

EXPLANATION OF THE CONCEPTS OF PHYSICAL FITNESS AND PHYSICAL QUALITIES OF ATHLETICS PLAYERS

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Annotation *In the article, guidelines are given on what aspects should be paid attention to in the physical, spiritual, and mental training of every person involved in sports.*

Key words : *athletics, sport, physical development, health, education, athlete, jumping, training.*

Today, the mass media's attitude towards sports, people's desire to keep their bodies in shape, their desire to avoid stress, and international success are also very effective in people's daily life and mental health. Such circumstances caused the sports event to become important. Sport, which helps to develop physical and mental health of people, consists of various fields, adapting physical activity activities. To compete according to certain rules, to be excited, to achieve an advantage as a competitor and to increase the power of this success to a higher level; They are activities based on strict rules and competition that require physiological, psychological, technical and aesthetic characteristics when performed as a performance .

Sport does not mean only physical and mental activity, and the concept of sport should be emphasized here. To speak of sport only as a physical activity or spectacle is to limit it. Sport, which has acquired not only national, but also international meaning, has acquired a global structure and has become an important and powerful market in the world. Therefore, it would be more correct to define it differently, taking into account the industrial direction of the sport. Ignoring the size of the industry, it is possible to get an explanatory definition of past eras, but this is not possible for today's sport. Sport is a concept that attracts attention for societies and is in focus with different aspects. At the same time, sports, which have a large share in the economic cake, have the quality that allows countries to be introduced in international arenas and has a great impact on international relations .

The importance of athletes and clubs succeeding through sports, which has become an important field on international platforms, is increasing day by day. While this is the case , behind the success of athletes is the need to engage in the sport in a healthy and at the same time high performance. Sport is considered as an activity that contributes to human socialization, physical and spiritual development. It should not be overlooked that sport, along with helping the development of individuals and society, acquires a scientific meaning. Sports organizations are organized into many categories in various

fields and scientific research is conducted to ensure that athletes perform at their peak. All of these definitions, rules, and studies fall under the sports umbrella.

Both in the past and today, sport has been used as one of the most important propaganda tools. This promotion and competition is at a very high level in some sectors that are considered and accepted globally. Therefore, scientific research is developing towards this popularity and it seems that most of the research is done on these popular fields. Examples of these industries include football, volleyball, basketball, American football, cricket, tennis, rugby, baseball, track and field, ice hockey and table tennis.

Athletics is the largest international sports community of modern sports, the modern Olympic Games is known as a multi-ethnic and unique international festival . Despite the two world wars and the global economic crisis, it has celebrated its centenary in the first half of the twentieth century. celebrated without losing this feature. And the ancient Olympic Games, which date back to 776 BC and are held every eight years, then every four years, can be described as one of the few institutions that contribute to world peace. Looking at the literature , the word L'ATLETISME represents the concept of athletics, which includes disciplines such as walking, running, throwing, jumping and many competitions. An examination of the Greek sources reveals that the word is spelled "athletes" and means "a person fighting for a prize . "

Athletics, which is an important part of the Olympics, consists of the most basic natural movements of a person, such as walking, running, throwing and jumping . Athletics, which is considered one of the most important sports, is the core of the modern Olympic Games. Athletics also affects the health and endurance of the body. In addition to improving the efficiency of the circulatory and respiratory systems, it also contributes to the development of basic motor characteristics such as speed, strength, mobility, endurance and agility. Athletics, which has many fields with different characteristics, comes to the fore in the Olympic Games because of this characteristic. In the Olympic Games held between 1896 and 2000, the field of athletics, when examined and analyzed with advanced technology, appears to be the most important part of the Olympic Games.

Athletics, which clearly reveals the existence of the Olympic Games, which has undergone the evolution of the century; An attempt was made to determine that the peak intended by athletes, the naturalness, regularity and beauty of which is unattainable, is not a separate network.

With a history of 5,000 years, athletics, which means fighting and fighting in Greek, consists of disciplines that include running, throwing and jumping, and encompasses multifaceted development. The classification of Olympic networks in athletics is carried out depending on the place where they are organized. It is classified as outdoor field and track, which includes field and many events. Athletics, road races, marathons, cross-country (including mountain races) and walking events, as well as indoor athletics events are organized. Field events in the open field also include the horn

throw. Athletics consists of many different categories. Examples of this include the following categories:

- Cross-country running: from 800 meters to 12 kilometers,
- -Mass Run: This can be done over distances of different lengths,
- - Marathon: 42,195 meters,
- Track runs include the following three distance types;
- - Short distance running: 100 m - 200 m - 400 m,
- - Middle distance running: 800 m - 15-1600 m,
- Long distance running: 3000m - 5000m -10000m,
- disabled running: 100 m - 110 m - 400 m - 3000 m,
- - Relay races: 4 x 100 m - 4 x 400 m,
- Running under the Swedish flag: 100 m - 200 m - 300 m - 400 m,
- - Running under the Balkan flag: 800 m - 400 m - 300 m - 100 m,
- - Olympic relay: 800 m - 200 m - 200 m - 400 m
- Jump
- -long jump,
- triple jump,
- high jump,
- Pole vaulting
- Shooting
- nuclear launch,
- discus throw,
- javelin throw,
- Throwing an attack
- Sports walks
- -On the road: 1, 3, 5, 10 km,
- Open course: 5, 10, 15-16, 20, 25, 30, 35 km
- Several competitions
- -Pentathlon: The competition of five,
- Heptathlon: Heptathlon
- -Decathlon: Ten-person competition

Before athletics became a competition, it fulfilled the human needs of throwing, running, throwing, and jumping to sustain their lives as hunters. The Greeks and Irish entered literature as the first societies to organize competitions. There are some Old Irish and Old English works that show that the Tailtean Games, which took place in Ireland and included some sporting events, were held as early as 2,000 years ago .

Athletics competitions in the ancient Olympic Games B.C. It is known that it was built between 77-393. Athletics competitions were held for the first time in 1825 in

London. The beginning of athletics in the modern sense is considered to be 1840, when the first official competitions were held in England. The modern Olympic Games began in 1896 in Athens. Today, the rules of the athletics department, which are in force all over the world, are in Stockholm.

It was defined by the International Amateur Athletics Federation (IAAF), which was established in 1912 after the V Olympic Games. Today, more than 181 countries are members of this federation. The first meeting was held on July 12, 1912 in Stockholm, the same city, after the Olympic Games in Stockholm.

The first technical rules of international competitions were presented by Hilding Kjellman, honorary secretary of the third festival held in Lyon, France in 1914. At the same time, similar rules were introduced to competitions in member countries and they were asked to apply these rules. Until 1924, there was another federation governing women's athletics, the International Women's Sports Federation (FSFI). At the Paris Congress held in 1924, the idea of introducing the five women's competitions established by the IAAF and FSFI - 100 m, 800 m, 4x100 m, high jump and discus - into the Olympics was supported. Today there are 210 countries within the IAAF. Representatives of the federations of these member countries meet every two years in March at the IAAF Congress, which is the decision-making body of the IAAF.

The Importance of Athletics in High School Students Since the 1970s, the role and appearance of sports has begun to change. During this period, the importance of winning changed, and playing sports as a professional began to dominate the amateur world. Achievements are no longer just a symbol, they have become a phenomenon with more concrete and economic, political and commercial consequences. Due to these changes, the athletic aspect of sports was no longer focused on and became events that attract spectators and increase public interest. The economic, political and commercial aspects of sport took a backseat, with the economic, political and commercial aspects of sport affecting children the most. This effect is definitely negative. Along with these changes, physical education teachers began to ask questions about how children can participate in sports, rather than how sports and physical activity can benefit children .

playing sports is that it affects children's healthy lifestyle and character formation. Therefore, playing sports was considered an interesting event for children. Studies have shown that playing sports helps children develop psychologically, and also helps children to respond positively to social events in their lives. Sports also have a psychologically positive effect on the individual image of children who participate in school sports programs during their teenage years.

Adolescent children's physical growth and development is constant. Playing sports during adolescence also contributes to this continuous development and has a positive effect on strengthening their individual image. Playing sports leads to many changes in the physical sense, including an increase in muscle mass (especially in boys) and a decrease in body fat (more so in women). In addition to physical development, sports

participation games go beyond practice and have a key function in making friends and making friends in a social sense. Therefore, playing sports is considered an opportunity to improve children's social skills.

According to teachers, children who participate in sports are more social and competent than children who do not participate in sports or who are less involved in activities, which contributes to their psychological development at an earlier level. Therefore, playing sports prepares children for life in a way and affects every aspect of life, making them more competitive in today's increasingly developed society.

Being part of a team helps children develop morally by the role models they follow, allowing them to have more moral structure. It also allows children to gain a sense of identity and a sense of opportunity and belonging. Some at-risk children can be brought together with regular children through children's sports and become role models. Thus, by creating a suitable solution for aggression, a safe environment for socialization can be created.

Environmental damage can be prevented by playing sports for children. A solution to some of the problems that children may face in other environments and times can be presented to them through sports programs. A lot of wasted time.

It has been reported that children are regularly exposed to unfair practices, discrimination, violence, eating disorders and doping against children who participate in sports. Such negative situations are rare in children who regularly play sports.

In addition, according to research, the smoking rate of children who regularly participate in sports is significantly lower than the smoking rate of children who do not participate in sports. The negatives mentioned above are just a few of the possible risks for children who do not play sports. In addition to all this, following the rules of sports, defeat and acceptance of defeat are also considered extremely important from the point of view of moral education. Playing sports contributes to the individual image of the child, ensures that the child stays away from bad habits, and develops life skills.

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