

# Student Sports As A Factor of Training of Athletes of Higher Achievements

Alimbaeva Roziya

***Abstract---** The modern stage in the development of student sports in Uzbekistan is characterized by the emergence of new tasks of physical education in universities. The organization of sports training for students in universities is properly scientifically undeveloped and not systematized. In the conditions of commercialization and professionalization of sports, universities that provide the opportunity to obtain higher professional education are not only guarantors of securing highly qualified athletes in the region, but also maintaining the system of sports training. The article outlines the general characteristics of sports of the highest achievements, including among student sports teams; the system of organization and the dynamics of the results of student sports teams are analyzed; recommendations aimed at modernizing the existing organization system have been developed.*

***Keywords---** Student Sport, Modernization, System for Organizing the Training of Athletes.*

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## I. INTRODUCTION

After several years of crisis phenomena of the post-perestroika time, there has been a rise in all social aspects of life, including in sports. Young people are gradually returning to sports clubs and clubs. Physical culture in all its directions spreads throughout the Republic of Uzbekistan.

Being inherently human-Vedic discipline, physical culture is aimed at developing a holistic personality. Physical culture acts as a sociocultural layer of practice aimed at the development of students' natural forces and mediated by their cultural attitude to their physical capabilities. The development of the student's physical abilities is considered as part of the upbringing process as the development of cultural elements, special personal qualities. The humanization of the educational process emphasizes the enormous role of individual education, its very value. Only in this case can it 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 sport clubs have gained impetus for development, whose activities go beyond the scope of physical education. Therefore, it is important to separate the concepts of sport and physical education, the main task of which is physical education.

## II. THE MAIN FINDINGS AND RESULTS

Physical education is a pedagogical process aimed at the comprehensive physical development of people, their specific preparation for the fulfillment of social obligations in society. This 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 most complete implementation of the genetic program due to the biological characteristics of a particular individual. [2]

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The problems of improving the organization and content of student sports movement were considered by specialists A. Novikov, L. Matviev, V. Filin, G. Bogdanov, A. Guzhalovsky, L. Lubomirsky, V. Volkov, B. Prokudin, M. Zatsiorsky, V.K. Balsevich, Y.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.Y. 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. Balls and others.

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 work of such scientists as V.U. Ageevets, L.V. Aristova, V.M. Vydrin, S.I. Guskov, V.I. Zholdak, T.M. Kanevets, V.V. Cousin, S.G. Seyranov, Y.P. Michuda, V.N. Platonov, L.E. Lyubomirsky, T. Khayitov, Sh. Kholova.

Sport - educational, game, competitive activity based on the use of physical exercises, which has socially significant results. Sport in the Law "On Physical Culture and Sport in the Russian Federation" is defined as an integral part of physical culture, historically formed in the form of competitive activity and special practice of preparing a person for competitions. In the wording of the Law of 2007, 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 preparing a person for it[3].

The concept of "sport" must be considered in a narrow and broad sense: sport as a truly competitive activity and related activities and sports as a multifunctional social phenomenon, which is a system of organizing and conducting competitions and training sessions for certain sets of physical exercises.

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

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

Unusual in intensity and duration, physical and mental stress is another common feature. Engaged in physical exercises, a person experiences stress that exceeds normal, everyday norms. Often, especially in sports, these stresses can even be extreme. It is important to note that the rational systematic use of such physical and mental stresses in physical education and sport leads to the fact that they become habitual. This is undoubtedly a positive effect, as it helps to improve health, increase working capacity, develop physical and mental qualities, and in sports, increase sports results.

An exceptional feature applies only to sport: it is known that the essence of sports activity is competition. There is no sport without competition. A person's participation in competitions expresses his desire to achieve the highest sports result in the fight against other people.

The problem is that the mechanism for getting talented student-athletes into the highest achievement sports due to the lack of proper conditions for their preparation has not been fully developed.

Purpose of work: to identify effective conditions for the organization and training of student sports teams as a reserve for sports of the highest achievements.

Based on the goal, the following tasks are defined:

- a) Indicate the general characteristics of physical education and sports, as well as sports of the highest achievements, including among student sports teams;
- b) To analyze the organization system and the 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 (sports as a social institution; J. Kudryavtseva, L. Lubyшева, Y. Okunkov), the structural-functional approach (considers the universal and specific functions of mass sports and high-performance sports; C. Stevenson, G. Edwards, H. Tatano, K. Heinil), as well as the sociocultural 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, Russian policy in the field of sports is more focused on mastication, including in the field of student sports. This is primarily due to the goals of improving the nation through increased physical activity and the abandonment of bad habits in favor of physical education. But it is worth noting that much attention has also been paid to the development of student sports clubs, whose members are high-class athletes who are able to show decent results at national and international competitions, becoming the closest reserve to the national team.

And this applies not only to higher education institutions with specialized sports training. Support for university sports of the highest achievements is undeniably associated with the periodic holding of major international competitions among students, such as the Universidad, the World and European Championships among students, as well as the participation of students in the Olympic Games, World and European Championships.

In this regard, it is necessary to clarify that there is mass sports and sports of the highest achievements.

Mass sport provides an opportunity for millions of people to improve their physical qualities and motor abilities, strengthen their health and prolong creative longevity, and therefore, withstand the undesirable effects on the body of modern production and the conditions of everyday life.

The purpose of practicing various types of mass sports is to strengthen health, improve physical development, fitness and actively relax.

This is connected with the solution of a number of particular problems: to increase the functionality of individual body systems, to correct physical development and physique, to increase general and professional performance, to master vital skills, it is pleasant and useful to spend leisure time, and achieve physical perfection.

The tasks of mass sport in many respects repeat the tasks of physical culture, but they are realized by the sports orientation of regular classes and trainings [5].

A group of people is involved in mass or “ordinary” sport; the level of sports results is low and generally accessible. The main differences of mass sport are determined by the fact that the usual sports activity in it is built depending on the professional, and therefore takes a subordinate place in the individual lifestyle; the time and effort spent on sports is rather 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 sport is fundamentally different from the goal of mass. This is the achievement of the highest possible sports results or victories at the largest sports competitions.

Arriving at 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, training in cultural norms and behaviors that ensure the effective development of a new social role [8].

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

The classification of the stages of socialization of an athlete by including him in sports activities can be associated with the stages of the 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 educational groups and groups of sports improvement;
- c) The transition from amateur to professional sports;
- d) The completion of a sports career and the transition to another career.

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

Touching upon various aspects of college sports, whether cultural or social, one should not forget about historical ones, since, on the whole, it is historical facts that help to make 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 the organization and training of 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 among youth sports. The ability to achieve high sports results on the basis of a well-formed sports environment with the proper infrastructure, as well as an environment for active physical activity allows you to:

- Increase the popularity of a healthy lifestyle through permanent residence student athletes in the student community of the university;

- Identify sports talents at the later stages of sports development (17-18 years) and develop to a professional level, up to the reserve of the national team;
- Extend the sports career of young people who can successfully combine it with higher education;
- Soften the social adaptation of professional-class athletes after completing a sports career.

In order for student sport to be able to solve the aforementioned tasks as efficiently as possible, he is informed) to have the appropriate material, technical and personnel base;

- a) To optimize the combination of professional sports with training in the chosen specialty using a flexible schedule of classes, providing high-quality living and dining conditions, as well as the necessary conditions for independent work of student athletes;
- b) To develop the most acceptable calendar of sporting events, taking into account the peculiarities of the workload, while giving student starts independent value as a significant public event, both local and national level;
- c) Make the basis of team formation the principle of justice in identifying the best, transparency in the selection and promotion of athletes.

Certainly, building a successful system of training high-class student sports teams is a matter that cannot be resolved 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, we can propose the following provisions that are advisory in nature:

- a) The need for financial and tax incentives for the activities and development of sports organizations created 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) The 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 material and technical support for student sports, support of the training process;
- e) Development of a system of public sports instructors among students;
- f) The development of sports at the university for students with disabilities;
- g) The formation of an outreach program to engage students in active sports, education in the field of sports achievements, acting on an ongoing basis;
- h) The creation on the basis of sports complexes of providing related services to students such as medical, cosmetology, the organization of a healthy diet, sports accessories, clothing, paraphernalia.

### III. 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. Given 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 rise to

a new, higher stage of development. However, for this it is necessary to improve the conditions and functioning factors of student sports clubs.

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

In addition, joint integrated activities of student sports clubs and organizations for working with youth athletes are needed, ready to combine training and sports in the future. In addition to all this, it must be remembered 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 support organizations. A large and important direction is public, aimed at the mass 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 university-based complex to provide additional services, the development of sports for students with disabilities. Another promising area is to attract the scientific base of universities in the support system of the training process.

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