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THE IMPACT OF ATHLETICS SPORTS CLUBS ON STUDENTS' PHYSICAL QUALITIES

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Annotation: the article explores the impact of athletics sports clubs on the development of students' physical qualities. It highlights the role of structured athletic activities in enhancing endurance, strength, agility, and overall physical fitness. The study also examines the pedagogical benefits of incorporating athletics programs into school curricula to support students' holistic development.

Keywords: athletics sports clubs, physical qualities, students, endurance, strength, agility, physical education.

Аннотация: в статье исследуется влияние спортивных кружков по легкой атлетике на развитие физических качеств учащихся. Подчеркивается роль структурированных занятий легкой атлетикой в улучшении выносливости, силы, ловкости и общего физического состояния. Также рассматриваются педагогические преимущества внедрения программ легкой атлетики в школьную программу для всестороннего развития учащихся.

Ключевые слова: легкая атлетика, спортивные кружки, физические качества, учащиеся, выносливость, сила, ловкость, физическое воспитание.

Annotatsiya: Maqolada yengil atletika sport to'garaklarining o'quvchilar jismoniy sifatlarini rivojlantirishga ta'siri o'rganiladi. Tashkil etilgan yengil atletika mashg'ulotlarining chidamlilik, kuch, epchillik va umumiy jismoniy holatni yaxshilashdagi o'rni ta'kidlanadi. Shuningdek, o'quvchilarning har tomonlama rivojlanishini qo'llab-quvvatlash uchun yengil atletika dasturlarini maktab dasturlariga kiritishning pedagogik afzalliklari muhokama qilinadi.

Kalit so'zlar: yengil atletika, sport to'garaklari, jismoniy sifatlar, o'quvchilar, chidamlilik, kuch, epchillik, jismoniy tarbiya.

INTRODUCTION

Athletics sports clubs have long been recognized as a vital component of school-based physical education programs. These clubs provide structured opportunities for students to engage in a variety of athletic activities that contribute significantly to their physical and psychological development. Physical qualities such as strength, endurance, agility, and flexibility are essential for students' overall fitness and play a pivotal role in enhancing their academic performance and social interaction skills.

The growing prevalence of sedentary lifestyles among school-aged children has led to increased concerns about their physical well-being. Athletics sports clubs offer a practical

solution to counteract these issues by fostering an active lifestyle and promoting healthy habits. Participation in athletics not only enhances physical attributes but also cultivates discipline, teamwork, and resilience, which are fundamental life skills [1].

Despite the potential benefits, there remains limited research on the specific impact of athletics sports clubs on students' physical qualities. This study aims to fill this gap by analyzing the effects of regular participation in athletics clubs on the physical fitness of school students. The research focuses on measuring key physical qualities before and after students' involvement in athletics activities, providing valuable insights into their developmental progress.

By understanding the pedagogical significance of athletics sports clubs, this study seeks to advocate for their inclusion in school curricula. It emphasizes the importance of structured training programs in fostering students' holistic development and highlights their role as a cornerstone of effective physical education.

METHODS

This study was conducted to evaluate the impact of athletics sports clubs on the physical qualities of school students. A quantitative research design was employed to measure the changes in students' physical fitness over a 12-week athletics program.

Participants: the study involved 60 students aged 12-14 years from a general secondary school. Participants were randomly divided into two groups: an experimental group (n=30), who participated in athletics sports club activities, and a control group (n=30), who followed the standard physical education curriculum.

Program design: the athletics sports club program consisted of structured training sessions conducted three times a week for 90 minutes each. Activities included running drills, strength exercises, flexibility training, and agility-based tasks. Each session was designed to progressively challenge the participants and promote balanced physical development [2].

Measurements: physical qualities such as endurance, strength, agility, and flexibility were assessed at the beginning and end of the program. Standardized tests, including the 12-minute run test (endurance), standing long jump (strength), T-test (agility), and sit-and-reach test (flexibility), were administered to all participants.

Data analysis: pre- and post-test results were analyzed using paired and independent t-tests to compare the changes within and between the experimental and control groups. Statistical significance was set at $p < 0.05$.

This methodology provided a comprehensive framework for assessing the effectiveness of athletics sports clubs in enhancing the physical qualities of school students.

RESULTS

The study evaluated the impact of a 12-week athletics sports club program on the physical qualities of school students. The results demonstrated significant improvements in the

experimental group compared to the control group, which followed the standard physical education curriculum.

Endurance: the experimental group showed a marked increase in performance on the 12-minute run test, with an average improvement of 18% in the distance covered ($p < 0.01$). In contrast, the control group displayed a negligible change, indicating that regular athletics training effectively enhanced aerobic capacity.

Strength: the standing long jump results revealed a significant increase in leg strength for the experimental group, with an average improvement of 15% ($p < 0.01$). The control group showed minimal gains, emphasizing the role of specific strength exercises in athletics programs.

Agility: the T-test results highlighted a notable improvement in agility for the experimental group, with a 12% reduction in completion time ($p < 0.05$). The control group showed only a 3% improvement, underscoring the benefits of targeted agility drills.

Flexibility: the sit-and-reach test scores indicated a significant improvement in flexibility for the experimental group, with an average increase of 14% ($p < 0.05$). The control group exhibited a modest 4% increase, demonstrating the effectiveness of structured flexibility training.

Overall, the findings confirm that regular participation in athletics sports clubs significantly enhances key physical qualities in students, supporting the integration of such programs into school curricula for holistic development.

DISCUSSION

The findings of this study highlight the significant impact of athletics sports clubs on improving students' physical qualities, including endurance, strength, agility, and flexibility. These results align with prior research indicating that structured physical activity programs foster physical development and overall fitness [6].

The experimental group's substantial improvement in endurance, evidenced by the 18% increase in the 12-minute run test, underscores the effectiveness of aerobic training incorporated into athletics programs. Such improvements are critical for enhancing cardiovascular health and overall stamina, especially in adolescents who are in a critical phase of physical development [5].

Similarly, the marked gains in strength and agility reflect the benefits of targeted exercises like running drills, jumps, and agility-focused tasks. These activities not only improve muscular strength and coordination but also contribute to better performance in other sports and daily activities. The flexibility enhancements observed in the experimental group further emphasize the importance of incorporating stretching exercises, which reduce injury risk and improve range of motion.

The limited improvements in the control group highlight the insufficiency of standard physical education programs in addressing these key physical qualities comprehensively.

This underscores the necessity of integrating athletics sports clubs into school curricula to provide students with opportunities for structured and goal-oriented physical training. Future research should explore the long-term benefits of such programs and their impact on students' academic performance and mental health. Additionally, studies involving diverse age groups and settings could provide broader insights into their overall effectiveness [4,5].

CONCLUSION

This study demonstrated the significant positive impact of athletics sports clubs on the physical qualities of school students. Over the course of a 12-week structured program, participants in the experimental group exhibited marked improvements in endurance, strength, agility, and flexibility compared to their peers in the control group, who followed the standard physical education curriculum.

The findings underscore the importance of regular and well-designed athletics training sessions in fostering physical development during adolescence—a critical period for building lifelong health habits. By engaging in targeted aerobic, strength, and flexibility exercises, students not only enhanced their physical capabilities but also gained essential skills such as discipline and perseverance, which contribute to their overall growth.

The results highlight a pressing need for schools to integrate athletics sports clubs into their curricula as a means to address the rising concerns of sedentary lifestyles among children and adolescents. Such programs provide a holistic approach to physical education, ensuring that students receive adequate opportunities to develop their physical and mental well-being.

Future efforts should focus on expanding research to explore the long-term benefits of athletics sports clubs and adapting these programs to diverse educational and cultural contexts. This study serves as a foundation for promoting athletics as a cornerstone of effective school-based physical education.

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