

The History and Characteristics of the Emergence of Badminton as a Sport

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ABSTRACT

In the article, the history of the appearance of badminton as a sport and its characteristics, its origin, development as a sport, and the formation of a healthy lifestyle for the future generation are one of the most urgent problems of today. These issues are covered in detail in the article.

KEYWORDS: *BWF, badminton, volan, roopa, game, Olympics, sports, physical development.*

Badminton is a very popular sport. It is played by millions of people of different ages, from children to the elderly, on all continents of the world. The popularity of the game is explained by the simplicity of its rules, as well as the fact that it can be played by only two people and, moreover, by people of any age.

In order to further develop the sport of badminton in our republic, to attract large sections of the population, especially young people, to regularly engage in the sport of badminton, to select talented athletes from among them, to develop a system of training highly qualified trainers, to effectively use the existing material and technical base, 2021 - Starting from the 2022 academic year, specific measures have been established to open badminton departments in each Olympic and Paralympic sports training center, sports schools, and specialized sports schools. Creating a healthy lifestyle for the future generation is one of the most urgent problems today. Every country expects from its generation a future generation that will be healthy, able to work, protect the homeland, and live according to the demands of society.

Physical activity is an indispensable type of human activity and is absolutely necessary for maintaining and strengthening health. One of the distinctive features of the modern lifestyle with a progressive tendency is a decrease in physical activity (hypokinesia) and muscle work (hypodynamia) together with neuropsychic overload.

Today, badminton is known to many as a wonderful, elegant sport that requires special physical and technical training and has been a part of the Olympic Games system since 1992. We can come to this conclusion if we take into account all the physical development requirements for athletes in playing badminton.

Mastering the technique of playing badminton in elementary school children is the basis of the entire training process in the first four years of classes. Therefore, the coach should first focus on mastering the basics of game technique and improving it, and then he should focus only on the level of physical fitness of the child.

Badminton is one of the oldest games on our planet. There are many speculations about its origin. There are assumptions that it appeared in Ancient Greece, China, Japan, India and African countries two thousand years ago.

In 1650, Queen Christina of Sweden built a court near the Royal Palace in Stockholm to play "feather ball". The court still exists in the Swedish capital and now belongs to the church.

In England in the 19th century, playing the wheel became popular, especially in the family of the

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Duke of Beaufort. The Duke was patron of the Badminton Association and owner of Front Hall. There is still an amazing collection of old rackets and shuttlecocks.

In 1860, Isaac Spratt published the book "Badminton - Battler - A New Game", which described the first rules of badminton. India is the birthplace of modern badminton. It comes from a game called "roopa" in India.

British officers who served in India at that time played this game with great interest. After returning to their homeland in 1872, they demonstrated this interesting game at the Badminton estate near Gloucestershire. This year in England is considered the "birth year" of the game, which was named "badminton" after the name of this land. In 1875, the badminton club named "Folkstown" was founded. The first president of the association was Colonel Dolby, who took an active part in the development of new rules of badminton based on the rules of pune-roopa games. Some of these rules have been preserved to this day. Gradually, badminton clubs began to appear in England. It should be noted that at that time, they played on fields of different sizes in different regions. The court in Guilford was especially popular.

In 1898, the first official badminton tournament was held. On April 4, 1899, the English Championship was held in London for the first time. Later, championships became popular in England, the number of badminton clubs also increased, and the game of badminton became popular in the United Kingdom and throughout Europe.

The new sports game is rapidly gaining popularity, and in turn, the production of flywheels is also developing. In 1898, Ann Jackson received the first patent for the production of a flywheel.

Being Dolby, he actively participates in the development of new rules of badminton based on the rules of "pune" - "roopa" games. Some of these rules have been preserved to this day.

Badminton is popular not only in England, but also in other countries. Founded in 1934 as the International Badminton Federation (IBF), nine countries (Canada, Denmark, England, France, Ireland, Netherlands, New Zealand, Scotland and Wales) were members at first.

In 1981, the IBF merged with the Badminton World Federation and on 24 September 2006, the name of the organization was changed to the Badminton World Federation (BWF) at an extraordinary general meeting held in Madrid.

When the BWF was founded (as the IBF), its headquarters were located in Cheltenham, Great Britain. The head office was moved to Kuala Lumpur, Malaysia on October 1, 2005. Currently, BWF has 176 member countries worldwide, which are organized in 5 continental confederations.

The first official World Championship was held in Malmo, Sweden in 1977. In 1992, badminton was accepted into the family of the Olympic Games.

Badminton is a popular sports game. It is widespread all over the world, especially in Asian countries. Badminton training has various effects on the human body, develops physical qualities, contributes to the development of willpower, and creates a sustainable need to take care of the participants' health. Badminton training helps to increase the accuracy of visual perception, increases the speed of motor reaction and forms a spatial understanding of the field.

The movements used by a badminton player are natural and based on running, throwing and jumping.

Jumping exercises help to strengthen the muscles and ligaments of the legs. Effective movements increase the mobility of the hands and strengthen their ligamentous apparatus.

The complex effect of badminton tools increases metabolism, improves the activity of the whole body, stimulates the activity of blood circulation and respiratory organs, and strengthens the nervous

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system.

The activity of the game evokes positive emotions such as cheerfulness, positivism, cheerfulness in the participants.

Therefore, badminton is not only a means of physical development, but also a means of active recreation, especially for people engaged in mental work.

Badminton training helps to develop valuable personal qualities such as courage, self-confidence, quick thinking, resourcefulness and determination.

The inclusion of badminton in the educational process of physical culture of schools, universities and industrial enterprises is a means of mass physical fitness of the people, strengthening of health, increasing mental and physical activity, ensuring creative longevity, military service. helps to solve preparation problems. It is known that badminton is included in the physical education program of cosmonauts.

The simplicity and convenience of badminton allows people of any age and gender to start playing this sport. Amateur exercise does not require large expenses, people exercise outdoors, using simple platforms and homemade equipment.

The variability of the load, which can be individually dosed, allows badminton equipment to be included in rehabilitation activities in rest homes and special medical groups at universities.

Badminton, on the other hand, is a technically difficult game. High-class athletes quickly and easily move from one end of the court to the other, take the shuttlecock out of difficult positions, and perform an offensive "hit" on the jump. According to calculations, one athlete makes 20 shots in an average rally. If we assume that 2/3 of these shots are aimed at the corners, it turns out that the badminton player covered a distance of about 100 m. The distance traveled at the meeting can be up to 6 km. In the modern game, the maximum speed record for the shuttlecock is 493 km/h, which forces badminton players to quickly assess the game situation, predict the course of the game and create tactically favorable situations for themselves. Therefore, badminton players are constantly faced with intellectual and motor tasks that they solve during the game. The variety and variability of the game situations consists of the trajectory of the shuttlecock, its speed, the position of the players on the field, their directions of movement and the magnitude of the force when hitting. In badminton, well-developed coordination skills of players are of great importance, they help to perform movements on the court quickly and efficiently.

Competitions in badminton are varied and complex. His systematic analysis reveals the connection between the manifestation of physical qualities and technical training, physical training of athletes and tactical actions performed by them. The connection between technique and tactical actions is revealed. Thus, all aspects of a badminton player's training are fully reflected in competitive activities. Successful implementation of various aspects of training in badminton competitions indicates the overall preparation of the athlete.

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