

Brief History and Description of Some Sports

Ochilov Rufat Kukanovich

Assistant Teacher

Faculty of Sport, Department of Physical Education and Sports, Karshi State University

Phone; +998990749184

Abstract: The first modern Olympic Games were held in Athens on April 6, 1896.

This date is the beginning of the history of modern games. Then they were called the First International Olympic Games. The Olympic Games are one of the most important international sports events that unite all people through sports. The games are held every 4 years and serve as a great reality for all mankind.

Key words: Olympic Games, International Olympic Committee (IOC), historical sports

Introduction

The idea of organizing the Olympic Games belongs to the French public figure, historian, writer Pierre de Coubertin. In June 1894, on his initiative, an International Congress was held in Paris. The participants were faced with the issue of organizing the International Olympic Committee (IOC) and holding the Games, following the example of the ancient games. The official date of establishment of the IOC is considered to be June 23, 1894. It was headed by Demetrius Vikelas, the first president of the IOC, and Pierre de Coubertin was appointed secretary general. Then the Olympic Charter, which defined the main principles of the Olympic movement, was adopted. Greece, the ancestor of the first games, was chosen as the venue. It was the only country in the world to host the games at the end of the century. The first Olympics were held in Greece in 1896, and the next in 1906 and 2004. The first games were held in Athens from April 6 to April 15, 1896. Representatives of 13 countries took part in it - a total of 311 athletes, all of them were men. 43 sports are included in the games program. A total of 43 medals were won, the most medals were collected by Greek athletes, the second place was taken by the USA team with 20 medals, and the third place was taken by Germany, which won 13 medals. Athletes from Chile, Sweden and Bulgaria returned home without a prize. The results of the first games were so impressive and successful that the Greek government proposed to always hold them on its territory. But the IOC administration decided to change the place every 4 years.

The next two quadrenniums were very difficult for the Olympic Games, because they were held simultaneously with the World Exhibitions held in Paris (1900) and St. Louis (1904). The Olympic movement gradually grew and by 1913 had its own anthem, coat of arms and flag approved by the IOC. The Olympic symbol is an interconnected ring of five colors - blue, yellow, black, green and red. They mean that athletes from five continents of the world will gather.

National Olympic Committees have always created their emblems using the five rings. The motto of the Olympic movement: Faster, Higher, Stronger is a translation of the Latin words Citius, Altius, Fortius. The official flag was approved in Paris in 1914. The exterior is a white cloth with five rings in the middle.

Another important symbol is the Olympic torch. It will burn in the host city until the flame and controversy are over. In 1928, pineapple was revived and it was flamed in ancient Greece. The Olympic symbol also included the amulet that appeared at the 1968 Summer Games in Mexico City. According to the Olympic Charter, a mascot can be a person, a fairy tale character or an animal. This major sporting event reflects the national characteristics of the host country. Over time, the amulet became a trademark that could be used as a source of additional funding for games.

Concepts related to some sports

Bobsleigh is a sport; flying down the hill on specially frozen tracks on all-metal sleds. Sleds themselves are called bobsleds. Sleds are 2-seater and 4-seater, and only men compete. 2 seater sled. 2.7 m, weight 165 kg, crew weight should not exceed 200 kg. In a 4-seat sled, these indicators are 3.8 m, 230 kg, 400 kg, respectively. Bobsleigh as a sport appeared in Switzerland at the end of the 19th century. 50 countries are members of the International Bobsleigh and Toboggan Federation (FIBT; founded in 1924). It has been included in the

program of the Winter Olympic Games since 1924, and the world championships will be held this year. Athletes from the USA, Switzerland, Germany, and Italy have achieved the most success in bobsled. A duathlon is a sport that consists of running, then cycling and running again. A duathlon is somewhat like a one-way triathlon. Internationally, duathlon is regulated by the International Triathlon Union (ITU).

Duathlon

Duathlon competitions are held at short, medium (standard) and long distances. The sprint distance of the duathlon is a 5 km run, a 20 km bike race and a 2.5 km run. The standard distance is 10 km run, 40 km bike and 5 km run. Long distances are not combined, but, for example, Powerman Zofingen is a 10 km run, 150 km bike and another 30 km run. Duathlon is the closest to triathlon, the main difference is that there is no swimming phase. Other sports that have evolved from triathlon are aquathlon, which combines running and cycling, but does not include cycling and aquabiking. Combines swimming and cycling but does not include running.

Team duathlon

There are two options for team duathlon. In the first option, the team consists of a runner and a cyclist, who alternately pass the baton to each other in the transit area.

In the second option, both team members cover the distance together, one of them runs on foot, and the other on a bike. They are allowed to share their bikes with each other, but they can't be too far from each other (for example, more than 10 meters away). In the next option, a task is given to reduce the total time to cover the distance. This requires effective coordination between team members, which makes the race more interesting. An example is the 100 km race around Dresden, which is the oldest in Germany. Figure skating is a sport. It is based on the special movements of the skater, which involves changing the direction of movement on the ice, spins and jumps. Includes women's and men's solo, pair flying and sports dance competitions. Solo flying consists of performing 3 compulsory figures called a school, a short free program consisting of 7 compulsory elements (time up to 2 min.) and a personal free program (4 min. for women, 5 min. for men). Flying in pairs consists of a short program (6 mandatory elements - a combination of steps, lifting; separate and joint rotations, jumps; lasts up to 3 min.) and a free program (5 min.). 3 compulsory in the sports dance program, there will be original and free dances. Skill of figure skaters is evaluated with a 6-point system. Figure skating appeared as a sport in the 60s of the 19th century. European championships - from 1891 in single flight (women - from 1930), in double flight from 1930; the world championships have been held since 1896 in singles (women - since 1906), since 1908 in doubles. The world championship in sports dances has been held since 1952. Figure skating was included in the program of the Winter Olympics in 1924 (sport dances - in 1976; competitions were held in the program of the Olympic Games in 1908 and 1920).

Parachute sports

Parachuting is a type of aviation sport. Parachute jumps from various flying devices (plane, helicopter, glider, airship, aerostat, etc.) The program of modern Parachute competitions includes:

jump from a height of 600 - 1500 m to a target circle with a radius of 10 m, individually and in groups, and land accurately on the ground;

performing a complex of acrobatic figures in the air by jumping alone from a height of 2000 m;

Complex jumping in a group, during which the relay batons are transferred during the free fall from 2400 m and the exercise of accurate landing on the target circle is performed;

acrobatic jumping in a group making certain figures in free fall from a height of 2400-4000 m;

accurate landing on the ground;

Parachute multi-sport event, including small-caliber rifle shooting, cross country, swimming.

Triathlon

Triathlon (running) is a multisport type, in which the participants have to go through three stages in a continuous sequence: swimming, cycling, running, each of them is considered an independent stage sport. There are various variations of the triathlon, which are distinguished by the sports they comprise and the

sequence, but currently the most popular and the only one included in the Olympic Games program includes swimming, cycling and running. Competitions are held at several standard and many non-standard distances.

History

The roots of triathlon go back to the races held in France in the 1920s and 1930s, which were called "La Course des Debrouillards" (literally translated from French - "Race of the resourceful"). Today, this race is held every year in France near Joinville-le-Pont, Myolan-en-Yvelines and Poissy. For the first time, competitions such as the modern triathlon could be found in the French newspaper "L'Auto" in 1920, which contained the following information about the competition called "Les Trois Sports": 3 km - running distance, 12 km. - cycling distance and sailing on the Marne Canal. These three parts continued without any interruptions. The 1927 race in Marseille was also mentioned in the French newspapers. In 1934, in La Rochelle, the "Les Trois Sports" competitions were held on a course consisting of three components: the crossing of the channel (200 m), a cycling race around the port of La Rochelle and the park of Laleu (10 km). and running (1200 m) at the Stade Andre-Barbeau. Thus, it is worth noting that the concept of modern triathlon appeared at that time.

From the mid-1930s until 1974, when a group of athletic friends from various disciplines formed a club near San Diego Bay in Southern California (USA) and began training together, almost nothing was known about triathlon competitions. there was no information. They included runners, swimmers and cyclists, and soon the activities turned into informal races.

Capricorn(kopkari)

Capricorn-is one of the ancient mass, national games of the peoples of Central Asia. Mainly, it was held on the occasion of victory and harvest holidays, weddings and feasts. In addition to the ruler and various officials, self-sufficient people, even ordinary citizens, organized Capricorn games. Most of the khatna (chipron) weddings had pictures. Capricorn is popular among Turkic peoples, especially among its clans such as Kungiro, Kurama, Ming, Mangit, Oirat, Yayilma, Kenegas, Kipchak, and Barlos. Before Uloq shows, special heralds are sent to villages and villages, and in crowded places, markets, by whom, where, when and for what purpose capricorn is being held, as well as the prizes to be announced. The capricorn game was organized in different places according to different rules (known as chortok, sudratma, marra, race, pakka, minbar and other names). Capricorn fulfilled the task of raising boys and young men to be brave, brave, dexterous, and brave without being an entertainment show or just a game. The game of goats helped to improve the breed of horses, to breed hardy, fast-moving breeds. Karabayir, Arabi, Akhaltekin, Kurama, Lakai, Kustanai, Karabog and Orlov horse breeds are Capricorn horses. Capricorn folk game mainly consists of 2 parts - solim (gokma) and race. Healthy (thickness). The bakovuls (judges) on Chortok throw the goat (goat or calf with slaughtered internal organs, head and legs cut off) to the herd. Riders in the group must take the capricorn, compete, and bring the strongest capricorn to the finish line. Whoever honestly brings capricorn to the finish line alone will receive a predetermined reward. At big weddings, money, cloth, clothes, carpets, rams, etc. are given as prizes. The race consists of 2 types: a horse rider's race (Kopkari Race) and a race with a goat. In a race with a goat, after the referees give permission to pick up the goat from the designated place, the rider must go and pick up the goat from the ground and bring it to the finish line. In the following years, the capricorn games were included as a sport, and official competitions and international tournaments began to be held in Uzbekistan at the republican level (again, equestrian sport). In 1998, national competitions were organized in Chelak district of Samarkand region, and in 1999 in Khatirchi district of Navoi region, dedicated to the 1000th anniversary of the "Alpomish" saga. The 1st international competition was held at the Islamabad collective farm in the Navoi region. Representatives of Samarkand region participated as a separate team. At the international recognition of Capricorn as a sport in 38 countries (2004), the Equestrian and Capricorn Federation of Uzbekistan developed the general rules of Capricorn competitions and the establishment of the International "Kok Boru" (Capricorn) Federation (2001) November 7-11, Bishkek) became very important. A separate "Uloq Kopkari" Federation was established in Uzbekistan (April 29, 2002). The Federation organizes regional, regional and republican competitions.

References:

1. Buranova Gulnoza Boymuratovna, Hamzayeva Nargiza Rajabbayevna, Hazratova Hulkar Normurodovna, & Norchayev Utkir Toshkentovich. (2021). The Role of Vitamins in Health of Pregnancy Women. International Journal on Orange Technologies, 3(4), 128-131. <https://doi.org/10.31149/ijot.v3i4.1679>
2. Hamzayeva Nargiza Rajabboyevna, & Khayrullayeva Lobar Mansur kizi. (2022). In Vitro Transformation of the Retina in 3d Model. Eurasian Scientific Herald, 7, 31–33. Retrieved from <https://geniusjournals.org/index.php/esh/article/view/976>
3. <https://olamsport.com/oz/news/zamonaviy-olimpiya-oyinlari-tarixi>
4. <https://usport.uz/uz/kinds/index?page=3&per-page=10?page=3&per-page=10>