

### Modern Sport: Problems and Solutions

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#### ABSTRACT

*Modern sport is a powerful industry, including a special system for the production of sports records. It includes, along with athletes and coaches managers, sports doctors, psychologists, researchers. The media are constantly "hyping" large-scale competitions to the level of the main events of society. However, it should not represent modern sport as a single phenomenon with one goal, functions and general patterns of development. Modern sport is many-sided and diverse. The system of sports includes such varieties as mass, children's and youth, school, student sports, which solve the problems of rehabilitation and the formation of sports culture of the younger generation. High performance sports (Olympic and professional sports) are aimed at achieving high sports results and victories. These varieties combine common functions: spectacular, political, economic. The sport of high performance broadcasts a special pattern of lifestyle, the way success, demonstrates high sports technique, the ability to beat opponent. For many viewers, this model becomes a role model for not only in sports, but also in other spheres of life. However, elite sport has generated a large number of contradictions that do not allow modern sport to develop positively, often discredit it and form a negative attitude of people, especially parents, to sports activities. Increasingly, public opinion evaluates modern sports as a sphere dangerous for humans. Activities. The purpose of the study: to conduct a sociological analysis of the contradictions of modern sports and suggest ways to overcome them.*

To the most acute contradictions of development sport in modern society is a myth about the fact that sport is almost the only and the main factor in the preservation and promotion of health. No one disputes the preventive value of exercise. However, it must be understood that this is only one of the factors that make up a healthy lifestyle. In addition to sports for human health influenced by the ecological situation, the mode and quality of nutrition, the presence of bad habits, the level life, heredity, etc. Therefore, you should not directly link the state of health and occupations sports. In addition, there are known tragic cases that happened to outstanding young athletes due to injuries and high sports loads. Suffice it to give an example of the tragic fate of Alexei Cherepanov, when the heart of a young and promising athlete. Has become habitual picture when athletes, skiers, biathletes after passing the distance "dead" fall on the track of the stadium or on the track.

The sport of the highest achievements is associated with risk and the need to influence the maximum permissible physical loads on the body. Unfortunately, due to a number of circumstances (disposition to win at any cost, doping) the athlete crosses the line of the permissible and causes damage to his health, and sometimes to health opponent.

Currently, the number of new sports is rapidly increasing, especially extreme ones: mountain

biking, quads, freestyle, scooters and more. Extreme views sports sometimes crowd out the classic ones – skiing sports, athletics, and gymnastics.

However, one cannot forbid a person to engage in any sport and learn the possibilities own organism. Moreover, often In life, we are faced with situations where only the full concentration of forces allows us avoid danger. And the more physical strength in a person, the less loss to health he gets out of a difficult situation. Sport helps to simulate problem situations and find ways out of them. Therefore, each person must decide to what level of sports he strives for achievement.

It is possible to resolve the contradiction associated with sports and the health of an athlete by improving sports equipment, competition rules, improving the material and technical equipment of sports facilities, and preventing health, health care athletes, as well as improving the quality of professional training of the coaching staff. However, while the problem of "sport and health" remains unresolved.

The next sports controversy highest achievements are that many sports have become rapidly "younger". Record results are achieved by teenagers, almost children, for example, in such sports as rhythmic and artistic gymnastics, figure skating. In other sports, the age of winners also shows a noticeable downward trend. (O. Korbut, M. Filatova, L. Mukhina, T. Lepinski, Yu. Lipnitskaya achieved the highest results at age 14). It is clear that young athletes can to win at the highest level competitions. However, the essence of the problem is that there is a forced training of a young athlete without taking into account age indicators of its development.

This problem is exacerbated by the presence of a system selection of talented children when not selected sport is for the child, and the child is for the sport. Selective selection is a serious psychological stressful for many children and parents, which often permanently pushes the child away from sports. The use of special technologies, "worked out" on the adult contingent, without adaptation leads them to the methodology of children's and youth sports to premature "pumping" of a young athlete, and sports longevity is out of the question. This is a contradiction in the field of youth sport ultimately distorts the essence of sport, cripples athletes physically and morally.

Another contradiction that seriously undermines the foundations of sport is generated by the system of contractual victories that are organized in hotel rooms. Rooms of judges, in the offices of managers, i.e. far from sports halls, playgrounds, fields. The displacement of the competitive factor has acquired significant scale, especially in team sports. According to researchers, a lot the number of matches in football and hockey championships are "sold out" in advance. This, of course, affects the moral foundations of athletes, as well as entertainment sports. Therefore, we often see half-empty stands and disappointed fans.

In professional sports, as in show business, big money is "spinning". But the fight forThe "purity" of the sport, of course, must be maintained.

An even more difficult situation is pharmacological service of sports. Usage doping, which began in the 1970s and 1980s, has spread to all sports. Problem doping is ambiguously perceived in society. Of course, in this way sport wins in entertainment, but loses much more in humanity. Indeed, under the condition of doping, we are not talking about identifying the strongest, in this case, there is a struggle between physicians and pharmacologists, who can most successfully "pump up" athlete. Currently allow this problem is hardly possible, since in modern sports the tendencies to win victory at any cost only intensify and develop.

Doping is not a private practice of sports doctors, but a well-thought-out system of scientific, methodological and medical support.

At the same time, there is no doubt that that a modern athlete experiences colossal training loads and his body unable to recover quickly without assistance pharmacological agents. If not use

maintenance drugs, the athlete will not be able to train at modern volumes and specified modes of intensity, and negative the consequences of stress will lead to pathological changes in his body and mind. Therefore sports doctors demand to legalize some pharmacological agents to help athletes to cope with exorbitant stress and loads, increase resistance body with colds, increase pain threshold in the treatment of sports injuries. Nobody forbids people of extreme professions (miners, oil workers, astronauts) to restore their working capacity with the help of pharmacological agents. Then why can't a professional athlete be helped to reduce recovery time after injury or exorbitant training loads?

The activities of specially created anti-doping organizations did not live up to expectations: doping scandals do not subside in society. Athletes convicted of doping are closed for a long time the road to big-time sports, their deprived of sports awards, they stand in a row people who are rejected by society.

Thus, the way to solve these and other social contradictions of modern sport in strengthening the educational, scientific and cultural components of sports activities. Formation and intensive development of sports cultures can significantly increase the potential modern sports and to form a positive public opinion to seek new resources for mass engagement of people into the sports movement.

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