

THE MAIN DIRECTIONS IN THE DEVELOPMENT OF THE SPORTS MOVEMENT

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Annotation:

Sport is an integral part of physical education. This is actually a competitive activity and preparation for it. It clearly shows the desire to win, achieve high results, and mobilize a person's physical, mental, and moral qualities.

Keywords: sport, competitive, modern education, social development, sport activity, physical education.

Sport as a multifaceted social phenomenon is a sphere of preparing a person for work and other types of activities, satisfying the spiritual needs of society, strengthening and expanding international ties, as well as one of the important means of ethical and aesthetic education. As a product of social development, it forms an organic part of the culture of society and, depending on specific social conditions, acquires various features and forms. It is specific to sport that its ultimate goal is the physical improvement of a person, realized in conditions of competitive activity, without which he cannot exist.

Competitive activities are carried out in the context of official competitions with the aim of achieving a high sporting result. Based on the above, sport in a narrow sense can be defined as a competitive activity proper, the specific form of which is a competition system that has historically developed in the field of physical culture as a special sphere for identifying and unifying human capabilities. Sport is a specific kind of physical and intellectual activity performed for the purpose of competition, as well as purposeful preparation for them by warming up, training, combined with rest, striving for gradual improvement of physical health, increasing the level of intelligence, obtaining moral satisfaction, striving for perfection, improving personal, group and absolute records, fame, improvement own physical abilities and skills. Mass sports provide an opportunity for millions of people

E- Global Congress

Hosted online from Dubai, U. A. E., E - Conference.

Date: 30th January 2025

Website: <https://eglobalcongress.com/index.php/egc>

ISSN (E): 2836-3612

to improve their physical qualities and motor abilities, strengthen their health and prolong their creative longevity.

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. Sport has long occupied one of the leading places in international communication. It is not surprising that international sports ties have grown to global proportions in our era, and such forms of sports movement as "sport for all" and the olympic movement have become the broadest international trends of our time.

In the modern global sports movement, two typical areas and their corresponding sections of sports practice have clearly emerged, which are often conventionally called "mass sports" and "big-time sports", more precisely, they can be called public sports and sports of the highest achievements. Public, ordinary sports (mass)- it is called mass, because it involves a large number of people who are practically involved in the actual sports activities. In another case, the sport can be described as ordinary, not mass. Within the framework of this type of sports movement, an ordinary (ordinary) level of athletic performance is actually achieved, which is, in principle, generally available and less high than the level of absolute athletic achievements. The main differences between mass or ordinary sports are determined by the fact that ordinary sports activities are based on other activities that dominate life (academic, work), and therefore occupy a subordinate place in an individual lifestyle; the time and effort spent on sports activities here is quite severely limited, which objectively limits the level of achievement. This does not mean that the athlete's personal attitudes in such a situation do not include the desire to achieve high results.

Such an aspiration is stimulated by the very essence and internal organization of sports as a whole, but the objective conditions for the realization of sports claims within the framework of ordinary sports introduce their limitations. Outstanding achievements in modern sports become real with the daily high expenditure of time and effort on sports activities over the years. The main directions in the development of the sports movement:

"school sports" is the practice of using sports in the school system of general education, where sports activities are subordinated to general pedagogical principles and are built in accordance with a single logic and conditions of the educational process organization.;

"professionally applied sport" is the practice of using sports in applied preparation for chosen professional activities (industrial, military service, etc.);

"physical culture and conditioning sports", where sports activities are based on the type of physical culture and sports training that helps maintain the previously acquired "condition", with strictly regulated participation in competitions;

"health and recreational sports" is the practice of using elements of sports as a means and method to achieve the effect of healthy rest.

Top-level sports are focused on absolute athletic results and a steady increase in their level. Achievements in big-time sports are possible only through constant training and competitive activities with great physical and mental stress. Competing in competitions imposes great responsibility on an athlete, and the high cost of every mistake and every unsuccessful start becomes a factor that determines the strict requirements for his psyche. This is the specificity of top-level sports.

Sport is a multifunctional and diverse phenomenon of social reality, which occupies an outstanding place in the physical and spiritual culture of society and represents competitive activity proper, special training for it, as well as interpersonal relations and norms inherent in it. The importance of sports lies in the fact that it is used as a means of improving physical development, strengthening health, increasing creative longevity, and education. Playing sports is one of the means by which a person satisfies his need for movement in its playful form.

In addition to educational tasks, outdoor games have a beneficial effect on the health of the body as a whole. After all, the main task of outdoor games is to strengthen the health of those involved, promote their proper physical development; promote the acquisition of vital motor skills and skills and improve in them; develop reactions, dexterity, cognition of movement and new body capabilities. All the variety of outdoor games and their various movements and actions, usually performed outdoors, i.e. in favorable

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ISSN (E): 2836-3612

hygienic conditions, have a health-improving effect on the players. It has been proven that outdoor games help strengthen the nervous system, the musculoskeletal system, improve overall metabolism, enhance the activity of all organs and systems of the human body and serve as a useful means of active recreation for many workers, especially for those who are engaged in intense mental activity. The more diverse and intense the movements, the more significant and active the changes they cause in the functions of organs and body systems. This multifaceted effect of sports games on the human body is very significant. Depending on the intensity of play activity, the oxygen consumption of tissues increases by about 8-10 times in those engaged in play compared to the resting state. At the same time, for trained players, the work of the cardiovascular system and respiratory organs becomes more economical, and the body's demand for oxygen and nutrients is better ensured.

Playing outdoor games has a positive effect on the development of visual, vestibular, muscular and other analyzers. Under the influence of systematic gaming, the field of vision of the players increases, their body tolerates rapid changes in body position better, and they develop precision of movement. Outdoor games are a good active rest after prolonged mental activity, so they are appropriate at school breaks, at the end of lessons in extended-day groups or at home after coming home from school. Outdoor games are also used for special therapeutic purposes in restoring the health of sick children, since the functional and emotional uplift that children experience during the game has a healing effect on them.

Thus, the value of sport lies in the fact that it represents a special type of creative and search activity, including moments of discovery, the discovery of new things. Unlike other types of activity, sports is focused not on discovering something outside of a person, but on the practical identification of one's own achievement capabilities, as well as effective means and methods of realizing them at an increasingly high level. As the sports movement develops as a mass social movement, its role in social integration and socialization of the individual also increases - uniting people into cohesive organizations of an informal and official nature based on common interests and joint activities to satisfy them.

The popularity of sports makes it a convenient channel for influencing the mass consciousness. In conclusion, it can be said that when characterizing the social role of sport, it is important to keep in mind its considerable economic importance. The material investments of society in the development of sports pay off many times, first of all, by increasing the overall level of working capacity, strengthening health, and increasing the life expectancy of a person – the most valuable "capital" of society.

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