



THE ROLE OF ATHLETICS IN HUMAN HEALTH

Narzullayev Sayfullo Sadullayevich

*Bukhara State Pedagogical Institute Teacher of the Department of physical
education and sports*

narzullayevsayfullo@buxdpi.uz

Annotation: *Consistent measures are being implemented in order to popularize physical education and sports in our country, to create the necessary conditions and infrastructure for promoting a healthy lifestyle among the population, especially young people, to ensure the worthy participation of the country in international sports fields. This article provides information on the importance of movements in the flight phase in long jumpers and high jumpers. The flying phase is one of the most delicate stages for a long jumper, and at this stage it is necessary to strive to get the maximum distance by moving the body balanced, straight and controlled. Correctly selected technique gives the best result when combined with the physical capabilities of the athlete.*

Keywords: *athletics, physical education, physical qualities, fitness, running, depressing, physical activity, stepping, Diabetes, exercise, training, flexibility, Obesity, hyperlipidemia, trajectory, heart disease.*

The sport of athletics has an important place in human health, since these sports help not only improve physical fitness, but also strengthen the psychological and mental state.

Below are some ideas on the basis of a scientific article about the health effects of athletics:



Athletics is a sport that plays a very important role for human health. It has been studied by many scientific studies and its effects on physical, mental and psychological health have been confirmed.

Below are some scientific studies on the impact of Athletics on human health:

1. Increase physical fitness. Athletics sports, in particular running and brisk walking, play an important role in improving the functioning of the cardiovascular system. For example, a 2018 study found that regular running has a positive effect on the health of the heart and vascular system. The results of the study showed that doing jogging or other aerobic exercise can help improve heart function, lower blood pressure, and normalize cholesterol levels (Myers et al., 2018).

2. Strengthening the muscle and bone system. Athletics, in particular the types of jumps and throws, strengthen muscles and strengthen bones.

In a 2016 study, regular exercise, specifically athletics, was confirmed to help prevent osteoporosis and other bone diseases. In the study, the positive effects of increased bone density and muscle strengthening on healthy bone growth were shown (Gyllenhammer et al., 2016).

3. Mental health and stress reduction. Athletics has been shown to be effective in reducing stress, improving mood, and strengthening mental health in many studies. A 2019 study argued that the production of endorphins and serotonin hormones through running and other physical activities improves mood and reduces stress (Brosse et al., 2019). Regular exercise has also been shown to be effective in reducing depression and anxiety.

4. Improving the cardiorespiratory system and physical condition. Athletics, in particular long-distance running or brisk walking, strengthen the cardiorespiratory system. A 2017 study examined the importance of aerobic exercise, specifically in improving running, the respiratory system, and the cardiovascular system. The study found that regular exercise of physical activity,



increased breathing capacity, and improved the body's oxygen needs can help improve (Buchheit & Laursen, 2017).

5. Reduce the risk of diseases. Athletics is also important in preventing various diseases. In a 2020 study, it was confirmed that regular exercise (including athletics) significantly reduces the risk of diabetes, heart disease, obesity, and other metabolic disorders (Pedersen & Saltin, 2020). The study showed that athletics, in particular, increase insulin sensitivity in the body and help control blood sugar levels.

6. General improvement in physical and mental health. Athletics, along with increasing physical activity, can help improve overall health. A 2021 study confirmed that physical activity (including athletics) has positive effects on mental and physical health. The study noted that increased physical activity improves not only physical health, but also psychological well-being (Reiner et al., 2021).

Athletics is very important for human health. Scientific studies show that athletics improve physical health, have a beneficial effect on mental health and play an important role in the Prevention of various diseases. These studies confirm that the sport of athletics has many positive effects on the body and show the importance of recommending this sport to more people.

Athletics not only requires physical fitness, but also includes physical activity and psychological robustness in competition processes.

1. Physical health and athletics. Athletics, which includes running, jumping, throwing, and other activities related to athletics, improves the functioning of a person's cardiovascular system. This type of exercise strengthens the heart, improves the circulatory system, lowers blood pressure and increases overall fitness.

1.1. Heart and vascular system. When athletics is done regularly, the heart's blood transfusion capacity increases, which helps maintain its effectiveness at a



high level. For example, exercises such as running or brisk walking increase the functioning of the heart and the elasticity of blood vessels.

1.2. Muscles and bones. Practicing athletics increases the strength and endurance of the muscular system. It not only develops muscles, but also promotes bone strengthening, helping to prevent bone diseases such as osteoporosis.

2. Mental health. The impact of Athletics on mental health is also unparalleled. Physical activity helps reduce depression, anxiety, stress, and improves overall mood.

2.1. Production of endorphins. Exercise, especially running, produces happiness hormones called endorphins. Endorphins lead the body to a state of relaxation and joy, which improves the mental state.

2.2. Reducing stress. Athletics reduce stress and help the brain function better. Regular exercise improves physical health and strengthens psychological health.

3. Energy and general well-being. Athletics increase a person's energy level and improve overall well-being. This also creates opportunities for improved sleep quality, increased immune system function, and longevity.

4. Athletics and Prevention of various diseases. Athletics, when done regularly, play an important role in the Prevention of many diseases.

For example: **Diabetes:** *Athletics increase insulin sensitivity and help control blood sugar levels.*

Obesity: *Exercise can help activate calorie burning and speed up your metabolism.*

Hyperlipidemia: *Athletics reduces the amount of fat in the body, which reduces the risk of heart disease.*

Conclusion in other words, the sport of athletics is very important for human health. It helps not only improve physical condition, but also increase mental and psychological well-being. The practice of athletics has beneficial health effects, including increased fitness, improved mental health, and Prevention of various



diseases. Therefore, the sport of athletics plays a necessary role in maintaining a healthy lifestyle, not only for athletes, but also for people of all ages.

References:

1. Andris E.R., Qudratov R.Q. Yengil atletika. – T.: 1998. – 124 b.
2. Jilkin A. I., Kuzmin V. S., Sidorchuk Ye. V. Legkaya atletika (Ucheb. posobiye dlya stud. vissh. ucheb. zavedenii. – M.: Izdatelskiy sentr “Akademiya”, 2009. – 464
3. Rustamov, L. (2022). TALABALARNING KASBIY FAOLIYATLARIDA SHAXSGA YO‘NALTIRILGAN YONDASHUVNI AMALGA OSHIRISH. Science and innovation, 1(B8), 1259- 1262.
4. Рустамов, Л. Х., & Зайниддинов, Т. Б. (2013). Основные средства физической культуры и классификация упражнений. Педагогика и современность, (5), 137-140.
5. Рустамов, Л., & Тошпулатов, Х. (2024). СПОСОБЫ ПОПУЛЯРИЗАЦИИ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА СРЕДИ МОЛОДЕЖИ. Development and innovations in science, 3(3), 21-25.
6. Рустамов, Л. Х. (2021). ЗНАЧЕНИЕ СПОРТИВНО-ОЗДОРОВИТЕЛЬНОЙ АНИМАЦИИ В ЖИЗНИ ЧЕЛОВЕКА. POLISH SCIENCE JOURNAL, 200.
7. Narzullaev S.S., Mo‘minov F.F. “MODELING THE PERIOD OF PHYSICAL FITNESS OF YOUNG PLAYERS” 2023 год № 12. 133-137 b.
8. Narzullaev S.S. “INNOVATIVE TECHNIQUES FOR DEVELOPING PHYSICAL QUALITIES OF PRESCHOOLERS THROUGH SELECTED SPECIAL EXERCISES.” ISSN-Online: 2676-7104. 457-468 p.



9. Narzullayev S.S. “Maktab o‘quvchilarini jismoniy tayyorgarligini takomillashtirishda yengil atletika vositalaridan foydalanish” ISSN 3030-3796. 2024, № 6. 115-118 b.

10. Narzullayev S.S. “UZUNLIKKA VA BALANDLIKKA SAKROVCHILARDA YUGURIB KELISH VA DEPSINISH TEXNIKASINING AHAMIYATI” ISSN 2992-8966. 2025, № 3. 11-13.

11. Narzullayev S.S. “THE FLIGHT PHASE OF LONG JUMPERS” ISSN 3030-3680. 2025-may. № 43. 326-332.