



Contents Of Requirements For Sports Activities In Education Countries

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Abstract: In this article, sports improvement in the process of sports training includes the use of exercises that allow to have a targeted effect on the development of the athlete and ultimately increase his level of work ability.

Key words: Sport, training, development, ability, planning, result.

The purpose of sports training is to achieve the highest level of training for a particular athlete due to the specific characteristics of competitive activity and the guarantee of the performance of planned sports results in important competitions.

In order to achieve this goal, the following main tasks are solved during the training:

a) Mastering the techniques and tactics of the chosen sports discipline. b) Development of physical abilities and increasing the capabilities of functional systems in the body, ensuring the successful completion of competitive training and the achievement of planned results. c) Improvement of mental processes, functions, moral-ethical, emotional-volitional, aesthetic, intellectual and other mental qualities of athletes, ensures maximum concentration and mobilization of the athlete's forces during training and competitions. d) To get theoretical and practical knowledge that allows to plan training, manage it, ensure close cooperation of athlete, trainer, scientist and doctor. e) Comprehensive improvement of the ability to understand the level of preparation achieved in important starts and competitions of the season. The totality of the above tasks determines the content of sports training. Each group of tasks is closely related to the main types (aspects) of an athlete's training during training - technical, tactical, physical, psychological, theoretical (intellectual) and integral. As a result of solving these problems, in general, the appropriate level of physical, technical



and other types of training is provided, which characterizes the athlete's readiness for sports achievements in the chosen sport.

Independence and creative attitude of the athlete himself to the training process, the entire set of tools of the leading role of the coach can be conditionally divided into two groups:

allows solving the main tasks of sports training.

Depending on the similarities and differences with the sport chosen as the subject of specialization, all physical exercises are divided into competitive and preparatory exercises, and the latter, in turn, into special training and general preparatory exercises.

Competition exercises are integral movements or a set of movements that serve as a means of carrying out a competitive struggle of the same composition as in the conditions of competition in the chosen sport. For example, in athletics, these include various types of throwing: javelin, discus, hammer; in rowing:

rowing, and it is known as a rowing exercise; in heavy lifting: heavy lifting exercises, and in biathlon - pulling, pushing and increasing.

In this sense, the concept of "competitive exercise" is the same as the concept of "sport".

Methodologically, there are:

a) real competitive exercises performed in the real conditions of sports competitions, in full accordance with the competition rules established for this type of sport;

b) training forms of competition exercises, which correspond to competitive exercises in terms of the composition and general direction of movements, but differ from them in the features of the regime and the form of movements. These are sample forms of competition exercises. Special training exercises are movements that have a significant similarity with competitive exercise in terms of the coordination structure of movements, spatial, spatiotemporal, rhythmic and energetic characteristics, neuromuscular tension, and superior manifestation of physical abilities.

For example, a runner's specific training includes running selected distance segments;

✓ for gymnasts - performance of elements and combinations of competitive combinations;

✓ exercises such as deadlifts or squats for weightlifters;



✓ for football players - individual, group and team actions and combinations with and without the ball.

Research on the relationship between physical education and social activity of students shows that students, professors and teachers who are engaged in physical education and sports, as a rule, are more active in production and public affairs at any age.

A large body of evidence in the literature indicates that regular physical activity is a robust method of improving occupational performance.

In the process of physical exercises, the functioning of the physiological systems that provide the ability to work productively is achieved at a high level, and their ability to function increases. Physical exercise leads to a number of positive changes in the body, namely:

➤ interaction of excitation and braking processes in the central nervous system, control of vegetative functions improves;

➤ the composition and function of blood, the functioning of the heart, the movement of blood through the vessels (hemodynamics), the blood supply to the brain are improved, all this is very important during strong mental work of students;

➤ external respiratory biomechanics, gas exchange in the lungs, energy supply of muscle activity are improved. It is observed that those who practice physical education and sports have much higher indicators of professional abilities than those who do not.

Rational participation in physical education and sports improves the health status of students while increasing the level of functioning and strength of various systems of the human body, increases resistance to various diseases caused by adverse production factors.

Physical training helps to increase the strength of the cardiovascular system, which is exposed to the greatest load during scientific and pedagogical activities. The heart of a person engaged in morning physical education and regular physical education and sports is better supplied with blood, receives more nutrients, gradually increasing physical load makes it stronger and more resistant. Such a heart is able to work better and stronger, and is more resistant to stress factors. Summarizing the available data, the following conclusions can be drawn:

body of a student and a sport - much a disorder for those large sclerosis, hypertension, heart disease is the most likely a sickness and



the same and two prophilacticasing important visitasihisoblana di . Doing physical education and sports, in addition to having a comprehensive impact on the personality of the participant, also leads to the effective formation of certain physical and mental qualities that are professionally important for an engineer.

Conclusion. The choice of special training exercises is determined by the characteristics of the chosen sport, and therefore the scope of these exercises is usually relatively limited.

It should be remembered that special training exercises are not the same as the chosen sport - otherwise it will not be useful to use them. Their selection is made precisely in such a way that it has a focused and differentiated effect on the development of special physical abilities and movement techniques needed by the athlete.

Depending on the purpose, special training exercises are divided into the following :

- a) leading exercises - mainly aimed at mastering movement techniques;
- b) developmental - mainly involved in the development of physical and mental abilities;
- c) combined - aimed at developing qualities and techniques of movements at the same time.

Such a division is, of course, largely conditional, because the form and content of the motor movements are the same, only if the leading exercises are closer to the chosen sport, and the developmental exercises, as a rule, are associated with more important exercise loads.

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