

## BASIC CONCEPTS OF SPORTS THEORY

Abbasov Baxadir Asatillayevich,

Senior lecturer Tashkent Institute of Finance

### **Annotation:**

Modern sports science is a natural result of many years of analytical cognitive activity in the field of sports movement, sports training, sports training and sports competitions.

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

The analysis of the content and structure of the theory of sports as a science and an academic discipline indicates that the theory of sports in its content represents the general concept of sports development. By its purpose, it is a general method of cognition of the phenomena of sports and sports activity, applicable to all its components and various sports; by its functions, it is a practical guide to action for athletes, coaches and other specialists in the field of sports; by its structure, it is a system of concepts, principles, patterns and functions of sports.

Theory is the highest form of scientific knowledge, giving a holistic view of the principles and patterns, concepts and functions, methods and rules, constants and interpretations of a certain field of knowledge. The truth of the theory of sports is determined by the practice of sports activities, because theory and practice are inextricably linked.

The object of sports theory is sport as a social phenomenon and a sphere of human activity, which is a system of organizing and conducting competitions, training sessions and aiming, along with strengthening health and general physical development of a person, to achieve high athletic results and victories in competitions.

The purpose of the theory of sport as a science is to cognize, describe, explain and predict objective patterns, processes and phenomena of sports activity that make up the subject of its study and include social, organizational, methodological, pedagogical, biological and other aspects, taking into account the close relationship of sport with the field of information and other related fields.

The subject of the discipline "Theory of Sports" is knowledge on various aspects of sports as a multifunctional social phenomenon, the competition system and the related training system in the amount determined by the curriculum for institutes of physical culture.

The theory of sports as a system of knowledge is expressed, first of all, in a system of basic concepts (categories) — a set of interrelated statements reflecting the patterns of development and functioning of sports. Concepts are not only a reflection of certain objects by linguistic means, but also at the same time essential components of a certain theory.

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There are three groups of basic concepts (categories) in the theory of sports:

- initial,
- functional and
- final results.

In turn, in each of the groups, basic concepts and derived concepts arising from them should be distinguished.

In the group of initial concepts, sports and sports competitions should be distinguished as basic ones. These are the categories of the greatest generality, to which all other concepts are subordinated and from which all other concepts are derived.

Sport (from the English sport, short. from the first. disport — game, entertainment) is an educational, gaming, competitive activity based on the use of physical exercises, which has socially significant results.

Sport (in a broad sense) represents the actual competitive activity, special training for it, as well as specific attitudes, norms and achievements in the field of this activity.

Sport (in a narrow sense) is actually a competitive activity, the specific form of which is the competition system.

A distinctive feature of sports is the presence of competitive activity and specific training (sports) for it, and the main purpose of sports is to achieve the highest possible sports result. However, along the way, other important social goals are also achieved — strengthening the health and physical improvement of people, their ideological, mental, moral, aesthetic education, etc.

Sports competition is a way of demonstrating, comparing and evaluating sports achievements, regulating a kind of competition in the field of sports. Sports competition is an important factor of communication, a means of forming a personality, learning about human capabilities, and creating benchmarks. It is carried out in the form of a sports spectacle. At the same time, competition is a means of stimulating sports activities, a method of selecting and training athletes. Competition is a special type of activity, with an emphasis on its outcome.

The competition system is a special area of identification and unified comparison of human capabilities.

The categories of sport and sports competition are externally and internally contradictory.

The derived categories of sports include:

- mass sports,
- reserve (basic) sports and
- high performance sports (big sports),
- also amateur,
- professional sports.

The category of sports competitions is specified in such concepts as regional (city, regional, republican, etc.), all - union (championships, spartakiads, etc.), international (Olympic Games, World University Games, European, world championships, etc.) competitions.

These derived concepts play a service role. The concepts of sports movement and sports activity are also related to them.

The sports movement is a specific form of social movement, a historically determined process of creation, development, preservation, exchange and consumption of sports values, one of the ways of personality formation.

Sports activity is the highest form of development of motor activity as a multilateral process of active human activity that develops and improves the physical and mental organization of a person in accordance with the goals and needs of society. Sports activities are divided into sports activities proper (active personal participation of an athlete in sports training and competitions) and organizational and pedagogical activities (i.e. work in sports of managers, organizers, coaches, researchers, judges, informants, representatives of the press, television, radio, cinema).

In the group of functional concepts, the basic concepts will be sports training and sports training.

Sports training is a multifactorial process involving the creation of the necessary conditions for combining sports with work, study and recreation. This process covers: training of athletes, preparation for and participation in competitions, organization of the training process and competitions, scientific, methodological and logistical support of training and competitions.

The derivatives of sports training are the sports training system and the sports school.

The sports training system is a set of knowledge, tools, methods, organizational forms and conditions that ensure the best degree of readiness of an athlete for sporting achievements, as well as the practical activity of training athletes.

The school of sports is a unified system of training athletes based on the existence of a creative direction (doctrine) developed by a group of specialists. It is the result of a creative search, a long practical experience.

Sports training is the main form of athlete training, which is a specialized pedagogical process based on a system of exercises and aimed at managing the athlete's athletic improvement, which determines his readiness to achieve the highest results.

As a result of training, various morphological and functional changes occur in the athlete's body, which determine the state of fitness of the athlete.

Fitness, which is usually associated mainly with adaptive rearrangements of a biological nature in the athlete's body, which determine the level of capabilities of various functional systems of the body, should be distinguished from preparedness — a broader concept reflecting the entire

range of abilities of the athlete's body to display maximum capabilities in competitive activities.

The state of readiness to achieve, which provides the highest manifestations of fitness and preparedness possible at this stage of sports improvement, is designated as a state of athletic fitness.

An athlete's fitness is usually divided into general and special.

General fitness changes under the influence of non-specific exercises that strengthen health, improve physical qualities and enhance the functionality of organs and body systems in relation to various types of muscular activity.

Special training is a consequence of the improvement of a specific type of muscular activity, chosen as a subject of sports specialization.

A sports training system is a set of knowledge, principles, methods and sporting achievements, as well as the practical activity itself for organizing and managing the training process. The structural units of this concept are the system of sports training in individual sports, in groups of related sports.

Athletic achievement is an indicator of an athlete's athletic prowess and abilities, expressed in specific results.

A sports result is a quantitative or qualitative level of performance in sports.

Sports qualification is a stable characteristic of an athlete, summarizing the results of performances at sports competitions over a certain period of time. In our country and a number of other countries with sports classification, athletes, depending on the level of their achievements, are qualified by sports categories.

In the practice of sports, the concepts of "sports activity" and "competitive activity" are widespread. They are often used synonymously, but the content and semantic meaning of each of them differ significantly from each other.

Sports activity is an orderly organization of activities to ensure maximum health improvement and improvement of a person in the field of sports.

Competitive activity in relation to official competitions acts in its absolute meaning as a competitive activity proper. And in this regard, this is a specific motor activity of a person, carried out, as a rule, in conditions of official competitions at the limit of mental and physical strength of a person. The ultimate goal of competitive activity is to establish socially significant and personal results.

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