

AHMEDOV FARRUH,
*Retraining and advanced training institute
in physical education and sports,
Samarkand State University, Ph.D.
(Uzbekistan)*

SCIENTIFIC AND METHODOLOGICAL PROBLEMS OF THE TRAINING OF PHYSICAL EDUCATION AND SPORTS SPECIALISTS

Ахмедов Фаррух. Науково-методичні проблеми підготовки фахівців фізичного виховання та спорту.

Ключові слова: фізичне виховання, спорт, спеціалісти, проблеми.

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The volume of recent scientific literature on the system of training specialists in the field of physical education and sports is increasing. In this regard, it should be noted that the biological basis of preparation is of great importance. For example, V. Issurin, based on his researches, emphasizes that the biological factors of the athlete's body are extremely important in the long-term preparation process. Effective preparation, appropriate planning of future sports results are directly related to biological characteristics. In fact, if we think about this matter, the organism as a whole system operates on the basis of biological laws.

The study of the sources of modern sports training from international scientific databases, scientific information search systems and scientific information sources confirms that this field is affected by the integration of knowledge characteristic of different scientific directions. In particular, according to Qiu [1], a characteristic aspect of modern sports competitions and preparation process is the widespread introduction of computer technologies into sports. Choosing a sport, organizing the training process according to the purpose, conducting competitions, and monitoring the athlete's training are more effective on the basis of computer technologies [1].

Analyzes in this regard have been sufficiently studied by other scientists around the world. For example, P. Jernej based on his analysis, recognizes the presence of multifaceted factors in sports [2]. He noted that modern sports training is reflected in its new phenomenon, new views, in particular, equality, cooperation and other positive characteristics. Nevertheless, even now some negative effects are affecting the development of this sector. In our opinion, this situation shows that, firstly, the modern trends of sports development are improving and developing, and secondly, it shows that there are certain tasks and problems facing the development of modern sports.

It is known from the practice of physical education and sports that the system of training athletes in different countries around the world is organized in its own way. Approaches are made based on the social, economic and natural

development and opportunities of a specific area. Based on recent studies, sociological aspects have a special effect on the development of sports training. According to the social characteristics of different regions and regions, the levels of development of sports are noted at a certain level.

According to P. Gamble, the effective organization of the planning and training process in modern sports depends on the specific characteristics of the sport. In particular, team sports are somewhat different from other categories of sports. Special attention is paid to planning, and annual competitions should be taken into account in the planning process [3]. Of course, these ideas have a certain scientific basis and are used in the system of training modern athletes. At the same time, there are other approaches in which sport-based training is of secondary importance. For example, different periodization methods are currently used in training athletes. In particular, the Matveev model of periodization, Verkhoshansky model, Valdivelso model, Vorobev model, Platonov model, Bompa model and others are widely used in practice. Although these planning programs differ in their specific aspects, they are related to common laws and characteristics.

V. Platonov analyzed the preparation system of the Norwegian and Canadian national teams for the Olympic Games as part of his latest research [4]. It is known that the national teams of these countries have a special place in international sports competitions and have been recording stable results. The results of this analysis confirm that recording high results in the Olympic Games and other similar international competitions, organizing sports training on a scientific basis, sports policy, mass sports and high sports skills are the main factors of sports training in these countries.

The results of the literature review and analysis show that the preparation process is of special importance in Paralympic sports. It is known that Paralympic sport is a system aimed at promoting physical activity among people with disabilities around the world. Studies and literature on this topic show that a private approach is more important than the usual training system in Paralympic sports. It can be seen from the review of the literature that the training of Paralympic athletes in modern sports differs in its originality and specific aspects.

According to V. Issurin, the improvement of the sportsmen's training system is based on a number of reasons and needs. The following main factors were noted by the scientist:

- 1) the increase in the number of sports competitions leads to a sharp reduction in training time;
- 2) existing deficiencies in the traditional methods of the athlete's training system;
- 3) emergence of alternative concepts of sports training system [5].

The above-mentioned reasons are unique in the system of sports training, the need to use alternative methods and their effective implementation in practice becomes more urgent. In our opinion, different approaches and methodologies are introduced in the sports training system. In turn, these approaches are characterized by their achievements and shortcomings.

The results of recent studies and experiments confirm that qualification in sports is an important factor that guarantees high results. For example, according to M. Starosta, management of modern sports training consists of 11 stages, covering the period from the initial stage of increasing the athlete's chances of success to the stage of high sports achievements. These data confirm that sports training consists of several stages, as well as several types of training. These stages are sequential and complementary.

Historically, it is known that the issue of control and assessment of sports training has been constantly studied by experts as an object of research. It should be noted that even now this issue has an important place in determining the new aspects of sports development and future plans of training athletes, which is reflected in a number of scientific sources.

The analysis of the literature shows that there are certain achievements and best practices in the sports training system, but there are also tasks that await their scientific solution to this issue. The effective solution of these tasks creates the ground for recording new results in the development of sports.

Conclusions. As a result of the comparative analysis of scientific-methodical sources, it was found that there are different approaches to the training of athletes around the world. At the same time, there are scientific problems of a general nature regarding the training of athletes in the international sports community. Summarizing the points mentioned above, it should be noted that the problem of sports training needs constant development and improvement. There is a need to regularly develop this field, to improve its scientific and methodological foundations.

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