



THE ROLE OF THE STUDY OF THE HISTORY OF THE GAMES OF THE HIGHER EDUCATION SYSTEM IN THE OLIMPIA IN THE SPIRITUAL EDUCATION OF ATHLETES YOUTH

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Annotation. The article describes the history of the Olympic Games, its role in the spiritual education of youth, the rules of the games, as well as. about which sports competitions were held

Keywords: sport, Olympic, Holy Fire, pentathlon, Zeus, free Greek

The role of the study of the history of the games of Olympia, which began in ancient Greece, in the spiritual education of athletic youth, is very immeasurable. After all, they urged young people to love the motherland, to defend it with enthusiasm, to be brave, brave and fearless. Indeed, from childhood, the mind of the Greeks was imbued with the idea that public affairs should run from personal deeds. Schools were supposed to educate active fugaros, defenders of the motherland. The development of sports and public interest in their games at Olympia also served as such. Let's take a look at the statue of Hercules, who overcame the lion. The ancient Greek sculptor portrayed Hercules as barvasta and pahlavon. And the giant lion standing on its hind legs does not even come from Hercules ' shoulders. But why is Hercules depicted without a dress? This is one of the unique aspects of ancient Greek fine art. In the eyes of the sculptor, it was important to show the power of Hercules. When the master described the sculptor Bahadur in clothes, we would not have seen the strength in his muscles and clutches that overcome the lion, and felt the beauty of his powerful, trained body. We can also see such a scene in sports discus throwing and other sports. The first Olympian Games took place in 776 BC in the Olympic town of southern Greece. This city is a religious center, where athletes from all corners of Greece came. It was a settlement, not a city, but the priests of the pantheon gathered to Ulul the gods. Every four years, they began to hold sports competitions in order to call athletes "close to the Gods of Olympus", "the best among the people" and "the chosen ones". Then, due to the Congress famine, this tradition began to attract athletes from all regions of Greece. The Greeks had great importance to the games. During the games, "holy peace" was proclaimed, wars were interrupted, and "yesterday's enemies" were fighting for peace for the right to be called the fastest, most agile and powerful. It turns out that sports are a hobby for all Greeks. The Olympic Games, which were first held in 776 BC, were considered the most important among the various sports competitions. These are the prospects for organizing physical education and sports activities at the present stage of development: problems and solutions.

The contribution of physical education and sports in the cultivation of the younger generation as a physically fit, mentally mature person is incomparable. In order to further develop physical education and sports, the law of the Republic of Uzbekistan "on Physical Education and sports"(new edition, September 4, 2015), "on measures for the development of Physical Education and mass sports" (Presidential Decree No. 3031 of June 3, 2017) were adopted, which developed the main conceptual directions for the implementation of the tasks set.

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The law provides for a conceptual approach to the physical education of the population and a gradual solution of cultural and educational, socio-economic tasks through physical education and sports in the system of continuing education. [2] as a result of it, our athletes have won more and more victories on the world arena year after year, making a huge contribution to the popularization of sports in our country, its further scientific and methodological development. Sports training sets ambitious tasks related to strengthening the achieved results, their further development in subsequent years. 2016 in Rio de Janeiro, Brazil, 69 Uzbekistan national team members who participated in the XXXI Summer Olympics and XV Paralympic Games also participated in 25 student athletes. This was 32.2% of the total number of participants. Considering that 18,648 students study at the Uzbek State Institute of physical education and 15 faculties of Physical Culture in the regions, we witness that Olympic students make up 0.13% of them. Only 6 of the 15 faculties of Physical Culture in the regions (Urgenchdu, AnDU, SamDU, BuxDU, Kokand DPI, QarDU) participated in the Olympic Games. Of the remaining 10 faculties, not a single representative was able to fall into the national team. This situation indicates that the organization and management of student sports activities in these faculties is unsatisfactory. Naturally, this indicator does not satisfy us, and the revision of cases entails the need to look for other, optimal ways to solve the problem. This necessity requires the movement of a huge reserve of strength, consisting of students and professors of the faculties of Physical Culture in the regions, the organization and management of their work at the level of modern requirements. Of course, what we mentioned concerns the process of training high-class athletes. Because the training process of high-class athletes is carried out through large muscle strains. For example, the annual running volume of runners reached from 3000-3500 km to 6500-7500 km. Individual swimmers pass training distances of 3,800 km in the annual exercise, paddlers up to 12,000 km, and cyclists up to 40,000 km. Athletes who keep their level in competitions around the world will have at least 7-8 years of hard sports work.

In foreign sports experience, 8 people are served for a separate Athlete of the highest category. For example, an athlete's general physical fitness coach, a special physical training coach, a psychologist, a cook, a manager, a masseur, a doctor, etc. These require the organization and management of the process of sports training not simply, by intuition or self-knowledge, but in accordance with the recommendations proven by the results of scientific, theoretical and methodological research.

International scientific practical conference. April 28-29, 2022 761 from this date, every four years on Mount Olympus, the Holy fire was lit from The Sun's Rays, athletes from all four sides of Greece competed in the pentathlon. The pentathlon, on the other hand, consisted of long jumping, discus throwing, javelin throwing, running, strength testing and wrestling. And the horse was racing on carts and horses. At the first Olympic Games, there was only one competition - running (to a distance of 192.27 meters). The program of the ancient Olympic Games also included three different types of Solo Wrestling – Boxing, Wrestling and pankration. Wars were interrupted while the games were being played so that people and athletes could escape to Olympia. Olympic Games in Greece were held in honor of the Supreme God, the leader of 18 gods of the Greeks, the God of Olympus Zeus. According to legends, the founder of games in Olympia was considered Hercules. Let's think about where the Olympic Games came from. What is Olympic, why is it held every four years?

Perhaps many of us have heard that Olympia is a mountain in Greece, and, according to legend, the goddesses of the Hellenes lived and flourished on that mountain, where there were carts and some competitions in similar nieces. The Olympic Games, which took place in ancient Greece, were organized in a special national spirit. At the Olympic Games, only a Greek born free, who did not commit crimes, did not stain Shani, had the right to participate and watch them. The athlete, who won the competitions three times, had the right to erect his own statue on Mount Olympus.

The Greeks also kept the calculation of the year according to the Olympic Games. The winners were awarded a wreath woven from the branches of the sacred olive tree. Women could not participate in the Olympic Games. The ULS could not even come near the Olimp mountain during the games. Only one woman could enter - the servant of her temple, built in honor of Demetra, the goddess of farming and fertility, for which a separate place was prepared for her. Running for women in boyich were held separate competitions. Due to the Olympic destruction caused by the earthquake that occurred in 394 AD, the ancient Olympic Games were also not held. More than other sources suggest that in 394, the Roman Emperor Feodosius I banned the holding of the Olympic Games. The Romans believed that the spread of the Christian religion in Olympia among the Greeks was negatively affected and hindered, and for 1500 years the world was deprived of the Olympic Games. The Olympic Games were finally restored in 1894. The custom of activating an ancient torch on the day the Olympic Games open has been preserved until now. The torch burned from the sun's Rays will still be brought to the venue of the Olympic competitions.

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