibility, and reaction speed. Athletics is especially important for young people, because during this period there is an active formation of the body. Systematic training helps to strengthen health, increase physical fitness and form a steady interest in sports.

The influence of athletics on the development of physical qualities. One of the main advantages of athletics is its ability to effectively develop various physical qualities. Running exercises promote the development of endurance and speed. For example, short-distance running develops speed and reaction, while medium- and long-distance running increases the overall endurance of the body.

Jumping exercises, such as long jumps or high jumps, promote the development of speed and strength qualities, strengthen leg muscles and improve coordination of movements. Throwing exercises develop strength, accuracy and coordination of movements. They also help

strengthen the muscles of the shoulder girdle and arms. Thus, athletics is a universal means of developing physical qualities necessary for the harmonious physical development of young people.

The social and educational significance of athletics. In addition to physical development, athletics plays an important role in the education of young people. Sports activities contribute to the formation of discipline, responsibility, perseverance and determination. Participation in competitions and trainings develops team spirit, communication skills and the ability to work in a team. Young people learn to set goals and achieve them by overcoming difficulties and improving their physical fitness. In addition, regular exercise helps to form a healthy lifestyle and prevent bad habits.

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Organization of athletics classes among young people. To increase the physical activity of young people, it is necessary to properly organize athletics classes in educational institutions. It is important to use a variety of training forms, including game elements, competitions and modern training methods. It is effective to introduce athletics exercises into physical education curricula, as well as to hold mass sports events, competitions and festivals.

This increases the interest of young people in sports and contributes to the formation of sustainable motivation for physical activity. Thus, athletics plays an important role in increasing the physical activity of young people. It is an affordable and effective means of promoting health, developing physical qualities and forming a healthy lifestyle.

Systematic athletics training helps to increase the level of physical fitness, improve the functional state of the body and form a positive attitude towards sports. In this regard, it is necessary to pay special attention to the development of athletics in educational institutions and the involvement of young people in regular physical education classes.

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