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Research Article

PREVENTION OF SPORTS TRAUMATISM IN ATHLETICS

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Abstract:

Athletics fully reveals a number of possibilities: the most fully reveals the physical potential of the student, builds character and a favorable mental environment. Athletics is a sport that combines the most common exercises: walking, running, jumping, throwing sports equipment. The variety of exercises and sufficiently wide opportunities for their combination allow them to be successfully introduced in practice for children and adolescents of different levels of physical development. Also, because of the ease of implementation does not require expensive equipment and sports equipment, as well as classes in athletics without problems can be held at ordinary sports fields. Thus, athletics classes are available to absolutely everyone, which is important for improving health. The purpose of the preparatory part is through effective physical exercises with a minimum amount of time to include all the functional systems of the body of the athlete. The exercises in the preparatory part of the lesson should correspond to the objectives of the lesson. At a lesson on athletics, it can be sports walking, slow running, running exercises, various jumps, accelerations. Preparatory exercises of the kind of athletics in which students will be engaged in the main part of the lesson are used.

Key words: *athletics, injury, injury, running, athlete, athlete, medical care*

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INTRODUCTION:

Athletics is part of the state system of physical education.

Exercises from the section of athletics are important to strengthen human health. They strengthen all muscle groups: strengthen the motor apparatus, improve the respiratory and cardiovascular systems.

PURPOSE OF THE STUDY:

The system of physical education - a historically conditioned type of social practice of physical education, which includes ideological, theoretical and methodological, program and regulatory and organizational frameworks to ensure the physical improvement of people and the formation of healthy lifestyles.

RESEARCH METHODS:

1. Worldview fundamentals. A world outlook is a set of views and ideas which determine the orientation of human activity.

In the national system of physical education world outlook guidelines are aimed at promoting an all-round and harmonious development of personality of sportsmen, implementation of the opportunities to achieve physical perfection, strengthening and long-term health preservation, training on this basis for members of society to professional activities.

2. theoretical and methodological bases. Physical education system is based on the achievements of many sciences. Its theoretical and methodological basis is the scientific principles of natural (anatomy, physiology, biochemistry, etc.), social (philosophy, sociology, etc.) and pedagogical psychology, pedagogy, etc.) sciences, on the basis of which the discipline "Theory and Methodology of Physical Education" develops and justifies the most common laws of physical education.

3. Program and regulatory framework. Physical education is carried out on the basis of mandatory state programs for physical education and sports (programs for preschool, secondary and higher education institutions, the army, etc.). These programs contain scientifically substantiated objectives and means of physical education, sets of motor skills to be mastered, a list of specific standards and requirements.

The program and regulatory frameworks of the system of physical education are concretized in relation to the peculiarities of the contingent (age, sex, fitness level, health status) and the conditions of

the main activities of participants of the physical education movement (study, work, military service) in two main directions: general-preparatory and specialized.

4. organizational framework. The organizational structure of the system of physical education consists of state and socially-amateur forms of organization, governance and management.

RESULTS AND DISCUSSION:

Athletics fully reveals a number of possibilities: the most fully reveals the physical potential of the student, builds character and a favorable mental environment.

Athletics is a sport that combines the most common exercises: walking, running, jumping, throwing sports equipment. The variety of exercises and sufficiently wide opportunities for their combination allow them to be successfully introduced in practice for children and adolescents of different levels of physical development. Also, because of the ease of implementation does not require expensive equipment and sports equipment, as well as classes in athletics without problems can be held at ordinary sports fields. Thus, athletics classes are available to absolutely everyone, which is important for improving health.

Especially important is athletics for the formation of a growing body, the physical education of the younger generation. Athletics has no equal. Qualities - endurance, strength, speed, agility, flexibility, ability to overcome difficulties. Skills - running, jumping, throwing. Very widely used in labor activities, as well as in the military.

In the process of classes in athletics significantly improve conditioning and coordination abilities. The results of the completed standards have a strict value, which ensures their reliability.

The physical education lesson at school is the main form of athletics classes at school. The structure of the lesson is simple and consists of three elements-preparatory, main and final parts.

The purpose of the preparatory part is by means of effective physical exercises with the minimum expenditure of time to include in work all functional systems of an organism of the trainee. The exercises of the preparatory part of the lesson must meet the objectives of the lesson. At a lesson on athletics it can be sports walking, slow running, running exercises, various jumps, accelerations. Preparatory exercises of

the kind of athletics in which students will be engaged in the main part of the lesson are used.

In the main part one of the tasks of the lesson is to learn new material. At first new movements (elements) of the technique of a particular type of athletics are learned. Reinforcement and improvement of the previously learned skills is carried out in the middle and at the end of the main part of the lesson. Exercises that require the manifestation of speed, speed and strength qualities, fine coordination and agility are performed in the beginning of the main part of the lesson, and exercises related to strength and endurance at the end. The composition of all exercises in the main part of the lesson should be such that they have a versatile effect. In order to maintain the emotional tone and consolidate the material learned in the lesson it is recommended to finish the main part with mobile games, including athletic movements learned in the lesson.

The final part of the lesson is designed to bring the functional state of the body to normal activity. Slow running, different kinds of walking, relaxation exercises, correct posture and attention are used to reduce excitation of the cardiovascular, respiratory and nervous systems and to relieve muscle tension. In conclusion, the results of the lesson are summed up, marks are given and homework is done.

Athletics is an important part of physical education. It is impossible to perceive the "Russian system of education" and "Athletics" as different concepts. They are so closely related that it cannot be otherwise. The physical qualities obtained by a person in the process of his development naturally are the most important. And for the teacher of physical education is only to take the best of theory and implement in the practical lessons.

The impact on the body. When physical activity in the human body run different processes, which is coordinated by the central nervous system. In the work involve the motor apparatus and internal organs, providing the basic needs of the body. And scientists are sure that the function of the motor apparatus mainly depends on the state of the internal organs. And the activity of the body's internal systems closely interacts with the locomotive apparatus. That is why the practice of athletics is a necessary requirement for the stable functioning of the body.

At the same time, even in ancient China and Greece, believed that various physical activities have a

positive effect on mental abilities. For example, Pythagoras was a champion fist fighter and at the same time was a famous philosopher. Or another rather famous philosopher is Plato. He was also a two-time mixed martial arts champion.

Benefits. Jogging has a good effect and strengthens the cardiovascular system, because there is a constant tension and relaxation of the leg muscles. Capillaries undergo a good training, their number increases several times. They become more flexible and capacious, so they can deliver more oxygen and nutrients to different parts of the body. During exercise, the body's metabolism increases, blood circulation improves, so extra calories are actively expended. It is a proven fact that absolutely all kinds of running have a positive effect on the endocrine system and strengthen the immune system. And also athletics perfectly develop skills such as agility, endurance and reaction rate. During physical activity breathing becomes more profound and frequent, as a result of this the flow of oxygen to the tissues increases. This increases physical and mental performance. Running for 30 minutes to 1 hour activates the breakdown of cells, and therefore the production of new cells begins. Due to the fact that first of all sick and old cells are destroyed, the body is renewed and rejuvenated. The hormone serotonin, or as it is also called the happiness hormone, is not left aside. This makes a person feel happy and rested after a run. There is an excellent training of all muscle groups - abs, legs, back, buttocks. Therefore, people who are constantly engaged in athletics, have a good posture and trim body. Average statistics show that people who run, live longer by 5 years. Short evening exercise can also help improve the quality of sleep. Thanks to morning jogging, the body can wake up faster and be energized for the whole day, and it will also help get rid of the lack of appetite. There is a decrease in the risk of hypertension and hypotension. The likelihood of a stroke or heart attack is halved. Running when the sun is shining outside will be doubly beneficial, because a person gets vitamin D from it. Sports are great for developing self-confidence and boosting self-esteem. Constant jogging will help solve problems with chronic fatigue. Jogging in winter can bring more benefits than in summer, because in the cold season more muscles are put to work because of the slippery surface. Running can help develop determination, willpower, and self-control.

CONCLUSION:

Thus, athletics remains one of the most important components of physical education, which in practice If we turn to the history of athletics, the rudiments of

the sport come from antiquity. It is believed that the sport began its development in ancient Greece. From the Greek, "athletics" translates as "struggle," "exercise." Those who competed in strength and agility were called athletes. Athletics was the basis of the sports program of the first Olympic Games. The Athens 1896 Summer Olympics are considered the first official international athletics event. Since then, athletics has been firmly entrenched in the program of subsequent Olympic Games. Athletics used to consist of only 12 disciplines, but now there are more than 40. Studying this sport, it is interesting that at first the athletics arenas of the Olympics were attended by men, and only in 1928 in Amsterdam in the Olympics women took part. And in all five events they set world records!

Currently, athletics involves walking, running, jumping and throwing. Many tens of thousands of people are involved in this sport. This includes both athletes and fans of active lifestyle. This sport is available to any category of citizens and for any age. As a rule, training for this sport can be carried out in the fresh air, for example, in the park, at the stadium, in the woods or any sports ground.

Systematic training in athletics develops strength, speed, endurance and other qualities necessary for a person in everyday life. Running has a good effect on the process of hematopoiesis, activates the body of carbon dioxide, reduces stress and also has a good effect on sleep.

One of the important components for athletics is a safe environment both in competition and during training. An athlete's acquired skills play a huge role in his or her own safety. Skills are not only the athlete's physical control over doing what his or her brain dictates, but also the ability of the mind to "anticipate" a situation, to become aware of possible risk and minimize it. But unfortunately, no skill can fully protect the athlete, because if he performs a load that exceeds his overall fitness level, he is at risk.

There are two causes of injury. The first cause is due to negligence, such as a broken collarbone due to a fall while running. The second cause can be caused by overexertion, stress. For example, an Achilles tendon injury in runners. Each of these injuries can be caused by internal factors - overwork, lack of sleep, poor mental health. Increased physical fitness reduces the risk of injury in two ways. First, due to its effect on muscles, joints, and, second, due to one's own endurance.

Athletes should understand that flexibility is one of the components of the training process, which allows you to reduce the degree of strain on the muscles and prevent injuries during the practice of running. In addition to performing flexibility exercises, it is important to perform general physical exercises. Athletes should perform consistently active, dynamic and mobilizing exercises. It should be remembered that the quality of the performed warm-up will also depend on the equipment and clothing used by the athlete. Safely chosen equipment is important to prevent injuries. Often the cause of injury is faulty equipment. There are many different surfaces in athletics, some natural, some synthetic, but injuries can occur on any of them. Whatever the surface, it is important to make sure that athletes or recreational runners use good shoes.

Unfortunately, there is a chance of injury in any sport. Preventing athletic injuries may seem like a daunting problem, but it can be reduced to responsibility. It should come not only from the athlete, but also from the coach. Medical personnel, referees. The coach should be responsible for ensuring that the athlete is fit enough to participate in athletics and uses correct equipment and appropriate uniforms.

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