

Sports Walking - Teaching Methods, Methods and Typical Mistakes in Learning

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Abstract:

This article describes the pedagogical skills of the most effective use of innovative technologies in the process of teaching methods of teaching sports walking techniques for university students of all directions, methods of teaching sports walking techniques, degrees of assessment of mastering sports walking techniques, rules of sports walking competitions and typical mistakes in teaching sports walking techniques.

Keywords: training, athletics, walking, athletic walking, method, method, physical development, step, legs, arms, competition.

In the context of a new period of development in Uzbekistan, significant efforts are being made in the higher education sector to meet the requirements of socio-economic development, which requires a greater number of competitive bachelors and masters who have been trained in those areas that correspond to the main priorities of the market economy. In the Decree of the President dated 06/05/2018 No. PP-3775 indicates "On additional measures to improve the quality of education in higher educational institutions and ensure their active participation in the large-scale reforms being carried out in the country", 06/05/2018, (2018). <http://www.uza.uz/ru> .

President of the Republic of Uzbekistan Sh.M.Mirziyoyev rightly points out: "We are all proud that our youth are rightfully becoming the decisive force of today and tomorrow, able to take responsibility for the future of the Motherland. We must bring to a logical conclusion the large-scale work carried out in this direction, in particular, the adopted national programs in the field of education and upbringing. In this regard, the most important task of the government, relevant ministries and departments, our respected mentors, professors and teachers is to provide high-quality education to young people, to educate them with physically healthy and spiritually mature personalities." It should be noted that this is quite consistent with the basic principles of state policy in the field of education approved by the Law of the Republic of Uzbekistan "On Education", such

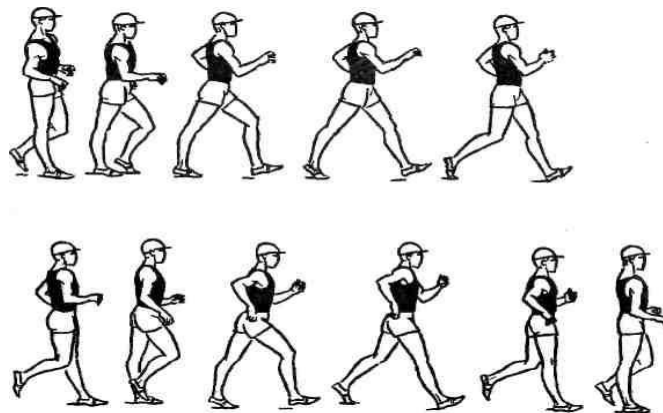
as the humanistic, democratic nature of education and upbringing, unity and differentiation of approach to the choice of training programs, encouragement of education and talent.

In this regard, the search for new forms of presentation of educational material is of particular relevance. Last but not least, this applies to pedagogical technologies that are used in educational institutions. In particular, the problem of using innovative technologies as the basis for teaching sports walking techniques, in our opinion, is of undoubted scientific and practical importance and remains extremely relevant today.

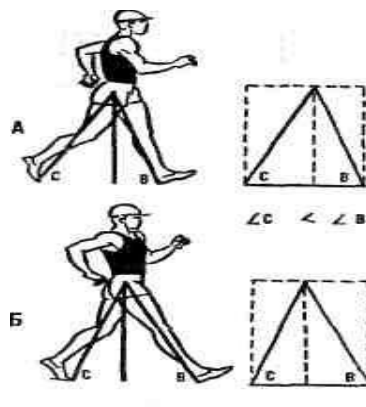
Walking is the only type of athletics in which the judges pay special attention to the technique of leg movements. The athlete is disqualified for violating the technique in two cases:

- 1) if it has lost contact with the track surface;
- 2) if the supporting leg is bent at the moment of vertical movement.

In sports walking, the athlete's actions are aimed at maximizing speed, subject to compliance with the rules of competition (Fig. 1). Speed in sports walking exceeds the speed of normal walking by 2-2.5 times. This is achieved by increasing the length of the steps to 110-120 cm and the frequency of steps to 180-200 steps per minute. However, before starting to learn the technique of athletic walking, it is necessary to correct the existing shortcomings in ordinary walking (gait, posture). The criteria for evaluating training in the technique of this type of athletics will be the naturalness and economy of athletic walking. A comparison of the angle of foot placement and the angle of repulsion can serve as a criterion for evaluating the technique (Fig. 2).



Drawing. 1. Sports walking technique



Drawing. 2. Determining the quality of sports walking technique by building a triangle

The following indicators can also be used to assess the degree of mastery of sports walking techniques:

- the maximum walking speed over a short distance (100 m);
- the length of walking steps at maximum speed (the average walking step length per 100 m is determined);
- the ratio of the length of the steps to the length of the body;
- the difference between the time of running and passing the same distance (100 and 1000 m);
- the ratio of heart rate to the speed of athletic walking at a distance of 400 m.

Task: determine your level of technical fitness in sports walking. To do this, complete the following tasks and record their results in Table 17:

- 1) walking at 100 m - ... s;
- 2) 100 m running - ... s;
- 3) walking at 400 m - ...s;

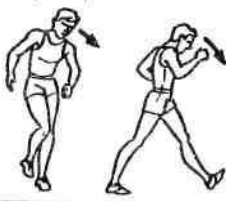
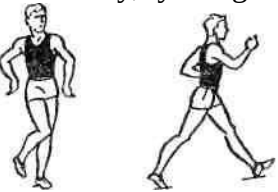
Table 17. Indicators of the level of technical preparedness in sports walking.

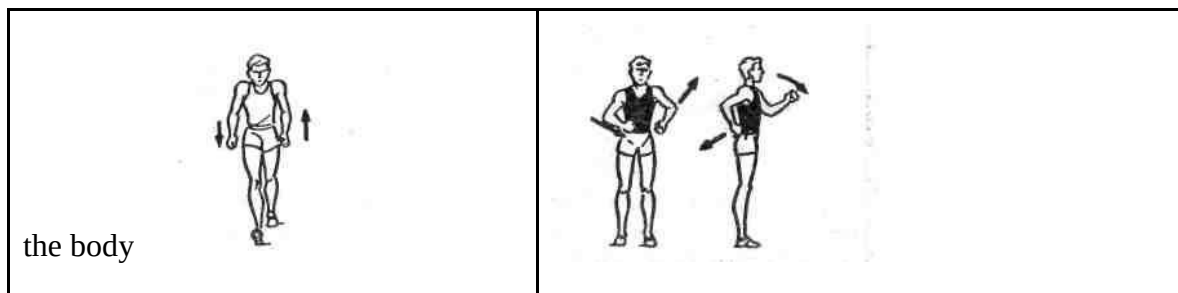
Technical indicators	Values of indicators
Maximum walking speed, m/s	
The average length of steps, m	
is the ratio of the length of steps to the length of the body	
The difference in walking and running speed per 100 m, m/s	
Walking speed at 400 mm/min	

Typical mistakes in learning the technique of athletic walking.

Typical mistakes in teaching sports walking techniques and recommendations for their correction (according to T.R. Renne)

Errors Error correction	Errors Error correction
1. The absence of a two-stop phase 	Reduce the forward tilt of the torso. Do not swing your free leg up, but move it more forward 
2. Placing the foot on the whole foot ("spanking walking") 	Reduce the deviation of the torso back. It is softer and lower to carry the flywheel leg over the ground with the foot on the heels 
3. Walking on bent legs	Apply uphill walking with an emphasis on straightening the leg at the knee joint. Athletic walking with a forward tilt of the trunk, arms help to straighten the legs

Errors Error correction	Errors Error correction
	
4. Incomplete transfer of the body from one leg to the other, walking is performed strenuously 	From a regular stand, alternately transfer the weight of the body from one foot to the other (without arm movements). The same goes for moving forward and taking small steps, putting your foot off the heel 
5. Lateral (transverse) vibrations of the runner, setting the legs along two parallel lines 	Walking in a straight line, such as marking a treadmill 
6. Insufficient movement of the pelvis around the vertical axis	Focus on turning the foot when pushing away (with the toe to the side). Bring the hip in the hip joint area of the flywheel leg forward and the midline of the pelvis
7. Incorrect head position (lowered down, tilted left, right) 	Keep your head free, naturally, your gaze is directed straight ahead 
8. The shoulders are raised up, the movements of the arms are parallel to	Perform movements with your hands freely, in a sweeping manner, in the direction forward to the middle line of the body (without crossing it) and back somewhat to the side-outwards. Do the exercise on the spot in slow walking. Walking with your arms down



The rules of the race walking competition.

Athletic walking competitions can be held on and off the stadium track. When walking outside the stadium, it is necessary to take care of marking the distance in advance.

To conduct walking competitions, a judging team is required in the following composition: starter, distance judge, style judge, finish judge.

While walking, an athlete may be disqualified for switching to running, for incomplete straightening of the supporting leg at the moment of vertical. First, the athlete is warned about the mistake, and if it reappears, they are removed from the race. If these violations occur at the finish line, the participant is disqualified without warning.

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