

Student Sports as a Factor in the Preparation of Highly Qualified Athletes

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Abstract: The current stage of development of the student sports movement in Uzbekistan is characterized by the emergence of new tasks of physical education in universities. The organization of sports training of students in the conditions of universities is not properly scientifically developed and not systematized. In the conditions of commercialization and professionalization of sports, universities that provide an opportunity to receive higher professional education are the guarantors not only of securing highly qualified athletes in the region, but also of maintaining the system of sports training.

The article outlines the general characteristics of elite sports, including among student sports teams; analyzed the organization system and the dynamics of the results of student sports teams; recommendations were developed aimed at modernizing the existing organization system.

Key words: student sport; modernization; system for organizing the preparation of athletes.

There is an upsurge in all social aspects of life, including sports. Young people gradually return to sports clubs and clubs. Physical culture in all its directions is spreading throughout the Republic of Uzbekistan.

Being essentially a human-Vedic discipline, physical culture is aimed at developing a holistic personality. Physical culture acts as a socio-cultural layer of practice aimed at mastering the natural forces of students and mediated by their cultural attitude to their physical capabilities. The development of a student's physical abilities is considered within the framework of the education process as the development of cultural elements, special personal qualities. The humanitarization of the educational process emphasizes the enormous role of the education of the individual, its self-worth. Only at the same time, it can reach a state in which social and individual processes of self-development, self-education, self-improvement, self-government, self-determination become possible and necessary. [1]

At a modern university, student sports clubs whose activities go beyond physical education have received an impetus for development. Therefore, it is important to separate the concepts of sports and physical culture, the main task of which is physical education.

Physical education is a pedagogical process aimed at the comprehensive physical development of people, their specific preparation for performing social duties in society. Such an understanding includes training and education that ensures the physical development of a person, including the impact on the development of basic physical and special qualities, increasing the functional capabilities of the body, contributing to the fullest realization of the genetic program due to the biological characteristics of a particular individual. [2]

The problems of improving the organization and content of the student sports movement were considered by specialists A.Novikov, L.Matvieev, V.Filin, G.Bogdanov, A.Guzhalovsky,

L.Lyubomirsky, V.Volkov, B.Prokudin, M.Zatsiorsky, V.K.Balsevich, Yu.V.Verkhoshansky, A.A.Guzhalovsky, F.A.Kerimov, Sh.Kh.Khankeldiev, R.Salamov, T.S.Usmonkhadzhaev, R.Halmukhamedov, M.Umarov, K.D.Yarashev, A.K. Eshtaev, I.I. Barinov, N.N. Bashaev, M.Ya. Vilensky, A.A. Vlasov, B.M. Gzovsky, R.G. Zubtsov, G.D. Ivanov, V.I. Ilyinich, V.G. Kragiev, I.P. Lopatin, A.V. Lotonenko, L.I. Lubyshev, V.A. Maslyakov, R.M. Nosov, A.I. Semeykin, G.N. Skitovich, R.N. Sharov, etc.

The development of student sports contributes to the training of highly qualified athletes and the preservation of the integrity of the physical culture and sports movement. The works of such scientists as V.U. Ageevets, L.V. Aristova, V.M. Vydrin, S.I. Guskov, V.I. Zholdak, T.M. Kanevets, V.V. Kuzin, S.G. Seiranov, Yu.P. Michuda, V.N. Platonov, L.E. Lyubomirsky, T. Khayitov, Sh.Kholova were dedicated to this problem.

Sport is an educational, gaming, competitive activity based on the use of physical exercises, which has socially significant results. Sport in the Law "On Physical Culture and Sports" is defined as an integral part of physical culture, historically formed in the form of competitive activity and the special practice of preparing a person for competitions. In the new version of the Law of September 4, 2015, sport is defined as a sphere of socio-cultural activity, as a set of sports that has developed in the form of competitions and special practice of training people for it. [3]

The concept of "sport" should be considered in a narrow and broad sense: sport as a competitive activity proper and related activities and sport as a multi-functional social phenomenon, which is a system of organizing competitions and training sessions for certain sets of physical exercises.

A distinctive feature of sports is the availability of preparation for it, and the main goal of sports is to achieve the highest possible result. However, along the way, other important social goals are also achieved – strengthening the health and physical improvement of people, their ideological, mental, moral, and aesthetic education. [4]

The specific features of activity both in physical education and in sports are caused by the difference in conditions, goals, motives, means and results achieved. However, in both cases, the subject of it is a person engaged in physical exercises.

Unusual in intensity and duration of physical and mental stress in the conditions of competition is another common feature. Doing physical exercises, a person experiences a strain that exceeds the usual, everyday norms. Often, especially in sports, these tensions can even be extreme. It is important to note that the reasonable systematic use of such physical and mental stresses in physical education and sports leads to the fact that they become habitual. This is undoubtedly a positive effect, as it promotes health promotion, performance improvement, development of physical and mental qualities, and in sports – the growth of sports results.

Only an exceptional feature applies to sports: it is known that the essence of sports activity is competition. There is no sport without competitions. The participation of a person in competitions expresses his desire to achieve the highest sporting result in the struggle with other people.

The problem lies in the fact that the mechanism of getting talented student-athletes into the sport of higher achievements has not been properly worked out due to the lack of proper conditions for their preparation.

The purpose of the work: to identify effective conditions for the organization and training of student sports teams as a reserve for high-performance sports.

Based on the goal, the following tasks are defined:

- a) to identify the general characteristics of physical education and sports, as well as sports of higher achievements, including among student sports teams;
- b) analyze the system of organization and dynamics of the results of student sports teams;
- c) develop recommendations aimed at modernizing the existing organization system.

It should be noted that the research part is based on the provisions of the institutional approach (sport as a social institution; J. Kudryavtseva, L. Lubysheva, Y. Okunkov), structural and functional approach (considers universal and specific functions of mass sports and sports of higher achievements; C. Stevenson, G. Edwards, H. Tatano, K. Heinila), as well as a socio-cultural approach (sport as part of the culture of society, international sport as a global phenomenon; S. Morin, D. Marshall, J. Friedman, J. Dumazedier).

At the present stage, the state policy in the field of sports is more focused on mass education, including in the field of student sports. This is primarily due to the goals of improving the health of the nation through increased physical activity and the rejection of bad habits in favor of physical education. But it is worth noting that much attention has been paid to the development of student sports clubs, whose members are high-class athletes who are able to show decent results at republican and international competitions, becoming the closest reserve to the national team.

And this applies not only to higher educational institutions with specialized sports training. The support of university sports of the highest achievements is indisputably connected with the periodic holding of major international competitions among students, such as the Universiade, the World and Asian Championships among students, as well as the participation of student youth representatives in the Olympic Games, World Championships, Asian and international tournaments of the Central Asian republics.

In this regard, it is necessary to clarify that there is a mass sport and a sport of the highest achievements. Mass sport gives millions of people the opportunity to improve their physical qualities and motor capabilities, strengthen their health and prolong creative longevity, and therefore resist undesirable effects on the body of modern production and conditions of everyday life.

The purpose of practicing various types of mass sports is to strengthen health, increase the body's immunity, improve physical development, fitness and actively relax.

This is due to the solution of a number of specific tasks: to increase the functionality of individual body systems, to correct physical development and physique, to increase general and professional performance, to master vital skills and abilities, it is pleasant and useful to spend leisure time, achieve physical perfection and continue to engage in the future process of professional activity of students.

The tasks of mass sports largely repeat the tasks of physical culture, but are realized by the sports orientation of regular classes and trainings. [5]

A group of people is involved in mass or "ordinary" sports, the level of sports results here is low and publicly available. The main differences between mass sports are determined by the fact that ordinary sports activity in it is built depending on professional, and therefore occupies a subordinate place in the individual lifestyle; the time and effort spent on sports activities are quite strictly limited, which objectively limits the level of achievements.

Along with mass sports, there is a sport of the highest achievements, or big sport. [7]

The goal of big sports is fundamentally different from the goal of mass sports. This is the achievement of the highest possible sports results or victories at the largest sports competitions.

Having come to the student sports club, a young student-athlete enters a new social sphere: a new team, new coaches are new agents of socialization, specific people responsible for upbringing and education, teaching cultural norms and patterns of behavior, ensuring the effective development of a new social role. [8]

In the sports club at the university, socialization can take place at an accelerated pace, since the period of study at the educational institution is limited. [9]

Classification of the stages of socialization of an athlete by including him in sports activities can be associated with the stages of formation of his sports career. If we accept this principle, we can distinguish the following stages of socialization [6]:

- a) the inclusion of the subject in sports activities;
- b) classes in specialized training groups and sports improvement groups;
- c) transition from amateur to professional sports;
- d) completion of a sports career and transition to another career.

If we talk about the student sports subculture, as part of the general sports culture, then it cannot be said that this is a rather distinctive community. Members of one sports club are usually characterized by high cohesion around the common idea of achieving a high sports result to increase the popularity of their sport and their university, the presence of their own initiation rites, traditions, customs and signs, often passed down from generation to generation, a certain slang, style and form of clothing, possibly with the emblems of the sports club.

Touching upon various aspects of student sports, whether cultural or social, we should not forget about historical ones, since in general, it is historical facts that help to form a complete picture of the formation of a particular phenomenon and determine the vector of development for the future.

Recommendations for improving the conditions and factors of organizing and training student sports teams

The development of student sports is able to smooth out the shortcomings of the existing order of "industrial production" of sports results in the youth sports environment. The possibility of achieving high sports results on the basis of a well-formed sports environment with proper infrastructure, as well as an environment for active physical activity allows:

- to increase the popularity of a healthy lifestyle through the permanent stay of student athletes in the student community of the university;
- identify sports talents at later stages of sports improvement (17-18 years) and develop them to a professional level, up to the reserve of the national team;
- prolong the sports career of young people who can successfully combine it with higher education;
- to mitigate the social adaptation of professional athletes after the completion of their sports career.

In order for student sports to be able to solve these tasks as efficiently as possible, it is reported to have an appropriate material, technical and personnel base;

- a) to optimize the combination of professional sports with training in the chosen specialty with the help of a flexible schedule of classes, providing high-quality accommodation and food, as well as the necessary conditions for independent work of student-athletes;
- b) develop the most acceptable calendar of sports competitions, taking into account the specifics of the academic load, while giving student starts an independent value as a significant social event, both local and republican level;
- c) make the basis for the formation of teams the principle of fairness in identifying the best, transparency in the selection and promotion of athletes.

Of course, building a successful training system for high-class student sports teams is a matter that cannot be solved in a short time. However, in order to move towards the modernization of this socially significant phenomenon, it is necessary to outline a plan of priority measures. As the latter, the following provisions can be proposed, which are of a recommendatory nature:

- a) the need for financial and tax incentives for the activities and development of sports clubs established in educational institutions;
- b) ensuring the integration of sports systems in educational institutions for specialized sports training and sports at universities, as well as ensuring the continuity of these systems;
- c) organization of an optimized sports management system at the university;
- d) involvement of the university and its base for the inclusion of scientific knowledge and developments in the system of technological and logistical support of student sports, support of the training process;
- e) development of a system of public sports instructors among students;
- f) development of sports for students with disabilities at the university;
- g) the formation of an information and propaganda program for the involvement of students in active sports, education in the field of sports achievements, acting on a permanent basis;
- h) creation on the basis of sports complexes of providing students with related services such as medical, cosmetology, organization of healthy nutrition, sports accessories, clothing, paraphernalia.

Conclusion

High-class student sports teams in the coming years can become an excellent platform for creating a strong reserve for top-level sports in Uzbekistan. Taking into account the number of students in higher educational institutions, taking into account their own experience and the most successful experience of foreign countries, student sports can take a new, higher stage of development. However, to do this, it is necessary to improve the conditions and factors of the functioning of student sports clubs.

Mandatory for the existence of student sports teams are the conditions for the availability of a material and technical base that meets the norms and modern standards, the availability of a trained personnel base, optimized functioning of a combined system of training in the specialty and the training process, the availability of an optimal sports calendar taking into account training at various levels, the primacy of the principle of fair selection.

In addition, it requires joint integrated activities of student sports clubs and organizations to work with young athletes who are ready to combine training and sports in the future. In addition to all this, it is necessary to remember that the main impetus for the development of university sports will be the economic side – financial and tax incentives for both sports organizations themselves and organizations providing support. A big and important direction is social, aimed at the mass character of student sports and attracting students to a healthy lifestyle.

This includes the development of a system of public sports instructors, the creation of a complex on the basis of the university to provide additional services, the development of sports for students with disabilities. Another promising direction is the involvement of the scientific base of universities in the training process support system.

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