

# Scientific and Methodical Basis of Management of Loads in Physical Education and Public Sports Health

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**Annotation.** This article discusses the scientific and methodological basis for the standardization of workload in physical education and mass sports. Physical culture also acts as one of the important means of solving the main problem of mankind - the preservation and maintenance of people's lives. Society does not have other adequate means for the physical preparation of people for work and life in general.

**Key words:** physical education, mass sports, fitness, training, exercises, illness, running.

In recent years, the country has taken consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities and ensure adequate participation of the country in international sports arenas.

At the same time, it is necessary to implement specific programs in the field of physical culture and sports, which will help to improve the health of the population, to involve young people in sports and to select talented athletes, to achieve high results in sports. - There is a need to create conditions.

Physical culture (in the broad sense of the word) is a part of the general culture of society, one of the areas of social activity aimed at improving health, developing a person's physical abilities and using them in accordance with the needs of social practice. Means of physical culture are purposefully used to improve the physique, for the harmonious development of physiological functions, to maintain a high level of body performance for many years.

The main indicators of the state of physical culture in society: the level of health and physical development of people; the degree of use of physical culture in the field of upbringing and education, in production, in everyday life, in the structure of free time; the nature of the system of physical education; development of mass sports and the highest sports achievements; physical culture and sports social movements; development of children's sports, etc.

In the process of human activity in the field of physical culture, material values are created and improved, such as, for example, sports facilities (stadiums, swimming pools, sports palaces, gyms), sports equipment, equipment and simulators (for example, gymnastic equipment, equipment for skiing, skating and athletics), sportswear, etc.

Human activity in the field of physical culture is reflected in literature, painting, sculpture, music, film and video films. The result of human activity in the field of physical culture is also new scientific data concerning the structure, development and functioning of the human body, its relationship with nature. Taking into account scientific data, specialists develop adequate methods of applying physical exercises for sports training, developing physical qualities, improving physical condition and strengthening health. In all this, the spiritual component of the life of people (society) is manifested and as a result, spiritual values are formed.

Physical culture also acts as one of the important means of solving the main task of mankind - the preservation and maintenance of people's lives. Society does not have other adequate means for the physical preparation of people for work and life in general.

Each historical era has its own understanding of the ideal of a physically perfect person, since this ideal reflects the conditions of the economic and social life of people, their worldview.

The indicators of physical perfection include:

- high level of health;

- physical fitness (high level of development of motor qualities - strength, speed, endurance, coordination, flexibility; as well as the functionality of the main oxygen transport systems of the body - cardiovascular and respiratory);  
- creative longevity.

Physical perfection, taken by itself, cannot become an end in itself. It will acquire meaning and social significance only in organic connection with other aspects of a harmoniously developed personality. Violation of such connections in the pedagogical process can lead to one-sided development of the personality, to the predominance of physical principles to the detriment of creative, spiritual and moral qualities. Do not confuse physical perfection and physical perfection.

Physical perfection is a state of the body that expresses a high degree of development of individual physical abilities and physical perfection is a process of physical education and upbringing with higher requirements for results than, for example, just physical training.

Also, one should not confuse physical fitness, which is an integral part of the process of physical education, and physical fitness, which characterizes the state of the body (see above).

The fitness of an organism or its functional fitness is a narrower concept than physical fitness. It reflects the degree of readiness for the load (or functionality) of the main body systems that provide oxygen delivery to the working muscles (i.e., the cardiovascular and respiratory systems).

Sport is actually a competitive activity, special training for it, as well as interpersonal relations and norms inherent in it. Sport is an integral part of the general physical culture of society.

In modern conditions, the volume of activity carried out in probabilistic and unexpected situations has significantly increased, which require the manifestation of resourcefulness, speed of reaction, the ability to concentrate and switch attention, spatial, temporal, dynamic accuracy of movements and their biomechanical rationality.

All these qualities or abilities in the theory of physical education are associated with the concept of dexterity - the ability of a person to quickly, efficiently, expediently, i.e. to master new motor actions in the most rational way, to successfully solve motor tasks in changing conditions. Dexterity is a complex quality, the level of development of which is determined by many factors. Highly developed muscular feeling and plasticity of cortical nervous processes are of the greatest importance.

Coordination abilities form the basis of dexterity.

Motor-coordination abilities are understood as the ability to quickly, accurately, expediently, economically and resourcefully, i.e. most perfectly solve motor problems (especially complex and unexpected ones).

A characteristic feature of sports (distinguishing it from physical culture) is competitive activity. Its specific form is competition, which allows to identify, compare and contrast human capabilities based on:

a) a clear regulation of the interactions of competitors (for example, the rules in sports games and martial arts);

b) unification of the composition of actions (weight of the projectile, weight category of participants, distance in running, style of swimming or skiing, etc.);

c) conditions for performing actions (for example, in open or closed rooms);

d) methods for assessing achievements (by time, distance, number of points scored, victories in bouts, etc.).

Sports achievement is an indicator of sportsmanship and abilities of an athlete, expressed in the final results.

Social functions of sports:

- educational, applied, health-improving and rehabilitation, recreational, educational (i.e. functions that are also inherent in physical culture);

- competitive-reference: records recorded in sports acquire wide public recognition and serve as a kind of indicator of individual and universal human capabilities;

- the heuristic-achievement function reflects the search activity in sports, associated with a person's knowledge of his capabilities and the search for effective ways to increase them (improvement of the training system, search for new means and methods of training, complex elements of technology and tactical solutions for wrestling);

- the function of personality-oriented education is based on the possibility of choosing a sport by each individual, taking into account their own individual inclinations and abilities;
- emotional-spectacular is revealed in the fact that the popularity of sports as a spectacle is characterized by emotionality and sharpness of perception, affecting the personal and collective interests of many people;
- the function of socialization of the individual: playing sports involves people in social life, forms the experience of social relations;
- communicative: sport today is a factor in the development of international relations, cultural cooperation between peoples, and the strengthening of peace on earth.

The development of sports throughout the world has led to the emergence and spread of many individual sports, of which there are currently more than 200. Each of them is characterized by its subject of competition, a special way of action, the nature of motor activity, ways of wrestling and competition rules.

In a number of universal values, the priority of health is undeniable. Health is a huge blessing. The degree and quality of satisfaction of the social needs of a person, and above all, the need for security, depends on it.

The current stage in the development of civilization has led, on the one hand, to the development of technical means and technologies that greatly facilitate human life, but on the other hand, to a sharp deterioration in the human environment. The pace of both social and technological, as well as environmental and even climatic changes is increasing, requiring the individual to quickly adapt and re-adapt in life and work. If we add here the growing pace of urbanization processes, the changing nature of labor processes and much more, it becomes obvious that our contemporary lives in a world far from the conditions to which his body is adapted. All this could not but affect the biological nature of man.

A decrease in the functional reserves of organs, systems and the whole organism at the population level, a violation of its reactivity and resistance, self-regulation processes, the birth of weakened offspring - these are the characteristic features that distinguish our contemporaries from their ancestors (I.I.Brekhman, 1990; N.M.Amosov, 1987; V.P.Kaznacheev, 1988; I.A.Arshavsky, 1993; V.P.Petlenko, 1996; G.L.Apanasenko, 2000; E.G.Bulich, 2003).

Our reality - overcrowded hospitals, queues in polyclinics, expansion of the network of pharmacies and the volume of consumption of medicines, an increase in the number of "special groups" in physical education in educational institutions (compared to the "main") and much more testifies to the relevance of the health problem at the present time.

Indeed, the problem of maintaining the health of the population is the prerogative of the state, which seeks to be civilized developed. However, government measures will not bring results if the society itself does not inculcate the values of culture, not only spiritual, which is of course very important, but also physical. If they are not brought up in school and in the family, they are encouraged by the whole society. Finally, if each person is not aware of the responsibility for their own health.

An important place in this aspect is occupied by issues related to human life. And the issues of a healthy lifestyle of young people are of exceptional importance.

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