



SOME FEATURES OF THE FORMATION OF THE THEORY OF SPORTS

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Annotation: At the present stage of development of the theory of sports, the solution of the problem of its application, proceeding from the need to improve the system of mass physical training of the population, is becoming increasingly important. At the same time, when starting to solve a particular applied problem in the field of sports, in our opinion, it is important to preserve the scientific methodology laid down by domestic scientists in the field of theory and methodology of physical culture.

Key words: sport, sport education, development theory of sports, physical training, teacher – student, physical culture, scientific methodology.

At the same time, the existing applied orientation in sports theory should be largely complemented by biomedical research. At the present time, the issues of improving performance and its recovery after performing heavy training loads are no less relevant. Application in the theory of physical culture and sports is, first of all, the need and desire to constantly look for an answer to the question: how and what should be done? Only in this case there are alternatives to traditional and often conservative schemes of physical education, physical culture and sports.

The sport of the highest achievements in relation to the mass physical culture movement acts as an effective means of forming the correct orientation of a person to the manifestation of physical abilities, namely, sport helps to ensure that a person engaged in physical activity does not approach the development of his abilities abstractly, only as the development of his biological qualities. First of all, sport is a competitive activity. In the broadest sense of the word, sport covers not only the actual competitive activity, special training for it, but also the specific relationships, norms and achievements that have arisen on the basis of this activity.

Sportsmanship is, first of all, the art of movement. The education of an athlete is carried out on the basis of specialized activities. Therefore, the growth of skill is ensured and at the same time limited by the physical capabilities of the body, i.e. the ability to show the required level of effort and withstand the necessary training load.

The process of educating high-class athletes is conducted at the level of extreme physical and mental stress. And in this process, mistakes should not be made, because the price of them is human health. This issue is especially relevant in the preparation of young athletes, since in many sports highly qualified athletes are trained in childhood and adolescence. As the comparative analysis of numerous studies aimed at solving the problem of long-term training of young athletes in various sports has shown, the theoretical and methodological aspect of them is subordinated to the general laws of training and upbringing, training methods, etc.

Nowadays, the main attention of specialists is focused primarily on uncovering those patterns that are inherent in sports training of children and adolescents in connection with their age characteristics and stages of training. Certain positive results have been achieved in this direction: in many sports, the main stages of long-term training and model characteristics of various aspects of training highly qualified athletes have been developed



as a practical guideline for young athletes in realizing their prospects; studies on the problems of selecting young athletes have been carried out.

Attempts to outline the problems and subject matter of a new scientific and educational discipline of this kind began almost simultaneously in various countries, where there were specialists who risked doing the extremely difficult work necessary for this. The results of the first attempts, of course, did not differ much from the existing developments in the theory and methodology of sports training, then publications appeared, more and more succinctly covering various aspects of the object sphere of sports. Their broadly generalizing orientation in this field was emphasized by such names as: "theory of sports" or "general theory of sports", "theory and methodology of sports", "sports science" or "science of sports"; in general, such a designation as "sports science" or "sports science" is acceptable here.

At the same time, what had developed earlier as a proven and widely accepted content of the general theory of sports training, of course, was not abolished, but was included in a more capacious discipline, the largest components of which are outlined:

- a general conceptual characteristic of the phenomenon of sports with a reflection of the structural and functional properties objectively inherent in it, its origins, general patterns of functioning and development trends in society;
- the theory of the athlete's actual competitive activity and the system of sports competitions;
- the theory of athlete training as a multilateral long-term process that unfolds in the form of sports training and the systematic use of other factors to increase and optimize the athlete's achievement capabilities.

The most important thing for specialists is the methodology of sports. There are cases when great athletes, having switched to coaching, could not achieve noticeable results. This is primarily due to the fact that they did not know the theory and methodology of sports, sports training. As they say, they built the educational and training process "for themselves", not taking into account the fact that each of their students is unique, individual and unique in their physical, mental, and intellectual abilities. On the other hand, the outstanding coaches of our time were people who did not have high-profile sports titles. This is due to the fact that they constantly studied the theory and methodology of physical culture, possessed knowledge of pedagogy, psychology, biomechanics and other related sciences, searched and found ways to deepen and improve them and implement them into practice. The term "methodology" means a set of methods for the expedient conduct of any work. The methodology, if possible, should contain an accurate prescription for performing in a certain sequence of actions (operations) leading to the solution of the set pedagogical task.

It is appropriate to note that in educational institutions of all types, physical education is taught as a subject of the curriculum based on the public education system of our country. In addition, classes in sports sections and various sports competitions are held outside of school hours, and these events are based on an important goal - the physical development of children and youth in any field of professional training. That is why it has become a good tradition to hold prestigious multi-stage sports competitions "Umid nihollari", "Barkamol Avlod", "Universiada", which are directly related to the system of continuing education. It should be emphasized that, thanks to presidential decrees and government resolutions, attention is being increased to the work of popularizing sports among students, selecting gifted children and training professional athletes. A specific goal has been set - the education and training of athletes who will be able to adequately defend the honor of our country at international sports competitions and enhance the authority of Uzbekistan. All these measures were important not only for improving human resources, strengthening the health of the nation, but also for increasing the international prestige of the country.

Currently, sport is both a meaningful way to spend free time, and a means to help young people choose the right path.



Research in sports is divided into: experimental and empirical, related to the results of observations and experiments, with dependencies between individual subjects and phenomena, mathematical and statistical processing and description of the data obtained. The acquired knowledge forms the empirical basis of the theory and can be used to conduct research at the theoretical level; - theoretical, when it provides for the identification of patterns, the formulation of principles and laws, the definition of concepts, the promotion of promising ideas and hypotheses. Conducting research involves the use of various methods. Thus, at the empirical level, general scientific and private methods are mainly used to create a basis for theoretical knowledge.

As the facts accumulate, prerequisites are formed for identifying the most important patterns, formulating hypotheses, generalizing conclusions, theoretical principles and laws. The dialectic of scientific knowledge lies in the fact that theory influences experimental work, the results of which at the same time affect theory. Without preliminary ideas, hypotheses, a scientific experiment is impossible, and without facts, it is impossible to create a full-fledged theory. Theoretical research is a type of scientific work that is based on abstract thinking, when it is necessary to widely apply dialectical-materialistic and general scientific methods that allow generalizing accumulated facts.

Theory and methodology reveals both general and specific goals, objectives, principles, methods of teaching movements and physical training, reveals the relationship between exercise and rest, teaches methods of planning and monitoring the pedagogical process. It reveals almost all sides and ways to improve a person. It creates all the necessary prerequisites for professional growth and improvement of a specialist, the formation and approval of his prestige, success and material well-being.

Thus, it is stated that it is necessary to further develop the theory and methodology of sports — based on an in-depth analysis of previous experience and the use of modern scientific knowledge about the laws of the functioning of the human body. It is the development of the theory and methodology of sports that is the way that will ensure the creation of modern technologies for training highly qualified athletes.

Uzbekistan pays serious attention to the development of physical culture and sports, and these problems have been elevated to the rank of state policy, which has a positive effect on the growth of the socio-educational significance of all sports, but at the same time there are some shortcomings that actualize the need for a historical analysis of the country's sports life.

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