



# POPULARIZATION OF THE SPORT OF ATHLETICS WITHIN THE FRAMEWORK OF THE FIVE INITIATIVE OLYMPICS

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<b>Received:</b> 18 <sup>th</sup> October 2023 <b>Accepted:</b> 17 <sup>th</sup> November 2023 <b>Published:</b> 24 <sup>th</sup> December 2023	The sport of athletics has always held a special place in the hearts of athletes and sports enthusiasts alike. It showcases the epitome of human physical prowess and has been the centerpiece of the Olympic Games since their inception. In the spirit of promoting wider participation and engagement, the Five Initiative Olympics aims to catapult athletics into even greater popularity.
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**INTRODUCTION:** The present day Olympic Games or Olympics are the main worldwide carrying occasions presenting summer time and wintry weather sports activities competitions in which heaps of athletes from round the world take part in a variety of competitions. The Olympic Games are viewed the world's predominant sports activities opposition with extra than 205 teams, representing sovereign states and territories participating; by means of default the Games commonly replacement for any World Championships the year in which they take.

The Olympic Games are usually held each and every 4 years, and for the reason that 1994, have alternated between the Summer and Winter Olympics each and every two years for the duration of the four-year period.

In the early centuries of Olympic competition, all the contests took area on one day; later the Games have been unfold over 4 days, with a fifth dedicated to the closing-ceremony presentation of prizes and a ceremonial dinner for the champions. In most occasions the athletes participated in the nude.

Through the centuries pupils have sought to give an explanation for this practice. Theories have ranged from the eccentric (to be nude in public except an erection confirmed self-control) to the regular anthropological, religious, and social explanations, together with the following: nudity bespeaks a ceremony of passage, nudity used to be a holdover from the days of looking and gathering, nudity had, for the Greeks, a magical strength to ward off harm, and public nudity used to be a sort of costume of the top class.

Historians hold close at doubtful theories because, in Judeo-Christian society, to compete nude in public looks odd, if no longer scandalous. Yet historic Greeks discovered nothing shameful about nudity, in particular male nudity. Therefore, the many contemporary explanations of Greek athletic nudity are in the principal unnecessary.

The Olympic Games have been technically limited to freeborn Greeks. Many Greek rivals got here from the Greek colonies on the Italian peninsula and in Asia Minor and Africa. Most of the members had been authorities who educated full-time for the events.

These athletes earned vast prizes for prevailing at many different preliminary festivals, and, though the solely prize at Olympia used to be a wreath or garland, an Olympic champion additionally obtained enormous adulation and regularly lavish advantages from his domestic city. Although there have been no women's occasions in the historic Olympics, countless female show up in the professional lists of Olympic victors as the proprietors of the stables of some triumphant chariot entries.

In Sparta, female and younger ladies did exercise and compete locally. But, aside from Sparta, contests for younger Greek ladies had been very uncommon and possibly restrained to an annual nearby footrace. At Olympia, however, the Herean festival, held each 4 years in honour of the goddess Hera, protected a race for younger women, who have been divided into three age groups.

Yet the Herean race used to be now not section of the Olympics (they took area at every other time of the year) and probable was once no longer instituted earlier than the introduction of the Roman Empire. Then for a quick length ladies competed at a few different necessary athletic venues.

The Tokyo Olympic Games had been unheard of and mark a commencing of a new era, now not simply due to the fact of the pandemic or being the first postponed Games, however due to the fact they, and future Games, provide a new evolution of the Olympic Movement. Dubinsky (2019b) divides the Modern Olympic Games into 5 exclusive eras of state branding and public diplomacy.

The first era, the revival of the Olympic Games lasted between the first Modern Olympic Games in 1896 in Athens till the outbreak of World War I, for the duration of which the 1916 Olympic Games have been canceled. In this era, the

Games have been noticeably small, and at times hosted as section of any other global tournament such as the World Fair or the British-Franco Exhibition.

Athletics is one of the most popular sports; includes various distance running, cross-country running, jumping (high, long, triple, with anchor), throwing (javelin, lappak, boscon), nuclear ironing, multikurash (jump, yettikurash). There are more than 50 exercises in athletics, 49 of which were included in the Olympic Games program (the 2000 Sydney Olympics saw the men compete in the 22nd and women's 20th editions of Athletics).

In addition, athletics constitutes one exercise of modern pentathlon and triathlon sports, the training of all sports, training of educational institutions, military-preparatory, health exercises, the program of Sports tests of student-youth "Alpomish" and "Barchinoy". References to athletics exercises are found in Homer's "Iliad", Ibn Sina's "laws of Tib", and other books. At the ancient Olympics (BC. av. From 776 BC.in the 1st century BC. 394 BC) mainly in athletics.

Modern athletics rules began to apply earlier in England compared to other countries. In 1837, early competitions were held here by the pupils of the city of rugby college for a distance of about 2 kilometres. Before much time had passed, the college boys of other cities had joined their initiative.

The program of competitions that followed included short-distance running , running over geese, and throwing heavy objects, while from 1851 the program of competitions included the high jump and long jump.

In 1864, the first athletics competitions were held between the Oxford and Cambridge universities, and later the running of these competitions became permanent. The competition program included six types of running, two types of jumping. The program was later supplemented with species such as the boson thrower and the nuclear irradiator. In the 60s of the XIX century, adults also began to be interested in athletics exercises, training and competitions.

Sports clubs began to appear, where representatives of the Cyborg class were engaged in athletics. The English Cybermen were interested in the sport of athletics-he, but they did not want to mess with the common people on the runways. In particular, they sought to participate in the training of open competitions in walking, running.

In the development of modern athletics, competitions in England in the 19th century (from 1837), the all-Greek games in Athens (from 1859), and the Olympic revival (from 1896)became important. In 1912, the International Federation of amateur leaders (IAAF) was formed, with 200 member countries (2001; Uzbekistan athletics federation member since 1993). The IAAF has hosted the World Cup (now the Grand Prix events) since 1977, and the world premiership since 1983.

In Uzbekistan, interest in athletics intensified after the establishment of an engraving in 1885 in Margilan, adapted to the same species. Athletics competitions began to be held in Tashkent from 1902, country premierships from 1919, and spartakia from 1927. More than 135 thousand people in Uzbekistan have more than 140 coaching hands .under engaged in athletics, 3 of the coaches are athletes who have served in Uzbekistan, 10 have the title of sports teacher who served in Uzbekistan (2001). Uzbekistani Athletics have competed at the Olympics since 1952. At the Olympics Marina Shmonina (4 × 100 m relay run, 1992) won gold, Rodion Gataulin (anchor jump, 1988) won silver, Ramil Ganiyev (onkurash, 1996) finished 8th. Oleg Ryakhovsky (triple jump), Roza Babić (200 m hurdles) and Tatyana Biryulina (javelin throw) broke the world record. Ashur Normurodov (uzok, distance runner) is a three-time former Union champion.

### Diversity and Inclusion

The thinking of range and inclusion inside the Five Initiative Olympics is pivotal in popularizing athletics. By showcasing athletes from numerous backgrounds, the Olympics provides a wealthy tapestry of talent, fostering a experience of inclusivity and inspiring persons from all walks of lifestyles to interact with the activity of athletics.

### Sustainability and Legacy

The center of attention on sustainability and legacy inside the Five Initiative Olympics is a riding pressure in the popularization of athletics. Through sustainable practices and the advent of lasting legacies in host cities, the Olympics generates full-size attention and enthusiasm for athletics, nurturing a sustainable surroundings for the game to thrive.

### Youth Engagement

Youth engagement is a cornerstone of the Five Initiative Olympics and a catalyst for the popularization of athletics. By actively involving and empowering younger individuals, the Olympics ignites a ardour for athletics, encouraging participation and cultivating the subsequent technology of athletic talent.

### Digitalization

The digitalization initiative of the Five Initiative Olympics performs a vital position in popularizing athletics. Through modern digital structures and technologies, the Olympics amplifies the visibility of athletic events, charming international audiences and igniting activity in the recreation on a digital scale.

### Urbanization

Urbanization, as embraced by using the Five Initiative Olympics, is instrumental in popularizing athletics. By integrating sports activities and athletic amenities into city landscapes, the Olympics creates on hand possibilities for folks to interact in athletics, using giant participation and fostering a way of life of energetic living.

## CONCLUSION

The initiation of the Five Initiative Olympics with its focus on popularizing the sport of athletics has the potential to revolutionize the way people perceive and engage in this magnificent sport. Through increased accessibility, heightened engagement, and a dedicated athlete-centric approach, the sport will attract a broader audience and leave a lasting legacy.

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