

Characteristics of the Subject of Sports Theory, Special Terms

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ABSTRACT

The objective position of the theory of sports as a social phenomenon in the field of human activity, the system of conducting and organizing competitions, the achievement of high sports results and victory in competitions, thereby strengthening health and the general physical development of a person is an educational- holding training sessions.

The subject of sports theory is a part of the theory and methodology of physical education and is a newly separated science. The science of sports theory studies the content and methodology of an athlete's preparation in a specially organized process with sports training, as well as the general laws that affect it. The main terms of sports theory include: sports competitions, sports movement, sports activities, sports training, sports training system, sports school, sports training system, sports indicators, sports results. Without defining the meaning and scope of these terms, the science of sports theory cannot be mastered.

Sports competitions are a way of showing, evaluating and comparing sports achievements, managing competitions in the field of sports in relation to oneself. The purpose of sports competitions is to identify strong athletes and teams, to improve sports skills, to promote physical culture and sports, to objectively assess the activities of sports organizations, coaches, athletes, and referees. Sports movement is a special form of social movement, which creates, develops, preserves, receives and exchanges sports wealth, forms a person's organization, prepares the workforce for the society, and active defenders of the Motherland. In Uzbekistan, the sports movement is a necessary field of ideological struggle, it is one of the aspects that influence the public and educate people's national consciousness. The sports movement has historically created the following forms: mass, amateur sports, as well as professional sports in the form of business.

Sports activity is the highest form of movement activity development, and the versatility of the process of human activity organizes the physical and psychological development and improvement of a person in relation to the demands of society.

Sports activities: are divided into personal sports activities and organizational-pedagogical activities. There are two aspects of human sports activities: reorganization and understanding (the athlete's knowledge, skills, and high sports performance). The group of functional terms is the basis and includes the terms sports training and sports training. Sports training is a multi-factorial process that covers the training of athletes, preparation and participation in competitions, organization of the training process and competition, scientific-methodical and material-technical preparation of training and competition; takes into account the necessary conditions, the combination of sports activities with study and rest. In the production of these terms, it is called a sports training system and a sports school.

- it is also a practical activity of training an athlete. Sports training system - ensuring the best training of the athlete with knowledge, tools, methods, forms and organization in this environment,
- it is also a practical activity of training an athlete. Sports school is a unique system of training athletes, based on positive research of a group of specialists.

Sports training is a part of sports training. Sports training is a specialized process that includes a special process and is used to develop the body through physical exercises, to improve physical qualities and abilities, for the athlete to achieve high performance in a specific type of sport. Sports training is a pedagogical phenomenon, it is a special physical training process directly aimed at achieving high results in sports. Along with the term "sports training", the term athlete training is also used.

"Training of an athlete" is a broader concept, which includes the readiness to achieve high performance in sports and the use of all means to ensure its implementation. creating a complex complex, resulting in "exercise; improves the level of fitness", "preparation", "being in sports form". The concept of "exercise fitness" is usually understood in the sense of biological (functional and morphological) adaptive changes that occur in the athlete's organism under the influence of training and are expressed in the increase of his working capacity. These are divided into general and special types.

"Exercise fitness" is the level of adaptation of the body to a specific task through training. The term "level of preparation" is broader than the term "exercise fitness" and indicates the level of preparation. "Sports training system" - is the unity of the knowledge, principles, methods and sports performance provided in the training of athletes, as well as practical activities in managing and organizing the training process. "Sports indicators" show the level of sports skills and athlete's ability and give clear results. Obviously, during the effective implementation of the training system, sports indicators determine the athlete's talent. A high sports indicator is in this sport, it shows that the maximum opportunities are used. "Sports results" is an indicator of the quantity and quality level in sports. "Classification of an athlete" is a stable classification of an athlete, which summarizes his participation in a certain period of time or in sports competitions.

In the Republic of Uzbekistan, there is a "Uniform Sports Classification" and it changes every four years. The peculiarity of sport as a social phenomenon is that it mainly serves the society as a means of developing the physical qualities of a person, at the same time, it also has a strong influence on his spiritual maturity. This feature is a common sign of physical education. The development of a person's social consciousness is considered a subjective factor in the creation of physical culture. The theory of physical education and sports, as a science, shows the activity of a person in society in the field of physical education and sports, the legal formation of a new person during this activity, and a physically perfect person. learns and applies it.

He believes that the sociality of physical education and sports is effectively interested in its consequences. This set of consequences determines how much benefit or harm is brought to each member of the team, each social group, who is engaged in sports. These include: - the population

of all social groups and the social impact of the physical education system on the classes; - the organization of physical education management and its effectiveness;

- for every member of society to be mentally and physically healthy, for his/her full development as a creative person, for his/her labor activity, social political movement, social image and activity in general, education and training of sports instead of his/her role in life the practical result of its influence on health and wellness;
- methods of effective rest during free time from training and the frequency of such rest;
- the effectiveness of promoting physical education and sports through mass media;
- it depends on the effectiveness of the contribution to the development of international sports activities and the Olympic Games, the development of peace, harmony and cooperation between the peoples of different countries, and the easing of tension. Sport has always performed a number of important tasks before the society, and nowadays the tasks are even more. Sport has a special effect on the all-round development of a person, helps in the formation of life skills and abilities, helps in spiritual, moral and intellectual growth, in training the characteristics of a person such as courage, will, mental freshness, in people fosters feelings of mutual respect, friendship, mutual support, nobility, honesty, international spirit, etc. are the most important qualities of sports.

Sport performs the function of health care together with kindness and fandom, its types of health care are aimed at relaxation, vigorous recreation, and are considered the basis of a healthy life.

Basically, the term theory means generalizing the experiences in one or another field, objectively showing the laws of nature, the basic knowledge that is manifested in the human mind. Theory is the highest form of scientific knowledge, which brings principles and laws, concepts and functions, methodology and rules, generalization and analysis, knowledge in a certain field to a holistic understanding. The validity of sports theory is determined by the practice of sports activities, or theory and practice are strongly connected.

The objective state of sports theory is the field of human activity as a social phenomenon, the system of holding and organizing competitions, training and training sessions in order to achieve high sports results and victory in competitions, thereby strengthening health and overall physical development of a person. transfer.

The goal of sports theory is to understand, explain and predict objective laws, to study the processes and manifestations of sports activities, the structure of the subject, and to include social situations, organization, methodological, biological and sports relatedness. is to take into account.

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