



Basic Concepts (Categories) of Sports Theory

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Annotation: In the process of studying the theory of sports, it is necessary, first of all, to strictly define the concepts that relate to the subject of this discipline. In this article highlights of basic concepts (categories) of sports theory.

Key words: sport, sport theory, categories, subject, basic concepts, development, achievement, training of athletes.

The theory of sports operates with a wide range of general pedagogical and specific concepts. These include: "sports", "training of athletes", "sports training" and others. Sport in the narrow sense of the word is a competitive activity aimed at comparing and evaluating human capabilities. This activity has a number of specific features. The main features include:

- 1) organization of activities based on the competition system;
- 2) unification of the composition of the actions by which the competition is conducted, the conditions for their implementation and methods of evaluating achievements, which is fixed by official rules;
- 3) regulation of the behavior of competitors in accordance with the principles of non-antagonistic competition, which have a humane basis. It is known that the competitive moment also takes place in other types of human activity (contests in the field of art, music, etc.). However, here competitions always act only as one of the ways to stimulate people's activity or compare the results they have achieved. The exclusion of an adversarial moment from the process of activity of a singer, artist, artist does not destroy the essence of their activity. Sports activity without its main component element - competitions - completely loses its specificity.

In a broad sense, sport covers:

- 1) actual competitive activity;
- 2) special preparation for it;
- 3) specific relations in the sphere of this activity (political, economic, socio-psychological, pedagogical, etc.).

Thus, we can conclude: Sport is an activity that has historically developed as one of the ways to identify, compare and develop human abilities in the struggle for primacy, for maximum sporting achievements, currently time is distinguished by various forms, types and varieties of sports. The preparation of an athlete is a multi-sided process of using the whole set of factors (means, methods and conditions) to ensure the necessary degree of his readiness for sporting achievements. Preparedness is the result of appropriate preparation.

Preparedness is the condition of an athlete acquired as a result of training (physical, technical, tactical, mental), which allows achieving certain results in the process of competitive activity. There are physical, technical, tactical, psychological, intellectual and integral



preparedness acquired in the corresponding section of the athlete's training. Readiness is the level of physical and mental performance, and the degree of perfection of the necessary skills and abilities. The athlete 's training process includes:

- 1) training;
- 2) competitions (as a means of preparation);
- 3) recovery of the athlete's body after exertion;
- 4) orientation and selection;
- 5) organization of the athlete's general mode of life in accordance with the conditions of sports activity (study, work, life, nutrition, etc.);
- 6) out-of-training forms of education and self-education of the athlete (lectures, conversations, meetings with famous people, etc.);
- 7) independent work of the athlete (study of special literature, repair and construction sports equipment, keeping a training diary, introspection of the training process);
- 8) informational, logistical, medical, scientific and organizational support of the training process and recovery (obtaining information to optimize the selection, training and management of competitive activities, control, out-of-training and out-of-competition forms of activity). Sports training is one of the most important components of the athlete's training system.

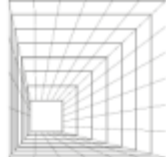
Sports training is a specialized pedagogical process of improving various qualities, abilities, and aspects of preparedness that ensure that an athlete achieves the highest performance in his chosen sport or any particular discipline. As a result of sports training, various morphological and functional changes occur in the athlete's body, which determine the state of his fitness. This condition is usually associated mainly with adaptive rearrangements of a biological nature, reflecting the capabilities of various functional systems and mechanisms. Fitness is the fitness of the human body to a certain job, achieved through training. There are usually general and special training.

General fitness - occurs under the influence of nonspecific exercises that strengthen health, increase the level of development of physical qualities and functional capabilities of organs and systems of the body, in relation to various types of muscular activity. Special training is the result of the athlete's improvement in a specific type of muscular activity, chosen as a subject of sports specialization. The athlete's fitness should be distinguished from preparedness, a broader concept that reflects the entire complex of the athlete's abilities to display maximum capabilities and demonstrate high results in competitions.

Preparedness, in addition to fitness, includes other components of sportsmanship. The state of the highest fitness characteristic of this stage of sports improvement is usually called a sports form. The sports form assumes the optimal level of development of individual aspects of the athlete's fitness, corresponding to the specifics of the chosen sport. In a state of athletic form, an athlete shows the maximum result for himself. Verification of theoretical knowledge.

1. Definition of the basic concepts: "sport", "preparation" of an athlete", "preparedness", "sports training system", "sports training", "fitness", "sports form".

2. Sports theory as a science. Its methodological, cognitive and practical significance. The structure of the theory of sports, its place in the system of knowledge about sports and its

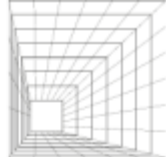


connection with other sciences.

3. The theory of sports as an academic subject, its purpose, main sections, content and role in the system of professional higher physical education.

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