ISSN: 2181-1385
Scientific Journal Impact Factor (SJIF) 2021: 5.723

MASS SPORTS AND HIGHER ACHIEVMENTS

Sabokhat Ilkhom kizi Khasanova
Uzbekistan State University of Physical Training and Sports

Elbek Saidaxmad ogli Togaynazarov
Uzbekistan State University of Physical Training and Sports

Rustam Khushbakovich Choriev
Tashkent, AMES of the Republic of Uzbekistan

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.