

PHYSICAL EDUCATION AND SPORTS THEORY, ITS APPLIED ASPECTS

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Abstract:

Sport permeates all levels of modern society, exerting a wide impact on the main spheres of society. It influences national relations, business life, social status, shapes fashion, ethical values, and people's way of life. Every profession has its own functions and techniques, as well as definitions and concepts specific to a particular profession.

Keywords: Physical education, sport theory, port specialists, achievement, professional technique, competence.

Introduction

Modern approaches to training a future specialist are saturated with innovative technologies, but the path to coaching remains a difficult issue. The achievement of coaching skills depends not only on professional technique, but is largely determined by the level of personal development and cognitive maturity. Effective training of a professional trainer is possible with the understanding and interpretation of basic and special concepts. Mastering the discipline requires the master's student to independently comprehend terms and concepts, which is necessary for the development of horizons and the formation of professional competence.

Sport today is the main social factor capable of resisting the invasion of cheap culture and bad habits. This is the best "rattle" that can distract people from current social problems. This is perhaps the only "glue" that can glue the entire nation together, which neither religion nor politicians can do." Indeed, sport has a powerful socializing force. Politicians have long viewed sport as a national hobby capable of uniting society with a single national idea, imbuing it with a peculiar ideology, people's desire for success and victory. Sociological surveys of the population, especially of young people involved in sports, show that sport forms the initial idea of life and the world. It is in sports that such important values for modern society as equality of chances for success and achievement of success are most clearly manifested.

The desire to be the first, to defeat not only the opponent, but also yourself. People who have completed the "school of sports" are convinced that sport has helped them to cultivate faith in their strengths and abilities, as well as the ability to use them. Sport teaches you to make sacrifices to achieve your goals. The lessons learned by young athletes on the sports field, then, as a rule, help in life. Many of the athletes claim that it was sport that made them a person capable of being a person. Through sports, the principle of modern life is realized - "rely on yourself." This means that success depends primarily on personal, individual qualities: ambition, initiative, fortitude, hard work, patience, and strong-willed skills. Among the sciences of man and society, the leading place is given to sociology, the science of the social world, social relationships and interactions of the individual.

One of the main problems in modern physical culture and sports is the formation of the value



attitude of society and individuals towards physical culture and sports lifestyle. Currently, physical culture and sports represent a multifunctional social phenomenon. This is due to the fact that this field of activity concerns the upbringing of a person, the main element of the productive forces of society. Physical movement is carried out under the direct influence of social relations between people, penetrates not only into the field of culture, but also other important aspects of life: politics, economics, etc.

The state of health is of particular importance. Human health is determined by both biological and social factors and has, one might say, a "double determination." Physical education and mass sports contribute to the prevention and reduction of a number of diseases. General cultural ties arise as a result of its multilateral relations with other social phenomena. The main goal and an important factor in involving the population (especially young people) in regular physical education and sports is the comprehensive and harmonious development of personality.

Physical culture and sports are used as a means of protecting and promoting human health from early childhood to old age. The use of physical culture and sports in the process of life contributes to the prevention of a wide variety of diseases. Maintaining a healthy lifestyle is of particular importance in improving the health of the population. Sport provides opportunities not only for physical and athletic improvement, but also for moral, aesthetic, intellectual and labor education. Sport has a positive effect on the functional capabilities of the human body, this is especially pronounced in children's and youth sports, where the beneficial effect of sports on the developing and developing body is invaluable. It is at this age that the foundations of health are laid, skills of systematic physical exercise are instilled, and habits of personal and public hygiene are formed.

At the same time, sport is a source of positive emotions, it levels the mental state of children, allows them to relieve mental fatigue, and allows them to experience "muscular joy." Its role in eliminating the negative effects of physical inactivity in children is especially important. Modern sports also play an important role in working with the adult population. It is a means of recovery, protection from the adverse effects of scientific and technological progress with its characteristic sharp decrease in motor activity in work and in everyday life. Sport is one of the most popular forms of organizing healthy leisure, recreation and entertainment. This is especially evident in mass sports, where the goal of achieving high athletic results is not set. In sports, one of the most powerful factors is the involvement of people in public life, introducing them to it and forming the experience of social relations among those involved.

The functions of sport are understood as objectively inherent in its properties to influence a person and human relationships, to satisfy and develop certain needs of the individual and society. The functions of sport can be conditionally divided into specific (peculiar only to it as a special phenomenon of reality) and general. The specific ones include the competitive-reference and heuristic – achievement function. The general functions include those of socio-social significance, such as the function of personality-oriented education, training and development; recreational function; emotional and entertainment function; function of social integration and socialization of personality; communicative function and economic function.

The basis of the specifics of sport and its function is that it originated and developed as a competitive activity itself, which is specially adapted to maximize the identification, unified comparison and objective assessment of certain human capabilities in the form of a competition



focused on victory or possibly high achievement in this very competitive activity. This implies, first of all, the importance of sport as a kind of benchmark for assessing human capabilities, i.e. a specific competitive and reference function of sport. Unlike other standards, the "sports standard" of human capabilities historically does not remain unchanged, but progresses, thereby stimulating the mobilization of an athlete's efforts to improve himself, aimed at influencing the development of his abilities. Such a reference function is most pronounced, of course, in high-performance sports, where sporting achievements of a universal scale are established and enhanced. But to one degree or another, it is also characteristic of sports in general. It is inseparable from its very essence as an activity aimed at self-determination and self-affirmation of the individual through humanely adjusted forms of honest competition. The reference function of sport is closely linked to its heuristic and achievement function, which is essential for both the individual and society.

The social value of sport lies in the fact that it is a special type of heuristic activity, that is, a creative search activity that includes moments of discovery, the discovery of new things. Unlike other types of heuristic activities, sports activities are not focused on discovering something outside of a person, but on the practical identification of our own achievement capabilities, as well as effective means and methods of realizing them at an increasingly high level, and those based on the activity abilities of the athlete himself. Accordingly, in the process of deploying sports activities, not only the previously achieved results are reproduced, but also the possibilities of new achievements are realized, and more and more effective factors of sports improvement are sought and embodied in outstanding results. This heuristic-achievement function is characteristic to one degree or another of sports in general, but it is most fully expressed in the field of high-achievement sports. Indeed, on the way to them, those who claim to be truly outstanding results must find new means, methods and conditions for fully mobilizing and increasing the body's functional capabilities obtained from nature, and learn how to use them most effectively in order to rise to a level of athletic performance that no one has previously achieved.

The means and methods of human transformation of one's natural qualities become a common cultural heritage as they enter mass practice. It is also important that the cognitive data obtained on the way to athletic achievements acquire quite serious scientific significance. The essence of the specific functions of sport characterize it, first of all, as a special type of activity that reveals human capabilities in specially created conditions and steadily pushes the boundaries of their apparent boundaries. This largely determines both the personal and general social value of sport, its contribution to the culture of society, and its increasing use for socially significant purposes. Social functions primarily include personality-oriented education, training and development. The health and recreational function is manifested in the positive effect of sports on the condition and functional capabilities of the human body. This is especially pronounced in children's and youth sports, where the beneficial effect of sports on the developing and developing body is invaluable. It is at this age that the foundations of health are laid, skills of systematic physical exercise are instilled, and habits of personal and public hygiene are formed. At the same time, sport is a source of positive emotions, it levels the mental state of children, allows them to relieve mental fatigue, and allows them to experience "muscular joy." Its role in eliminating the negative effects of physical inactivity in children is especially important. Sports also play a big role in



working with the adult population. It is a means of recovery, protection from the adverse effects of scientific and technological progress with its characteristic sharp decrease in motor activity in work and in everyday life. Sport is one of the most popular forms of organizing healthy leisure, recreation and entertainment. This is especially evident in mass sports, where the goals of achieving high athletic results are not set. For many, sport is interesting as an exciting spectacle. The emotional and entertainment function of sports is related to its main specific properties as a competitive activity, due to its aesthetic appeal and increases with the expansion of the audience of its fans. Without fans, sport would not have become a universally significant social phenomenon. The audience for sports entertainment has expanded enormously in our time, helped by the progress of technical media, especially television. At the same time, the influence of sports on the emotional world of people has increased. This kind of interest in sports is based not only on its external attractiveness. Empathizing with those who act in the sports arena, fans seem to identify with the athlete, as if they themselves participate in sporting achievements, character struggles and resolution of sports conflicts on an emotional and imaginative level in an atmosphere of live communication, both with their supporters and those opposed to them. At the same time, there are often vivid role models and reasons to establish themselves in their life ideas.

The impact of sports spectacles on the audience is not unambiguous, not always in an uplifting way. The nature of such an impact depends both on the purity of the sports competition itself, especially on the fact that sports and ethical norms and rules are strictly observed, as well as on the culture and upbringing of the fans. Under certain circumstances, not only positive, but also negative effects are possible, which can be expressed in the dangerous unleashing of primitive emotions. Thus, the influence of sports on the consciousness of its fans can be contradictory. The function of social integration and socialization of personality. Sport is one of the powerful factors of involving people in public life, introducing them to it and forming the experience of social relations among those involved.

Specific sports relationships (interpersonal, intergroup, intercollegiate) one way or another, they are involved in a system of social relations that go beyond sports. The totality of these relationships forms the basis of the influence of sports on a person, the assimilation of his social experience, both in the field of sports and on a broader scale. The sports movement as a mass social movement has acquired considerable importance as one of the factors of social integration, i.e. bringing people closer together and uniting them into groups, organizations, unions, clubs based on common interests and activities to satisfy them. The popularity of sports and the natural assessment of sporting success with the prestigious interests of the people, nation, and state make it a convenient channel for influencing mass consciousness.

In the modern world, this channel is also used for commercial purposes. The communicative function. Sport has long occupied one of the most prominent places in international communication, due to its special communicative properties, expressed in the international character of the "sports language". This "language" is the universal logic of an honest, objectified competition in the name of humanistic values, which in principle does not detract from the merits of conditional rivals and does not separate them, but rather helps to identify the best qualities of each, mutual understanding and mutual understanding, and joint movement towards the heights of human achievement.



Economic function. Sport has great economic importance, expressed in the fact that the funds invested in the development of sports pay off handsomely, primarily in improving the health of the population, improving overall performance, and prolonging human life. The development of sports science, the material and technical base, and personnel training all contribute to the development of children's and youth sports, mass sports, and high-performance sports.

Currently, in today's changing environment, in the world of information and communication technologies, the task of introducing the younger generation to various sports is coming to the fore. Mobile mass sports games are playing a major role in introducing young people to sports, which are increasingly tied to computers and mobile phones. The purpose of the work on the abstract is to consider the concept of an educational task, to consider the concept of outdoor play, types of outdoor games, as well as the educational significance of outdoor games. After all, as you know, it is the game that has a great impact on mental development. When acting with objects, a person begins to operate in a conceivable, conventional space. Gradually, the game activities decrease, and we begin to act internally, mentally.

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