

FEATURES OF TRAINING OF BEGINNERS IN ATHLETICS. FUNDAMENTALS OF SAFETY

A distinction should be made between "athletics" and "athletic gymnastics".

Athletic gymnastics is a traditional type of gymnastics of health-improving orientation, which combines strength training with versatile physical training, harmonious development and strengthening of health in general.

Athletics - a direction in physical improvement, which aims to achieve a high level of strength development and (or) high results in strength exercises. Athletics includes not only such strength sports as weightlifting, powerlifting, weightlifting, but also sports in which the qualitative assessment of the result is primarily related to the impact of strength training: bodybuilding, fitness, arm wrestling, bodybuilding.

Bodybuilding is a system of physical exercises with various weights (dumbbells, dumbbells, barbells, etc.) that develops muscles. Bodybuilding classes are aimed at increasing the volume of individual muscle groups.

Bodybuilding – a system of strength exercises aimed at increasing muscle volume, the formation of relief muscles and building a harmoniously developed figure with proportionate but hypertrophied muscles.

Powerlifting – a type of exercise that develops maximum strength, inherent in three types of movements – strength triathlon: bench press; squats with a barbell on his shoulders and pulling the barbell in a forward tilt position.

Accordingly, such tasks use special exercises that, in contrast to bodybuilding and bodybuilding, achieve maximum results in motion, rather than in static stress.

Arm wrestling – power martial arts on the hands is carried out in a sitting position on a chair, grabbing his free hand for a special handle. Despite the fact that the main task is to put the opponent's hand, a very heavy load falls on the muscles of the back and legs.

Sports fitness – a sports program consisting of 4 rounds. Age groups 14-18 and 19-35 years, as well as two categories up to 160 cm and above. the most widespread this type of competition was among women.

The first round – "Bikini" – allows you to subjectively assess the overall harmonious development of the participant and the individual proportions of the body. There are four poses: face-to-face, right side, left side and back

The second round is an arbitrary composition of free exercises with musical accompaniment (1-2 minutes).

The third round – a manifestation of the physical capabilities of the participants in the form of a specific motor task (for example, traction with hands and torso on a rowing machine with an estimate of the length of movement of the simulator levers for a certain time or "to failure").

The fourth round – re-posing, demonstration of individual poses.

For beginners, there are certain rules for exercise. Anyone who has just started his career as an athlete cannot easily and, most importantly, lift twice as much weight as him without injuries. Strength training has its own peculiarities, which must be taken into account when doing athletic gymnastics. The novice athlete must clearly master and adhere to the training process, training conditions and strictly adhere to them. Such conditions include safety, for those who deal with encumbrances. Heavy weights with maximum loads can have a strong impact on the body, which increases the risk of making mistakes. The rules of conduct during athletic gymnastics are

based on the experience of weight training and extreme weight categories. It should be remembered that safety is necessary for athletic gymnastics.

1. It is necessary to start classes in the presence of a sports uniform and appropriate footwear. Clothing should be loose, shoes appropriate in size, loose, with a hard sole.

2. Before training, the mouth should be cleaned of foreign objects, chewing gum, candy, etc. It is also not recommended to listen to music on headphones during exercise.

3. It is forbidden to start training in case of ill health, injuries and alcohol intoxication. During classes, if you have an injury or feel unwell, immediately notify the teacher or coach.

4. It is necessary to start training with weight only after preliminary warm-up.

5. In the process of training you need to listen carefully to the coach or teacher and follow the instructions related to the technique of performing exercises, load parameters, recommendations for working with inventory and equipment. It is forbidden to start the training process on your own in the absence of a coach or teacher and to change the structure of training program exercises on your own.

6. To start the exercise you need to check the readiness of the equipment for work. Before working with a barbell or dumbbells, make sure that the ends of the dumbbells and barbells are symmetrically distributed weights and locked. Locks on the shells must securely lock the scales and not fall during sudden jerks of the projectile, the grips must have a special groove. At the beginning of the training on the simulators you need to make sure that the locking key of the load lock is securely fixed, the handles are well attached to the cable and can withstand the load during operation.

7. Before performing the exercise, make sure that there are no foreign objects on the floor next to you. You can not lift weights if there are strangers nearby. To avoid breaking the grip, before performing the exercises, you should apply chalk or magnesium on the skin of the palms of your hands. If the bar is mounted on special racks, the scales should be put on and removed alternately with alternation of both ends of the neck, avoiding the predominance of weight on one end of the neck. At the end of the exercise, the projectile should be carefully placed on the floor, not thrown.

8. Exercising in the gym, you must behave correctly and adequately, do not interfere with the audience to perform exercises, if necessary, provide assistance, do not run away from the gym, do not shout, etc.

9. When performing exercises with weights, it is necessary to follow the technique of movements to reduce the minimum probability of injury:

- before performing an exercise with a load should be well warmed up, conducting both a general warm-up at the beginning of the training process, and specialized - performing an exercise with less weight;

- each new exercise with a load should be performed with a minimum weight weight and after mastering the technique of this exercise, you can start using training weights or loads in exercises with your own weight;

- to avoid injuries while performing the exercise while standing, it is necessary to avoid tilting the torso back from the vertical;

- when performing exercises, it is necessary to clearly fix the parts of the body that perform the supporting function;

- when lifting the projectile, it is necessary to avoid unstable positions that can lead to loss of balance and injury;

- performing exercises with weights, you should beware of movements associated with stretching muscles and twisting joints, such motor actions can provoke injury;

- performing an exercise with a heavy load, you need to focus completely. Insufficient readiness can create a loss of balance and provoke injury.

Forcing the load, haste, the desire to achieve results faster in increasing the mass and shape of the muscles often lead to serious fatigue, to a state of overtraining. As you master the motor task and repeatedly perform it, the variant or method of performing the exercise becomes more complicated. The pause between approaches can be used to perform "stretching" stretching exercises, sequentially involving the muscles and ligaments of the main working joints. In order to recover muscles faster, especially after strength exercises that require a lot of stress you need to relax. The transition of muscles from tension to relaxation can be contrasting or gradual. Muscle tension is combined with inhalation and respiratory arrest, and relaxation - with full exhalation. Self-massage techniques (stroking, shaking, kneading) will also be able to promote the recovery of newly worked muscles. Strength training is performed more successfully and has a greater effect if the athlete is focused, thinking about what he is doing, how and why, focusing on movement and its goals.

At the end of the athletic gymnastics class, try to relieve the tension in the nervous and muscular system that has accumulated during training. To do this, use calm walking, breathing exercises, exercises that train dexterity and accuracy of movements (juggling, throwing at the target). Autogenic training methods can complete recovery as part of training.