

Student Sport, Mass Sport and Sport of High Achievements

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Abstract. The article reveals the meaning of the concept of "mass sport". It will focus on the differences and similarities of mass sports with high-performance sports, as well as the goals and objectives pursued by this current direction of the sports movement.

Keywords: mass, sports, health, person, achievements, movement

In the conditions of the established post-industrial type of society, the need gradually arose to meet the needs of the body associated with physical exercises. Sport is a great solution to an urgent issue. What is sport, and how does it happen? Sport is a part of the structure of the general concept of physical culture, historically formed in the form of competitive activity between different groups of people. Today, due to the versatility of physical culture, in particular sports, it is customary to subdivide this concept into mass sports and sports of higher achievements - the most relevant areas of physical education today. Further we will talk about mass sports, about its fundamental differences from the sport of the highest achievements; its goals and objectives.

Mass sport is a component of physical culture, the most relevant among the general population of the whole world, pursuing the goals of improving the body, increasing efficiency, strengthening immunity and achieving physical perfection.

So what is the difference between grassroots sport and elite sport? The fundamental difference between mass sports and elite sports is the goals that are radically different between the two current sports areas of the modern world. If, mass sport helps to resume the work of the organism as a whole, and is aimed at improving the health of a person, then in the sport of the highest achievements, the name of which speaks for itself, the athlete has high sports mobility, expressed in achieving sports victories at major sporting events [3, p. 81].

And now let's take a closer look at the goals of mass sports, which, to be completely honest, have something in common with the goals of physical culture in its broadest sense. However, it should be noted that mass sports are a great way to use your free time in a pleasant, and most importantly, useful way. Thanks to the classes of public mass sports, a person will be able to adjust his figure by strengthening muscles. This implies an undeniably true statement that the fulfillment of a goal containing an aesthetic component (a beautiful figure) will entail a general improvement in the psycho-emotional state, and hence the maintenance of high spirits, satisfaction with life and a charge of vivacity for a long, long time [6, p.70].

In addition, mass sports are an excellent guide to the world of health improvement and health promotion, because it is it that allows you to restore lost or partially lost body functions due to various circumstances, hence the judgment is true that mass sports are an assistant to achieve the goal of improving both mental and physical performance. physical.[2, p.187]

If we talk about the tasks of mass sports, then, just as with goals, there is a direct relationship between the tasks of sports and the tasks of physical culture. So why, then, mass sports are isolated from physical culture, and these two concepts do not cooperate, if their goals and objectives are absolutely identical to each other?

There is a difference between mass sports and physical culture in the broadest sense of this concept, as well as in the case of mass sports and elite sports.

Fundamental difference. And it manifests itself in the fact that in sports, in contrast to physical culture, there is a component that brings meaning to the concept of "mass sport" - competition.

If we take for example two people who are connected by a common craving for physical culture, but differ in the type of realization of the need for physical exercises, then a person who regularly engages in recreational physical education at home will work to achieve the goal of improving health or, for example, body shaping . Whereas an athlete, similarly training regularly in a sports arena, will strive to improve his skills and performance, all the time comparing them with the results of other athletes, because the spirit of

competition and excitement is strong in him. In other words, physical culture classes are aimed only at personal improvement, regardless of the achievements in this area of other people involved [5, p.210].

Thus, summing up the above, we should recall the essence of mass sports, which is comprehensively distributed among the general population of the whole world, which is evidence of the relevance of this direction of the sports movement, and that mass sports are a good way to turn your desires into reality, because mass sport is a public and universal type of sports movement.

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