© Eurasian Journal of Sport Science 2024; 1(1): 62-65
https://eajss.uz

# Analysis of the stabilization of the athletic form of short-distance runners during competitions

**Atamukhamedova Noila Melievna**[1]

[1]Uzbekistan state university of physical education and sport, Chirchik, Uzbekistan

## Abstract

*Purpose:* The purpose of the study is to study and analyze the factors influencing the stable maintenance of the athletic form of short-distance runners in annual preparatory training during the competitive period by conducting a questionnaire.

*Methods:* Pedagogical observation, theoretical analysis and generalization, questionnaire and mathematical-statistical methods were used.

*Results:* Based on the data obtained during the conducted questionnaire survey, it can be said that most short-distance runners do not have sufficient knowledge about the factors affecting the maintenance of athletic form during the competitive period of annual training.

*Conlcusion:* The approach of short-distance runners to the study and analysis of factors affecting athletic form in annual preparatory training takes into account the characteristics of the sport and the individual capabilities of athletes in order to achieve high athletic results.

**Keywords:** short-distance, stable condition, positive results, runners.

## Introduction

One of the main reasons is that the factors influencing the formation of the athletic form of short-distance runners during annual preparatory training and its stable maintenance during competitions are practically not taken into account (1, 6).

After athlets gets fit, they are faced with the task of maintaining it throughout all responsible competitions and turning it into sport achievements. As we said above, athletic form is not only a condition, but also a process – a process of continuous improvement of all qualities, qualifications, skills that show readiness to achieve success in sports (2, 7).

The study and analysis of factors affecting athletic form serves to ensure that athletes are provided with ample opportunities in the competition cycles in order to maximize the achieved level of training and keep their form stable. During the study and analysis of scientific and methodological literature on the topic of research work, it was found that data on athletic form are given in general form, but does not specifically address the benefits of studying and analyzing the factors that influence athletic form.

In a high-level athletic form, athletes can show better physical, technical and tactical results in their activities (4). As a result of studying and analyzing the factors affecting the athletic form of short-distance runners during annual preparatory training, the development of effective ways to systematically form their composition and eliminate harmful aspects, as well as their application in training, is one of the urgent issues that cannot be postponed (3, 5).

## Results and discussion

It is important for short-distance runners to keep athletic form during the competitive period of annual preparatory training in order to achieve high sport results. The duration and structure of training are determined by many factors. Among these factors, there are the specifics of the sport and the main patterns that make up sportsmanship, the need to prepare an athlete for competitions, that is, for continental, world and Olympic competitions, the possibilities of individual adaptation of an athlete and the structure of training, and the content of the training that took place.

During the republican competitions, a survey of short-distance runners was conducted, theoretical analysis was carried out and practical experiments were summarized to maintain the athletic form of short-distance runners in a stable condition during the competitive period of annual preparatory training.

The survey developed for the study consisted of 12 questions, which were formulated as follows:

1. How does frequent participation in competitions according to the annual competition calendar affect athletic form?

2. How does the formation of “skills and abilities to participate in competitions” affect the sustainable maintenance of athletic form?

3. How do climatic and weather conditions affect the maintenance of athletic

**Table 1. Analysis of the results of a survey conducted with 35 short-distance runners**

| № | Survey questions | Answers | |
|---|---|---|---|
| 1 | How does frequent participation in competitions according to the annual competition calendar affect athletic form? | Has high effect | 21 |
| | | Has short-term effect | 6 |
| | | Has a low effect | 5 |
| | | No effect | 3 |
| 2 | How does the formation of "skills and abilities to participate in competitions" affect the sustainable maintenance of athletic form? | Has high effect | 20 |
| | | Has short-term effect | 7 |
| | | Has a low effect | 4 |
| | | No effect | 4 |
| 3 | How do climatic and weather conditions affect the maintenance of athletic form? | Has high effect | 25 |
| | | Has short-term effect | 5 |
| | | Has a low effect | 3 |
| | | No effect | 2 |
| 4 | How do injuries and wounds affect the maintenance of a stable athletic form? | Has high effect | 29 |
| | | Has short-term effect | 4 |
| | | Has a low effect | 2 |
| | | No effect | - |
| 5 | What is the impact of physical, technical, tactical, psychological and functional training on maintaining athletic form in a stable state at competitions? | Has high effect | 33 |
| | | Has short-term effect | 2 |
| | | Has a low effect | - |
| | | No effect | - |
| 6 | How does the control of the volume and intensity of training affect the maintenance of athletic form | Has high effect | 27 |
| | | Has short-term effect | 5 |
| | | Has a low effect | 3 |
| | | No effect | - |
| 7 | How does the alternation of tools and methods used in training affect athletic form? | Has high effect | 23 |
| | | Has short-term effect | 7 |
| | | Has a low effect | 5 |
| | | No effect | - |
| 8 | How do types of recreation and the use of recovery tools during and after training affect the achievement of a stable athletic form? | Has high effect | 27 |
| | | Has short-term effect | 4 |
| | | Has a low effect | 4 |
| | | No effect | - |
| 9 | How does the control of athletic form through special tests during the training period affect the achievement of a stable athletic form? | Has high effect | 21 |
| | | Has short-term effect | 8 |
| | | Has a low effect | 6 |
| | | No effect | - |
| 10 | How do geographical areas and organizational issues affect the stability of athletic form at competitions? | Has high effect | 22 |
| | | Has short-term effect | 9 |
| | | Has a low effect | 4 |
| | | No effect | - |
| 11 | How does the development and implementation of a program aimed at improving the athletic form of short-distance runners affect the achievement of positive results? | Has high effect | 25 |
| | | Has short-term effect | 4 |
| | | Has a low effect | 6 |
| | | No effect | - |
| 12 | What is the importance of doping and medical care for maintaining athletic form in competitions? | Has high effect | 24 |
| | | Has short-term effect | 7 |
| | | Has a low effect | 4 |
| | | No effect | - |

form?

4. How do injuries and wounds affect the maintenance of a stable athletic form?

5. What is the impact of physical, technical, tactical, psychological and functional training on maintaining athletic form in a stable state at competitions?

6. How does the control of the volume and intensity of training affect the maintenance of athletic form?

7. How does the alternation of tools and methods used in training affect athletic form?

8. How do types of recreation and the use of recovery tools during and after training affect the achievement of a stable athletic form?

9. How does the control of athletic form

through special tests during the training period affect the achievement of a stable athletic form?

10. How do geographical areas and organizational issues affect the stability of athletic form at competitions?

11. How does the development and implementation of a program aimed at improving the athletic form of short-distance runners affect the achievement of positive results?

12. What is the importance of doping and medical care for maintaining athletic form in competitions?

In order to get accurate answers from short-distance runners and fully solve the research tasks, one of the following four answers was given:

- Has high effect _____
- Short-term effect _____
- Has a low effect _____
- No effect _____

Dear athletes! Your answer will help us move our research in the right direction!

To question 1 “How does frequent participation in competitions according to the annual competition calendar affect athletic form?” 21 athletes replied that they had high effect, 6 athletes - short-term effect, 5 athletes - a low effect and 3 athletes replied that they had no effect.

To question 2 “How does the formation of “skills and abilities to participate in competitions” affect the sustainable maintenance of athletic form?” 20 athletes replied that they had high effect, 7 athletes - short-term effect, 7 athletes - a low effect and 7 athletes replied that they had no effect.

To question 3 “How do climatic and weather conditions affect the maintenance of athletic form?” 25 athletes replied that they had high effect, 5 athletes - short-term effect, 3 athletes - a low effect and 2 athletes replied that they had no effect.

To question 4 “How do injuries and wounds affect the maintenance of a stable athletic form?” 29 athletes replied that they had high effect, 4 athletes - short-term effect, 2 athletes - a low effect and no one replied that they had no effect.

To question 5 “What is the impact of physical, technical, tactical, psychological and functional training on maintaining athletic form in a stable state at competitions?” 33 athletes replied that they had high effect, 2 athletes - short-term effect, no one replied that they had low effect or no effect.

To question 6 “How does the control of the volume and intensity of training affect the maintenance of athletic form?” 27 athletes replied that they had high effect, 5 athletes - short-term effect, 3 athletes - a low effect and no one replied that they had no effect.

To question 7 “How does the alternation of tools and methods used in training affect athletic form?” 23 athletes replied that they had high effect, 7 athletes - short-term effect, 5 athletes - a low effect and no one replied that they had no effect.

To question 8 “How do types of recreation and the use of recovery tools during and after training affect the achievement of a stable athletic form?” 27 athletes replied that they had high effect, 4 athletes - short-term effect, 4 athletes - a low effect and no one replied that they had no effect.

To question 9 “How does the control of athletic form through special tests during the training period affect the achievement of a stable athletic form?” 21 athletes replied that they had high effect, 8 athletes - short-term effect, 6 athletes - a low effect and no one replied that they had no effect.

To question 10 “How do geographical areas and organizational issues affect the stability of athletic form at competitions?” 22 athletes replied that they had high effect, 9 athletes - short-term effect, 4 athletes - a low effect and no one replied that they had no effect.

To question 11 “How does the development and implementation of a program aimed at improving the athletic form of short-distance runners affect the achievement of positive results?” 25 athletes replied that they had high effect, 4 athletes - short-term effect, 6 athletes - a low effect and no one replied that they had no effect.

To question 12 “What is the importance of doping and medical care for maintaining athletic form in competitions?” 24 athletes replied that they had high effect, 7 athletes - short-term effect, 4 athletes - a low effect, but based on the experience gained from participating in short-distance running competitions at various levels for several years, our runners who took part in the survey did not choose the "no effect" answer option.

Regular monitoring of short-distance runners for factors affecting the maintenance of athletic form during the period of annual

preparatory training is an effective approach to achieving sustainable growth in athletes' results. A systematic analysis of the factors affecting the stability of the athletic form of short-distance runners and annual preparatory training during competitions will help reduce or eliminate their negative impact.

## Conclusion

During the study and analysis of scientific and methodological literature, it turned out that scientists did not conduct separate studies of factors affecting the sustainable maintenance of athletic form of short-distance runners during the competitive period of annual preparatory training. When the results of the study were analyzed using mathematical and statistical methods, it was found that short-distance runners who maintained athletic form during the competitive period of annual preparatory training, by studying and analyzing the factors affecting stability, demonstrated an effective approach to preventing and eliminating the negative effects of these factors. This was confirmed by the results of the survey.

## References

Bondarchuk A.P. (2007) *Upravleniye trenrovchnim prossesom sporsmenov visokogo klassa* [Managing the training process of high-class athletes] Moscow: Olimpia press, 2007; 148.

Olimov M.S. (2023) *Yugurish turlarida yengil atletikachi talabalarni tayyorlashning ilmiy pedagogik asoslari" (yugurish tur-lari misolida)* [Scientific and pedagogical foundations of training track and field athletes in running sports] (on the example of running sports). p.f.d. (DSc) dissertation. Chirchik, pp. 208.

Khujamkeldiyev G.S. (2022) *O'rta masofalarga yuguruvchi sportchilarning yillik tayyorgarlik mashg'ulotlar jarayonida tiklovchi vositalardan foydalanish samaradorligi* [The effectiveness of the use of restorative means in the process of annual preparatory training for middle-distance runners] (PhD) dissertation. Chirchik, pp. 78.

Kurbonov X.X. (2018) "Technology for increasing the duration of maintaining athletic fitness." Master's thesis. Chirchik, 2018; 6-7.

Kurbonov X.X. (2020) "Improving the athletic form of long-distance runners in the annual preparatory cycle". Scientific and theoretical journal "Fan sportga" 3; pp. 28 -31.

## AUTHOR BIOGRAPHY:



**Noila Melievna ATAMUKHAMEDOVA**

**Employment**
Docent at Uzbekistan state university of physical education and sports

**Degree**
MD

**Research interests**
Physical education and sport, Theory of physical education, Analyzing of sport competitions

**E-mail:**
noila_uzbsport@mail.ru