

THEORETICAL FOUNDATIONS OF SPORTS

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ABSTRACT	KEYWORDS
In this article, the objective state of sports theory is explained as a social phenomenon of the sphere of human activity, the system of conducting and organizing competitions, high sports results and victories in competitions, thereby strengthening health and conducting training sessions with the aim of general physical development of a person, being considered processes and manifestations of sports activities.	sports, sports competitions, sports movement, sports activities, sports training, sports training system, sports school, sports training, athlete training, sports indicators, theory, sports theory.

Introduction

The subject of sports theory, being part of the science of the theory and methodology of physical education, is a newly divergent science.

In addition to sports training, the science of sports theory studies the content and methodology of the athlete's training and the general laws that affect him in a specially organized process.

Sport has always been before society, fulfilling a number of important tasks. Nowadays, these tasks are even more.

Sport affects the comprehensive development of the individual in a special way, contributes to the formation of vital skills and abilities, promotes spiritual, moral and mental growth, the conditioning of such characteristics of the individual as Valor, will, spiritual refreshment, fosters feelings of mutual respect, friendship and cowardice in humans, mutual assistance, nobility, honesty, etc.are the most important qualities of sports.

Sports are a component of Physical Culture, a means and method of physical education, a system of organizing, training and conducting competitions on various complexes of physical exercises.

Sports competitions-the assessment and comparison of sports achievements, the management of competitions in the field of sports in relation to itself. The purpose of sports competitions is to identify strong athletes and strong teams, to give objective happiness to the activities of sports organizations, coaches, athletes, referees, improve sports skills, promote physical culture and sports.

A sports movement is a special form of social movement that prepares a workforce for development, preservation, structuring, acceptance and exchange of sports wealth, the way an individual is organized, and society. Sports movement in Uzbekistan is a necessary area of ideological struggle and is one of the aspects that nurture national consciousness in a person and influence the masses.

Sports activity is the versatility of the process of human activity, the organization of the physical and psychological development and improvement of a person in relation to the demand of society.

A person's athletic activity consists of reorganizing and understanding.

Sports training is a multifactorial process, which involves covering the training of athletes, preparing and participating in competitions, preparing training and competition by a scientific and methodological and material technician, adding the necessary conditions and training with study and rest.

The sports training system is a practical activity to ensure the best level of training of an athlete, as well as the training of an athlete, with knowledge, styles, tools, forms and organization in this environment.

The sports school is the only system for training athletes. It is based on the positive search for a group of specialists.

Sports training is a specialized process for the development of physical qualities and abilities, as part of sports training, which involves a special process, in the case of a clearly selected sport, in which the athlete achieves high results, conditioning the body through exercise. Sports training is a pedagogical phenomenon. It is a special physical education process that is clearly focused on achieving high results in sports.

Sports training in general creates a complex complex of biological and psychological changes in the training of an athlete, resulting in an improvement in the levels of "training in addition to training", "training", "being in a sports uniform".

"Athlete training" involves the readiness to achieve high performance in sports and the use of all means that ensure its implementation.

"Sports performance" is given in specific results, indicating the extent to which sportsmanship and athletic ability are available. During the effective implementation of the training system, he determines the talent of the athlete, shows a high sports performance, in the same sport, the use of maximum opportunities.

The theory of physical education and sports, as a science, carries out the activities of a person in society on physical education and sports, the formation of a new person during this activity, in a legal way and the development of a physically perfect person.

He believes that the sociality of physical education and sports is effectively interested in its consequences (O.A.Milstein).

This set of consequences will determine how much benefit or loss each member of the team, related to the sport, will bring for each social group.

These include:

- social impact of the system of physical education on all social groups and classes of the population;
- the practical result of the influence of each member of society on being mentally and physically healthy, on his comprehensive maturation as a creative person, on his labor activity, social political movement, in general, on his social activities and image, on the upbringing, education and wellness of sports instead of his actions in life;
- Organization of Physical Education Management and its effectiveness;
- the effectiveness of international sports movements and their contribution to the development of the Olympic Games to the development of peace, harmony and cooperation between different countries, to ease tensions;

- effective methods of relaxation in free time from training and the popularity of such relaxation;
- depends on the effectiveness of the promotion of physical education and sports through the media.

Theory-basically, generalizing experiments in one area or another, objectively showing the laws of nature, means that basic knowledge is manifested in the human mind.

Theory is the supreme form of scientific knowledge, bringing knowledge in a given field to a single whole in the generalization and analysis of principles and laws, concepts and tasks, methodology and rules.

Sports theory is a whole system in which an understanding of the importance of sports is given, the observance of laws and basic terms in society, optimally combining sports training and competition activities in terms of its content and forms.

"Sports theory" as a phenomenon of a multi-functional society is a subject of study in various areas of sports in the system of training an athlete by volume in the curriculum aimed at the Institute of Physical Culture and the faculties of physical education.

The purpose of sports theory as a science is to understand, describe, explain, study the processes and manifestations of sports activity, the structure of the subject and take into account the inclusion, organization, methodological, biological and sports - related.

In sports theory, the following elementary structures are distinguished:

1. The initial empirical basis (experimentally) is information about sports activities that needs a selective, theoretical explanation during the experiment.
2. The initial theoretical framework has the following components:
 - the realization of the results of many years or future activities and a unified form of illuminating a clear reality in a practical restructuring is understood, which involves the goal that is realized.
 - the basic principles are, in the initial case, the information that the theory expects to express the necessary laws.
3. In the theory of the first Logical Foundations - sports, there is such a concept that it shows the properties of phenomena and objects, not only in scientific, but also knowledge up to scientific knowledge.
4. The theoretical part of itself involves the residual consequence, explanation and confirmation of the efficiency accumulated from the exercises performed.

Conclusion. Thus, sports theory is connected with each other, in a set of objects and phenomena, a system of knowledge corresponding to the field of Sports has the following main tasks: descriptive, orderly, predictive, generalizing the results obtained.

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