

## HOW USEFUL AND IMPORTANT FOR HEALTHY OF PEOPLE TO PLAYING TENNIS. INTRODUCTION ABOUT TENNIS

НАСКОЛЬКО ПОЛЕЗНО И ВАЖНО ДЛЯ ЗДОРОВЬЯ ЛЮДЕЙ ИГРАТЬ В ТЕННИС. ВВЕДЕНИЕ О ТЕННИСЕ

INSONLARNING SOG'LIG'I UCHUN TENNIS O'YNASH QANCHALIK FOYDALI VA MUHIM. TENNIS HAQIDA MA'LUMOT

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**Annotation :** This article contains information about tennis and its positive and effective sights, it's two types with information about them. Tennis, original name lawn tennis, game in which two opposing players (singles) or pairs of players (doubles) use tautly strung rackets to hit a ball of specified size, weight, and bounce over a net on a rectangular court. Points are awarded to a player or team whenever the opponent fails to correctly return the ball within the prescribed dimensions of the court.

**Key words :** sport, tennis, players, team, athletes.

**Аннотация :** Эта статья содержит информацию о теннисе и его положительных и эффективных аспектах, это два типа с информацией о них. Теннис, оригинальное название лаун-теннис, игра, в которой два игрока-соперника (одиночные) или пары игроков (парные) используют туго натянутые ракетки, чтобы отбить мяч определенного размера, веса и отскочить от сетки на прямоугольном корте. Очки начисляются игроку или команде всякий раз, когда соперник не может правильно вернуть мяч в пределах предписанных размеров площадки.

**Ключевые слова :** спорт, теннис, игроки, команда, спортсмены.

**Аннотация :** Ushbu maqola tennis va uning ijobiy va samarali diqqatga sazovor joylari haqida ma'lumotni o'z ichiga oladi, bu ular haqida ma'lumotga ega bo'lgan ikki tur. Tennis, asl nomi maysazor tennis, ikkita qarama-qarshi o'yinchi (yakkalik) yoki juft o'yinchi (juftlik) belgilangan o'lchamdagi, og'irlikdagi to'pni urish va to'rtburchaklar kortda to'r ustidan sakrash uchun tarang tortilgan raketkalaridan foydalanadigan o'yin. Raqib to'pni belgilangan maydon o'lchamlari doirasida to'g'ri qaytara olmasa, o'yinchi yoki jamoaga ballar beriladi.

**Калит сузлар :** sport, tennis, futbolchilar, jamoa, sportchilar.

Tennis, original name lawn tennis, game in which two opposing players (singles) or pairs of players (doubles) use tautly strung rackets to hit a ball of specified size, weight, and bounce over a net on a rectangular court. Points are awarded to a player or team whenever the opponent fails to correctly return the ball within the prescribed dimensions of the court. Organized tennis is played according to rules sanctioned by the International Tennis Federation (ITF), the world governing body of the sport.

Tennis is a racket sport that is played either individually against a single opponent (singles) or between two teams of two players each (doubles). Each player uses a tennis racket that is strung with cord to strike a hollow rubber ball covered with felt over or around a net and into the opponent's court.

The player who is unable to return the ball validly will not gain a point, while the opposite player will.

Tennis is an Olympic sport and is played at all levels of society and at all ages. The sport can be played by anyone who can hold a racket, including wheelchair users.

Tennis is a good sport for maintaining health, fitness, strength and agility. It also has social and psychological benefits.

Tennis can be a great workout and lots of fun. Playing tennis has many health benefits including:

- increasing aerobic capacities
- lowering resting heart rate and blood pressure
- improving metabolic function
- increasing bone density
- lowering body fat
- improving muscle tone, strength and flexibility
- increasing reaction times

As well as being a great physical workout, tennis is also: a non-impact sport, a great way to meet people and spend time with friends, suitable for all ages and skill levels. Whatever your level, you can find someone of a similar ability to play with, helpful to reduce stress, not dependent on youth or strength – you can play for a lifetime or start the game at any age, played all over Australia and through many parts of the world.

Playing tennis can have a number of positive health and fitness benefits on your body. Here are some of its key exercise advantages: improves aerobic fitness, with more oxygen circulated around the body to better muscular endurance, tennis burns off calories with energy being supplied to the muscles and not forming fat, it boosts flexibility and sprint speed, due to the fast-paced nature of the game and improves hand-eye co-ordination with concentration required for serving, it develops the

strength and power of muscles, notably leg and arm muscles, tennis furthers concentration and mental strength, with matches often lasting for many hours and tennis boosts a player's cardiovascular fitness (the heart and lungs organs), allowing more oxygen to be pumped around the body and help energise muscles.

Tennis originally was known as lawn tennis, and formally still is in Britain, because it was played on grass courts by Victorian gentlemen and ladies. It is now played on a variety of surfaces. The origins of the game can be traced to a 12th–13th-century French handball game called jeu de paume (“game of the palm”), from which was derived a complex indoor racket-and-ball game: real tennis. This ancient game is still played to a limited degree and is usually called real tennis in Britain, court tennis in the United States, and royal tennis in Australia.

The modern game of tennis is played by millions in clubs and on public courts. Its period of most rapid growth as both a participant and a spectator sport began in the late 1960s, when the major championships were opened to professionals as well as amateurs, and continued in the 1970s, when television broadcasts of the expanding professional tournament circuits and the rise of some notable players and rivalries broadened the appeal of the game.

A number of major innovations in fashion and equipment fueled and fed the boom. The addition of colour and style to tennis wear (once restricted to white) created an entirely new subdivision of leisure clothing. Tennis balls, which historically had been white, now came in several hues, with yellow the colour of choice.

Racket frames, which had been of a standard size and shape and constructed primarily of laminated wood, were suddenly manufactured in a wide choice of sizes, shapes, and materials, the most significant milestones being the introduction of metal frames beginning in 1967 and the oversized head in 1976.

While tennis can be enjoyed by players of practically any level of skill, top competition is a demanding test of both shot making and stamina, rich in stylistic and strategic variety. From its origins as a garden-party game for ladies in whalebone corsets and starched petticoats and men in long white flannels, it has evolved into a physical chess match in which players attack and defend, exploiting angles and technical weaknesses with strokes of widely diverse pace and spin. Tournaments offer tens of millions of dollars in prize money annually.

**Origin and early years.** There has been much dispute over the invention of modern tennis, but the officially recognized centennial of the game in 1973 commemorated its introduction by Major Walter Clopton Wingfield in 1873. He published the first book of rules that year and took out a patent on his game in 1874, although historians have concluded that similar games were played earlier and that the first tennis club was established by the Englishman Harry Gem and several associates in Leamington in 1872. Wingfield's court was of the hourglass shape and may have

developed from badminton. The hourglass shape, stipulated by Wingfield in his booklet “Sphairistiké, or Lawn Tennis,” may have been adopted for patent reasons since it distinguished the court from ordinary rectangular courts. At the time, the Marylebone Cricket Club (MCC) was the governing body of real tennis, whose rules it had recently revised. After J.M. Heathcote, a distinguished real tennis player, developed a better tennis ball of rubber covered with white flannel, the MCC in 1875 established a new, standardized set of rules for tennis.

Meanwhile, the game had spread to the United States in the 1870s. Mary Outerbridge of New York has been credited with bringing a set of rackets and balls to her brother, a director of the Staten Island Cricket and Baseball Club. But research has shown that William Appleton of Nahant, Massachusetts, may have owned the first lawn tennis set and that his friends James Dwight and Fred R. Sears popularized the game.

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An important milestone in the history of tennis was the decision of the All England Croquet Club to set aside one of its lawns at Wimbledon for tennis, which soon proved so popular that the club changed its name to the All England Croquet and Lawn Tennis Club.

In 1877 the club decided to hold a tennis championship, and a championship subcommittee of three was appointed. It decided on a rectangular court 78 feet (23.8 metres) long by 27 feet (8.2 metres) wide. They adapted the real tennis method of scoring—15, 30, 40, game—and allowed the server one fault (i.e., two chances to deliver a proper service on each point). These major decisions remain part of the modern rules. Twenty-two entries were received, and the first winner of the Wimbledon Championships was Spencer Gore. In 1878 the Scottish Championships were held, followed in 1879 by the Irish Championships.

There were several alterations in some of the other rules (e.g., governing the height of the net) until 1880, when the All England Club and the MCC published revised rules that approximate very closely those still in use. The All England Club was the dominant authority then, the British Lawn Tennis Association (LTA) not being formed until 1888.

In 1880 the first U.S. championship was held at the Staten Island Cricket and Baseball Club. The victor was an Englishman, O.E. Woodhouse. The popularity of the game in the United States and frequent doubts about the rules led to the foundation in 1881 of the U.S. National Lawn Tennis Association, later renamed the U.S. Lawn Tennis Association and, in 1975, the U.S. Tennis Association (USTA). Under its auspices, the first official U.S. national championship, played under English rules, was held in 1881 at the Newport Casino, Newport, Rhode Island. The winner, Richard Sears, was U.S. champion for seven consecutive years.

Tennis had taken firm root in Australia by 1880, and the first Australian Championships were played in 1905. The first national championships in New Zealand were held in 1886. In 1904 the Lawn Tennis Association of Australasia (later of Australia) was founded.

The first French Championships were held at the Stade Français in 1891, but it was an interclub tournament that did not become truly international until 1925; the French Federation of Lawn Tennis was established in 1920. Other national championships were inaugurated in Canada (1890), South Africa (1891), Spain (1910), Denmark (1921), Egypt (1925), Italy (1930), and Sweden (1936). In 1884 a women's championship was introduced at Wimbledon, and women's national championships were held in the United States starting in 1887.

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