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MASS SPORTS AND HIGHER ACHIEVMENTS

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ABSTRACT

Modern sport is divided into mass sports and higher achievements. These concepts reflect different levels and versatility of sports activities, in which athletes are taking part amians and professionals of various qualifications.

Keywords: Mass sports, sport of higher achievements, professional sports, Records of the Century.

INTRODUCTION

Mass sport enables millions of people to improve their physical qualities and motor capabilities, strengthen health and extend creative longevity, and therefore, to withstand undesirable impacts on the body of modern production and conditions of everyday life.

Mass sport is characterized by relatively low sports results and significant massiness. At this level of achievements, the training of athletes is carried out in its free time

The purpose of exercising various types of mass sports is to strengthen health, improve physical development, preparedness and actively relax. This is due to the solution of a number of private tasks:

-increase the functionality of individual organism systems,
-adjust physical development and physique,
-Enhance overall and professional performance,
-master the vital skills and skills,
-nice and useful to spend leisure
-Achieve physical perfection.

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METHODOLOGY

To elements of mass sports, a significant part of youth is attached in school years, and in some sports in preschool age. It is a massive sport that has the greatest distribution in student groups.

Usually in non-rivocultural universities in the field of mass sports, regular training in extracurricular times are engaged from 10 to 25% of students. Now the current program for educational discipline "Physical Culture" for students of higher educational institutions allows almost every healthy student and a student of any university to join mass sports.

Along with mass sports, there is a sport of higher achievements, or a big sport. Sport of higher achievements There are specially organized activities aimed at the comprehensive and harmonious development of physical and mental qualities, in the process of training and competition.

The main goal of sports of higher achievements is to achieve the highest possible sports results on all sorts of sports competitions. Any higher achievement athlete has not only his personal importance, but also becomes a nationwide property, since records and victories on the largest international competitions contribute to maintaining and strengthening the country's authority in the international arena. The tasks of sports of higher achievements include:

- achieving a high sporting result;
- victory on matches and competitions;
- stimulation of physical, mental and spiritual development;
- promoting the practical knowledge of their own performance and its own skills, as well as strengthening confidence in their forces;
- admission to the team and the formation of social behavior;
- expanding experience and enrichment of the emotional life of athletes through a rational leisure organization.

RESULTS

Any higher achievement athlete has not only personal importance, but becomes a national property, as records and victories in the largest international competitions contribute to strengthening the country's authority on the world arena. Any higher achievement athlete has not only personal importance, but becomes a national property, as records and victories in the largest international competitions contribute to strengthening the country's authority on the world arena.

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Today, the sport of higher achievements is the only model of activity in which outstanding record holders the functioning of almost all organism systems can manifest itself in the zone of absolute physiological and mental limits of a healthy person. This allows not only to penetrate the mystery of maximum human capabilities, but also to identify ways of rational development and the use of natural abilities available from each person in its professional and social activities, increase overall performance.

To fulfill the goal in large sports, step-by-step plans of many years of preparation and the corresponding tasks are being developed. At each stage of preparation, these tasks determine the necessary level of achieving the functionality of athletes, mastering machinery and tactics in a favorite sport. All this must be realized in a particular sports result.

Sport of higher achievements implies systematic, perennial, targeted training and competitions, in the process of which tasks of achieving maximum results are solved.

Activities in the sports field of higher achievements turns into a major for many years, and very often such athletes become "professionals." This is the direction of sports movement at the very nature of its own - the lot of few. Athletes of this level are just hundredths of the percentage of the total number of sports. Sport of higher achievements beaten the way to sports vertices, making them to some extent more accessible to many, arming a massive sport with advanced experience. Sport of higher achievements is characterized by a constant progressive growth in the level of sports results and the establishment of new and new, sometimes phenomenal, records - "Records of the Century".

High results are achieved by the intensification of the training process. It is known that sporting success is a talent, multiplied by labor, work before self-denial, to self-sacrifice. Indeed, the load of leading athletes in the preparatory period is, for example, runners - up to 500 km, skiers - 1000 km per month; swimmers - 20 km per day; The weights are measured by tons; Cyclists have up to 365 training days a year; In sports games - up to 100 matches per year, etc.

Such loads inevitably lead to the rapid changeability of generations, rejuvenating certain sports (women's sports gymnastics, figure skating, female swimming). From here there is a problem of searching for talents, set and selection, work with a sports reserve (specialized children's-youth sports schools of the Olympic reserve).

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Professional sports - entrepreneurial activity, the purpose of which is to meet the interests of professional sports organizations, athletes who have chosen the sport with their profession and spectators.

A professional athlete is an athlete for whom sports are the main activity and which receives wages in accordance with the contract and other monetary remuneration for preparing for sports competitions and participate in them.

DISCUSSION

To assess the results achieved in any sport, the Unified All-Russian Sports Classification (Evsk) has been developed. It is a normal document defining the requirements, conditions and procedure for assigning sports ranks and discharges in the Russian Federation. The Evsk structure provides for the assignment of III, II, I of Youth Sports, III, II, category I, and the discharge "Candidate for the Master of Sports" (CMC). Sports ranks in Evsk Two - Master of Sport of Russia (MS) and Master of Sports of Russia of the International Class (IMC). For particularly outstanding sports achievements athlete, the title of "Honored Master of Sports of Russia" is appropriated. To assign discharges and titles in some sports, it is necessary to perform discharge standards and requirements in others - only discharge requirements. The discharge requirements are determined by such provisions:

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To achieve a certain number of victories over the athletes of the corresponding discharges. The discharge standards are expressed in lengths of length, weight and time, and discharge requirements - in glasses, points, busy place in competitions, the number of victories over the opponent, reaching a certain rating. The existing Evsk is periodically made adjustments, due to progressive changes in the level of training athletes, modernization of sports equipment, improving the quality of sports facilities and competitive trails.

Sports of higher achievements are characterized by the highest level of medical and biological support: a network of medical and physical scientific dispensaries, institutions of traumatology, comprehensive scientific groups, doping control groups, etc. are constantly operating. The use of more than 30 types of non-traditional stimulating anabolic tools of hormone character, made on the basis of male hormones, which, as a rule, contribute to muscle buildup and develop power indicators. Large reserve capabilities of the human body can be disclosed using special techniques of psychological training athlete. In general, the sport of higher achievements is unthinkable without the use of modern achievements of human

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society used in science and technology, modern technologies and materials science, medicine and pharmacology, cybernetics and biomechanics, psychology and pedagogy, etc.

CONCLUSION

In the whole world there are only two types of sports. They differ among themselves mainly by goals and objectives that set themselves, and those who are engaged in one or another sport. This is a massive sport and sports high achievements. Mass sports did every person at least once in life undoubtedly. With its help, people around the world gain the opportunity to improve their physical qualities and motor capabilities, to strengthen their health and extend creative longevity, and, therefore, to withstand the undesirable impact on the body of modern ecology, the mad rhythm of information life, in which almost the whole world is spinning. From here you can withdraw the goal of mass sports that are to improve health, improving their physical health and gaining outdoor activities.

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