



DEMAND AND INFLUENCE OF GENERAL PHYSICAL TRAINING ON RESULTS IN ATHLETICS AMONG STUDENTS

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Abstract: The article is devoted to the study of the demand and influence of general physical training (GPT) on the results in athletics among students. In the course of the study, conducted among 120 students of the 1st, 2nd and 3rd years of the Faculty of Physical Education, the difference in results between the groups undergoing regular GPT classes and those limited to only specialized training was studied. The results showed that students involved in GPT achieved a significant improvement in physical performance and athletic results. Technical, tactical and psychological aspects of training in an integrated approach led to higher results in competitions and physical fitness tests. The study confirms the importance of integrating GPT into the training process, as well as its high demand among students, which contributes to their comprehensive physical development and improved athletic achievements.

Key words: general physical training, athletics, students, physical training, sports results, training process, physical development, motivation, sports achievements, university.

Track and field plays an important role in the system of physical education and sports training of students in higher education institutions. This sport not only helps develop physical qualities, but also forms such important skills in students as self-discipline, determination and the ability to work in a team. General physical training (GPT) plays a key role in preparing students for track and field, providing the necessary basis for achieving high sports results. The purpose of this article is to study the demand for GPT among students and assess its impact on results in track and field. General physical training is a system of exercises and training aimed at the comprehensive development of physical qualities: strength, endurance, speed, flexibility and coordination. General physical training is an integral part of the training process in athletics, as it creates the basis for the development of specialized skills and abilities. Without proper general physical training, it is impossible to achieve a high level in such disciplines as running, jumping and throwing. The study was conducted among students from several universities involved in track and field. The study involved 120 students, divided into two groups: experimental and control. The experimental group underwent regular general physical training in addition to basic track and field training, while the control group was limited to specialized training only. Physical fitness and athletic performance were assessed at the beginning and end of the academic year using standardized tests and competitions. The test results showed that the students in the experimental group significantly improved their physical performance compared to the control group. The level of strength, endurance, speed and flexibility of the students who underwent general physical training was higher by an average of 15-20%. For example, the average result in the endurance test (3000 meter run) improved by 10%, and strength indicators (pull-ups and push-ups) increased by 15%.

Analysis of the competition results showed that the students in the experimental group achieved higher results in track and field compared to the control group. The average increase in speed in sprint disciplines (100 m and 200 m) was 5%, and in middle- and long-distance running disciplines (800 m and 1500 m) – 7%. The indicators in jumps and throws also improved: the length of the long jump increased by an average of 4%, and the throwing distance – by 6%.

Average values of physical indicators before and after the experiment for the experimental and control groups

Indicator	Experimental group before and after	Control group before and after
POWER	70	70
ENDURANCE	65	85
RAPIDITY	60	65
FLEXIBILITY	55	70

The table shows that the experimental group, which underwent general physical training, demonstrated significant improvement in physical performance compared to the control group.

A survey of students showed a high demand for general physical training as an important element of their athletic training. 85% of respondents noted that regular general physical training classes have a positive effect on their physical condition and results in athletics. 70% of students expressed a desire to continue general physical training classes even after completing the course, noting an improvement in their overall physical fitness and well-being. The obtained results confirm the importance of general physical training in the training process of students involved in track and field. General physical training contributes to the comprehensive development of physical qualities, which, in turn, has a positive effect on the results in specialized disciplines. In addition, the high demand for general physical training among students indicates its importance not only for athletic achievements, but also for the general physical development and health of young people.

Successful integration of general physical training into the training process requires a systematic approach, including planning, regularity of training and individualization of training programs depending on the level of training and the specifics of the discipline. It is also important to consider the psychological aspects of training, such as motivation and support from coaches and teachers.

General physical training is an integral part of the training process of students involved in athletics. It contributes to a significant improvement in physical performance and sports results, and is also in high demand among students. To achieve the best results, it is recommended to integrate general physical training into training programs on a systematic basis, taking into account the individual characteristics of athletes. Further research can be aimed at developing and optimizing general physical training methods, as well as studying its long-term impact on the health and physical development of young people.

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