



SUPPORT EXERCISES FOR THE DEVELOPMENT OF RACE WALKING

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Abstract

Walking as a physical exercise is the main and most natural for a person. Despite the apparent simplicity, the rational technique of performing the exercise requires significant efforts to set it up and correct it (since the skill has already been formed and brought to automatism). In student years, it is quite possible to solve this problem. The relevance of the work is also caused by the need to conduct physical education classes in the fresh air, during the period of large-scale restrictions due to the spread of coronavirus infection. It is important to note that by using race walking as a means of physical education in training sessions, it is possible to significantly increase the level of general and special endurance of students, improve the adaptive capabilities of the body and the psycho-emotional state of students.

Keywords: Race walking, physical exercise, means, training sessions, technique.

Introduction

Walking as a physical exercise is the main and most natural for a person. Despite the apparent simplicity, the rational technique of performing the exercise requires significant efforts to set it up and correct it (since the skill has already been formed and brought to automatism). In student years, it is quite possible to solve this problem. The relevance of the work is also caused by the need to conduct physical education classes in the fresh air, during the period of large-scale practice of restrictions in connection with. It is important to note that by using race walking as a means of physical education in training sessions, it is possible to significantly increase the level of general and special endurance of students, improve the adaptive capabilities of the body and the psycho-emotional state of students.

When teaching race walking, the main attention should be paid to the establishment of the correct technique. Equipment should be as economical and rational as possible. To minimize energy consumption, all unnecessary movements (shoulders, body, voice, etc.) should be excluded. So, for example, you should not pull your head into your shoulders, which is accompanied by excessive tension of the trapezius muscles. You should not swing your body when walking left or right, which will also lower the initial energy potential. At the same time, while developing a rational technique, it is





necessary, if possible, to increase the length of the step. This is achieved by rotating the pelvis. So, when bringing the right leg forward, the pelvis turns counterclockwise - i.e. to the left side and vice versa. Pelvic movements will not be superfluous here, since the length of the step increases, respectively, we reduce the time for passing the distance at the selected pace of movement. The arms are bent at the elbow joints, approximately at a right angle, maximally relaxed and at the level of the pelvis. The movement of the arms is free, sweeping (back and forth, in no case from side to side), do not press the hands to the chest. When placing the foot on the heel, the leg is straightened at the knee joint. Next, rolling from heel to toe, along the outer arch of the foot, we carry the other leg close to the supporting leg and bring it forward to the heel. The position of the foot is soft, without blows, then smoothly roll along the outer arch of the foot. It would seem that everything is simple. But it will take quite a long time to consolidate the skill.

The main task of walking and running is to cover the distance in the shortest possible time. Walking and running have similarities and differences. The difference between walking and running is that when walking, the athlete has contact with the ground all the time. When running, the push-off is followed by a phase of flight, which ends with a landing.

Stepping with one foot and then with the other, i.e. a double step in walking and running, forms a cycle of double step. The cycle of the double step can be traced from the moment of push-off to the moment of the next push-off. From the moment of repulsion to the moment of the initial position means the end of one cycle and the beginning of another.

Let's consider the cyclical nature of movement in walking.

Phases of walking. It should be noted that in walking, support on the ground is carried out with one or the other leg, then simultaneously with both legs. Each leg in walking can be a supporting leg or a swing leg.

In walking, each cycle of movement consists of two periods of single support (right and left leg) and two periods of double support. Each period consists of phases and moments.

The support period lasts from the moment of landing to the lifting of the leg after the push-off. In the support period, two phases are distinguished for each leg - anterior and posterior.

The phase of the front push begins from the moment the foot is placed on the ground in front of the GCM projection and lasts until the moment of verticality. The phase of the rear push is the main phase, it begins from the moment of vertical and lasts until the end of the support period, i.e. until the foot lifts off the ground.





When pushing off the ground, all parts of the body receive acceleration. Moments in walking are the placement of the left leg with the front support, the lifting of the right leg with the back step, the moment of passing the vertical of the swing and supporting legs, the lifting of the left leg, the setting of the right leg, the vertical. Movements of the arms and legs when walking and running are crossed. They move back and forth and back and out, bent at the elbow joints.

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