

Formulation of Sports Theory and Physical Culture

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Abstract:

Formulated the narrow understanding of sport as a proper competitive activity does not exhaust, of course, its entire essence and features as a multi-genre what kind of social phenomenon is included in the fork a new system of interpersonal, inter-collective and global interpersonal relations. It is more fully reflected by the expanded concept, adopted along with the narrow one.

Keywords: sport, sport theory, competitive activity, physical culture.

The term “sport” does not have one meaning. Initially, it meant something like fun and entertainment combined with recreation and included elements of competition. Gradually, under the powerful influence of the revival of the Olympic games and the development of other orderly forms of competitive activity, the concept of "sport" acquired strict certainty. In modern special terminology, there is a narrow and a wide definition of it. In a narrow sense, sport is actually a competitive activity.

“Is this an activity that has historically developed mainly in the field of physical culture and has emerged in the form of competitions as a special type of achievement what is the activity that is detected in a clearly regulated environment is it aimed at the maximum realization of the individual's attainable capabilities (his powers, abilities, skills) in an orderly form with objectification evaluation of the achieved results”.

“In a broad sense, the concept of “sport” covers competitive activity, the process of preparing for achievements in it, as well as specific interpersonal relationships arising on the basis of this activity”. But even such an expanded understanding of sport, of course, does not exhaust the full wealth of its specific manifestations in society. Its importance and prevalence in the modern world are truly extraordinary.

The importance of the theory and methodology of sports is very great.

“Any person engaged in work or sports activities has three ways of mastering skills”.

About some features of the formation of the theory of sports

In the 70s and 80s of the last century, the process of forming the theory of sports as a relatively independent branch of generalizing scientific and applied knowledge took place. According to L.P. Matveev, its correlation with the theory of physical culture is characterized not by a complete, but by a partial coincidence.

L.P. Matveev should rightfully be considered one of the founders of the theory and methodology of sports - it was he who first made an attempt to comprehensively describe the fundamental principles and patterns of sports pedagogy of the process. But what doesn't develop is dying! L.P. Matveev (1965) once wrote, “What biological process cannot be opposed??leave it to the

pedagogical - they are united both in form and content. In his opinion, does the first of them reflect the adaptation complex the second one reveals the essence of the training system itself."

Having initially stood out from the theory of physical education in the form of the course "Fundamentals of sports training", sports theory has been officially formed only in the last 15-20 years as a separate educational and scientific discipline, and although it has not yet passed the stages of its completed formation, the experience of its development both in our country and abroad has already given quite definite constructive results which allow us to reasonably talk about the undoubted prospects of the trend of its development. At the same time, it is quite obvious that the object and problems of the general theory of physical culture are much broader than those of the theory of sports. In turn, the competitive nature inherent in sports is inherent in physical culture. It contributes to the improvement of human personality traits, the process of socialization and increased social activity.

The basic law of the functioning and development of physical culture is determined by the economic and socio-political structure of society. A number of principles of physical culture development proceed from this law: applied comprehensiveness, wellness orientation, ideality, scientific validity, unity of objective and subjective, etc. However, the main contradiction between the functioning and development of physical culture is what is stated in a number of scientific papers - there is a contradiction between the requirement of society to form a comprehensively developed younger generation and the means of its implementation: the physical fitness of a significant part of the population does not meet the requirements that are imposed on a person in modern socio-economic living conditions, although it can be assumed that the widespread implementation of the approved. The integration of available means and methods of various sports into the process of mass physical training of the population will significantly reduce the nature of this contradiction.

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.

At the same time, the existing applied orientation in sports theory should be largely interested in medical and biological research. The issues of improving performance and its recovery after performing heavy training loads are no less relevant at the moment.

Sports activity as a complex socio-biological phenomenon. Being social in nature, the author notes, and having a specific pedagogical approach its content and educational orientation, it has a biological basis in its form of existence and development. It is the biological aspect in sports activity that should play an important role in the scientific search aimed at solving the problem of rational construction and programming of training, but at the same time it should be guided and comprehended in the aspect of pedagogical tasks expressing the social essence of sports activity.

Sport is a special kind of social production, in which there is a specific in this form, the specialization of human self-determination is reproduced (modeled). 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.

In sports, the object of labor is the athlete himself. He is the subject of labor. The highest sporting achievement should not be an end in itself. The moral value that these achievements have is not only a means of self-determination of the athlete's personality, but also an important incentive for the growth of sports achievements of other members of society.

In the theory of sports, research related to the two main sections of the sports movement - basic mass sports and high-performance sports - is becoming increasingly important. The vast majority of research papers on sports are devoted to sports of the highest achievements. However, neither the individual nor the society, the author notes, will benefit if the bulk of the time of millions of people involved in the sports movement is spent not on productive work, but on achieving athletic results. The time and effort devoted to sports activities should be balanced with other time spent in order to achieve comprehensive physical development and effective performance of useful work activities.

Sportsmanship is, first of all, the art of movement. Is the education of an athlete carried out on the basis of specialization 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. Does it come out from here, that the pedagogical principles of the organization of the training process, along with the educational orientation, should take into account the biological essence of the process and the formation of sports skills. This does not mean, the author further notes, the "biologization" of the theory and methodology of sports training, but nevertheless emphasizes the specifics of sports pedagogy.

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 question is especially relevant in the preparation of young athletes, since in many sports highly qualified athletes are trained in kindergarten 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.

The team of authors formulated the basic guidelines for managing the training of young athletes:

1. the target orientation in relation to higher sports skills;
2. the effect of recycling qualities, taking into account age characteristics;
3. proportionality of the development of basic physical qualities;
4. leading factors at various stages of long-term training;
5. promising advance in the formation of technical skills a matter of skill.

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. Have certain results been achieved in this direction positive results: in many sports, the main stages of long-term training and model characteristics of various aspects of highly qualified training have been developed??are there any athletes as practitioners is a guideline for young athletes in the realization of their prospects; research on the problems of selection of young athletes has been carried out.

The need to study the problems of theory and methodology of mass sports does not decrease. In the modern theory and methodology of physical culture, the content of training for young athletes with a primary focus on the effectiveness of basic training has been specifically reflected. The nature of the training patterns has been determined, one of the essential points of which is the relationship between the factors affecting the athlete in the training process; the effects resulting from their effects and the conditions for their implementation. A number of scientific studies have revealed significant links between the nature of the exercise and the

direction of functional and morphological changes caused by their systematic implementation, or between the amount of training load and the degree of adaptation of the body.

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