

## SPORTS COMPETITIONS AS A FUNCTIONAL AND STRUCTURAL CORE OF SPORTS

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### Annotation:

Striving to achieve the highest sports results is a specific feature of sport as a unique and multifaceted social phenomenon.

In this article highlights of sports competitions as a functional and structural core of sports.

**Keywords:** sport, sport competition, development, healthy, sport result, sport achievement, sport theory.

At the same time, the sports result acts as an integral product of the entire athlete training system. Comparison of sports results in individual sports on a scale of "better - worse" indicates the capabilities of a person in this type of sports activity, the quality of the school of sports in the country, the level of development of sports culture and the degree of progress with it of other types of culture of society. The highest (absolute on a global scale) sporting achievements are a kind of standards of human capabilities realized in sports at one time or another in its history. For a long time, the development of the problems of sports higher achievements in sports science was carried out from the position of the theory of physical education and sports training, and not competitive activity. This approach brought to the fore the issues of improving fitness, individual aspects of preparedness, and not the analysis of the structure and features of competitive activity and its results.

As a consequence, manuals and textbooks on the theory and methodology of sports until the end of the 70s of the XX century lacked a section dedicated to the actual competitive activity and its immediate results. It was only in the early 80s that publications appeared in which the idea was put forward that the final result in the chosen sports discipline, the specifics of competitive activity in the main start determine the content and nature of the training of high-class athletes. It becomes axiomatic that sports competitions generate training, and not vice versa.

The sports result begins to be considered as the central link of the entire system of training athletes. According to scientists, the object of research in sports should primarily be competition, not training. This is due, in their opinion, to the fact that the competition gave rise to training, and not vice versa. To substantiate their views, the authors cite the following arguments:

1. Competition always acts as the culmination of an athlete's activity, a period of his enormous physical and mental stresses, the greater the less prepared he is for competitions of a particular

rank. It is in competitions that all the positive and negative sides of his preparedness manifest themselves. Therefore, if we want to help athletes achieve high results, it is necessary to direct efforts to the analysis of competitive activity.

2. Before preparing an athlete to achieve a specific result, it is necessary to know the conditions of the course of the fight, the requirements for the athlete's fitness, and then select the means and methods of preparation.

3. A look at sports from the perspective of training gives us an idea of the dissection of the highest skill of an athlete into separate aspects of his fitness. In competitions, all these components manifest themselves in unity, and in order to control the process of achieving the highest result, it is necessary to have an idea of the integral nature of competitive confrontation. The construction of a scientific theory usually begins with the introduction of strict and precise concepts that reflect in the most generalized form the objects and phenomena of reality and the connections between them by fixing common and specific features, which are the properties of objects and phenomena and the relationship between them. Often, concepts are understood as knowledge systems that represent fragments of certain theories.

According to some authors, the concept of "sports achievement" is the broadest, and the concepts of "sports result" and "sports record" are derived from it - others argue that the concept of "sports result" is broader in scope and content than the concept of "sports achievement". Still others often identify these concepts, considering them synonyms.

However, as a rule, the result is talked about at any outcome of the activity, even if this outcome is positive, negative or zero. Achievements are usually spoken about only in a positive sense. Given this, there is reason to believe that "sports result" should be considered as the initial basic concept. It is the broadest, many other concepts are subordinated to it and derived from it - "sports achievements", "sports record", "sports success", "sports victory", etc. In the theory of psychological activity, the results of sports activity and sports results are distinguished. Of course, these are different concepts, although they are closely interrelated.

The first is broader in comparison with the second, as it relates to the activity of the athlete as a whole, and the second - only with his activities during sports competitions. He proposed the following definitions of the concepts "sports result", "sports achievement", "sports record", "sports success", "sports category", "sports title". A sports result is a certain outcome of the performance of an individual athlete (or team) in a competition, directly reflecting the degree of realization of the available level of preparedness of athletes at a given time. It is expressed using quantitative or qualitative indicators provided for by the rules and regulations on competitions in the relevant sport and is considered official if it is recorded in the judicial protocols of the competition.

Depending on the specific features of individual sports, the sports result can be expressed by typical different indicators. A sporting achievement is a level of success of competitive activity in any sport, during which an athlete (or team) surpasses previous results and gains an

advantage over rivals in the ranking of participants in the competition. It is known that the public measure of sports achievements is fixed in the form of a sports record and sports higher achievements, sports requirements and sports category, sports titles. Now let's try to characterize these concepts.

A sports record is the highest (absolute) sporting achievement. established by athletes or teams in any sport at official competitions. The result shown can be counted as a record, provided that the official rules of the competition for the relevant sport in force at the moment were observed in the competition. Records are recorded only in those sports and exercises in which the result shown can be accurately determined by units of measurement of time, distance, weight, number of hits, etc. In cases where the result achieved by an athlete largely depends on the terrain conditions and the nature of the distances (for example. marathon running, rowing, etc.) the highest results are not considered sports records, but are recorded as the highest achievements.

Sports success is a necessary or desirable outcome of athletes' activities in competitions in any sport at a given time. A sports category is an official confirmation of an athlete's qualification based on the fulfillment of established requirements or standards. A sports title is an officially assigned title that determines the merits and qualifications of an athlete. Awarded for compliance with the relevant standards. The common point uniting these categories is that they characterize the qualification of athletes.

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