



## ATHLETICS DEPARTMENTS AND THEIR CATEGORIZATION

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**Annotation:** Athletics, also known as track and field, encompasses a variety of running, jumping, throwing, and combined events. In Uzbekistan, athletics departments, such as the Uzbekistan Athletics Federation, play a critical role in overseeing national competitions, athlete development, and promoting the sport. Categorized within sports federations, athletics departments work with regional clubs and schools to nurture talent and represent Uzbekistan in international competitions.

**Keywords:** Athletics, track and field, Uzbekistan Athletics Federation, running events, jumping events, throwing events, combined events, race walking, cross country running, road racing, ultramarathons, indoor athletics, paralympic athletics, sports federations, athlete development, national competitions, regional clubs, international competitions, talent development, physical fitness

Athletics, also known as track and field, is a collection of sports that involve running, jumping, and throwing. It is one of the oldest forms of organized sports and is a core component of the Olympic Games. Athletics competitions can take place on the track, in the field, or on the road, and include a wide range of events for both individual and team participation.

Some of the main disciplines in athletics include:

- 1. Running Events:** These include sprints (100m, 200m, 400m), middle-distance (800m, 1500m), long-distance (5000m, 10,000m), hurdles (100m, 110m, 400m), and relays (4x100m, 4x400m).
- 2. Jumping Events:** These include the long jump, triple jump, high jump, and pole vault. Athletes aim to jump the farthest or highest distances possible.
- 3. Throwing Events:** These include the shot put, discus throw, javelin throw, and hammer throw. Athletes compete to throw these objects the farthest distances.
- 4. Combined Events:** Decathlon (men) and heptathlon (women) are competitions that combine multiple disciplines, testing athletes' overall skills in various track and field events.

Athletics require a combination of speed, strength, agility, and endurance. Athletes train rigorously to improve their performance in their chosen events, focusing on technique, physical conditioning, and mental preparation. Competitions are held at various levels, from local meets and national championships to international competitions like the Olympics and World Championships.



In addition to the main categories of running, jumping, throwing, and combined events, athletics also includes a range of other specialized events and disciplines. Here are some additional categories and information about athletics:

**5. Race Walking:** Race walking is a form of competitive walking where participants must maintain contact with the ground and straighten their leading leg before the trailing foot leaves the ground. Race walking events include distances ranging from 1500m to 50km, with specific rules governing technique.

**6. Cross Country Running:** Cross country races are held on natural terrain such as grass, mud, or trails, incorporating hills and other obstacles. Competitions can vary in distance, with courses typically between 4km and 12km for senior athletes.

**7. Road Racing:** Road races are conducted on paved surfaces such as roads or city streets. Popular road racing events include marathons (26.2 miles), half marathons (13.1 miles), and shorter distances like 5k and 10k races.

**8. Ultramarathons:** Ultramarathons are races that exceed the standard marathon distance of 26.2 miles, often run on challenging terrain over distances of 50k, 100k, or even longer distances like 100 miles or multi-day events.

**9. Indoor Athletics:** Indoor track and field competitions are held in arenas with shorter track lengths, typically around 200 meters. Indoor events include sprints, middle-distance races, field events like high jump and shot put, and specialized events like the indoor heptathlon and pentathlon.

**10. Paralympic Athletics:** Paralympic athletics includes track and field events for athletes with physical disabilities, such as limb impairments or visual impairments. Paralympic athletes compete in a range of events, with classification systems to ensure fair competition based on impairment type and severity.

Athletics offers a diverse range of events and disciplines that cater to different skill sets, interests, and abilities. Whether competing in traditional track and field events, road races, cross country, or specialized disciplines, athletes have the opportunity to train, compete, and excel in various aspects of the sport.

Athletics is a popular and iconic sport that captures the essence of human physical capabilities and competitive spirit. It attracts athletes of all ages and backgrounds and is celebrated for its diversity of events and the thrill of competition.

In Uzbekistan, athletics departments are usually categorized within the larger structure of sports federations or associations. These organizations oversee and manage various sports, including athletics or track and field. The National Olympic Committee of the Republic of Uzbekistan is responsible for coordinating and managing various sports federations, including the Uzbekistan Athletics Federation.

The Uzbekistan Athletics Federation is the governing body for athletics in the country, responsible for organizing national competitions, overseeing athlete development and training, and promoting the sport of athletics at all levels. Within the federation, there may be different departments or committees focused on specific aspects of athletics, such as coaching, competitions, youth development, and administration.

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At the local level, cities and regions in Uzbekistan may also have their own athletics departments or sports clubs that are affiliated with the national federation. These local departments play a key role in promoting athletics at the grassroots level, organizing local competitions, and identifying talented athletes for further training and development.

Overall, athletics departments in Uzbekistan are part of the broader sports structure managed by sports federations and associations, working to promote and develop the sport of athletics in the country.

In Uzbekistan, the Uzbekistan Athletics Federation (UAF) serves as the governing body for track and field athletics in the country. The UAF is responsible for organizing national competitions, overseeing athlete development and coaching programs, and representing Uzbekistan in international athletics events.

The UAF is a member of the International Association of Athletics Federations (IAAF), now known as World Athletics, which is the global governing body for the sport of athletics. This affiliation allows Uzbek athletes to participate in international competitions such as the World Athletics Championships, Olympic Games, and other major events.

The UAF works closely with regional athletics departments, sports clubs, and schools to promote the sport of athletics at all levels. They organize training camps, coaching seminars, and competitions to identify and develop talented athletes across the country.

In addition to traditional track and field events, the UAF also promotes other athletic disciplines such as race walking, cross country running, and road racing. They aim to provide opportunities for athletes of all ages and abilities to participate and excel in athletics.

Overall, athletics departments in Uzbekistan play a vital role in nurturing and promoting athletic talent, fostering a culture of sports and fitness, and representing the country in the international arena of athletics.

## List of used literature:

1. "Essentials of Strength Training and Conditioning" by the National Strength and Conditioning Association (NSCA)
2. "Training for Speed, Agility, and Quickness" by Lee E. Brown
3. "The New Rules of Lifting: Six Basic Moves for Maximum Muscle" by Lou Schuler and Alwyn Cosgrove
4. "Sports and Exercise Nutrition" by William D. McArdle, Frank I. Katch, and Victor L. Katch

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