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THE ROLE AND SOCIO-EDUCATIONAL SIGNIFICANCE OF SPORTS: IN THE CONTEX OF TRACK AND FIELD ATHLETICS

Zafar Utayev

Samarkand State University, Samarkand city, Uzbekistan

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Abstract– *Sport is, in a word, a set of physical activities. The essence of the sport is to do certain exercises under the guidance of a coach, to participate in competitions and to achieve sports results. When we talk about sports, we first think of a tall man. At the same time, sports have the ability to educate a person not only physically, but also mentally, morally and spiritually. It is necessary to provide information about the role of sports in society, its socio-educational significance.*

Keywords: *sports, universal values, humanities, education, significance.*

Introduction. Along with the development of mankind, various fields and directions have developed. We can see it in industry, in culture, in science, in sports. Historical sources and archeological excavations show that our ancestors from ancient times engaged in physical exercises, which embodied the modern sport. At that time, people needed to do some kind of exercise in accordance with their lifestyle. Later, the development of human consciousness, the transformation of society, the change of times required the development of specific forms of exercise. As a result, the concept of sport that we are trying to think about today has found its true meaning.

Modern sports aim not only to achieve sports results, but also to train the athlete in all respects. This goal covers a number of areas and areas of education. Athlete's spiritual and moral upbringing, mental stability and willpower are among the tasks to be performed during sports training. The socio-educational significance of sports is the same. At the same time, sport has a place as a universal value.

Universal values are a system of universal values that are a common value for all people, nations and countries in the world. Universal values are very broad and multifaceted. Today, this concept is gaining more and more importance in people's lives, in their upbringing and in enriching their spiritual world. The development of society, according to the characteristics of development, one or another form of universal values rises to the forefront of life. For example, peace in times of war, freedom, patriotism when there are enemies in the country, understanding of national identity in times of independence, the need to study national culture. Historically, the changing times and epochs have never diminished the importance of the concept of sport. Sport has always been central to the system of universal values, as an integral part of the spiritual and material needs of people.

The social nature of sports and their role in the development of a person as a person is invaluable. The development of society has also directly led to the development of the concept of physical culture. Sport, which is an integral part of physical culture, is still showing its high social significance. In recent years, research on the importance of sport around the world has shown that its role in people's lives is high. Specialists of physical culture and sports, psychologists, sociologists have conducted research on this issue and created various scientific and methodological sources (VD Panachayev, NI Ponomaryov, LP Matveev, YM Masharipov, RS Salamov, HT Rafiev, JE Eshnazarov, LI Lubisheva).

Materials and methods. Following approaches were used:

- a) The materials belong to common sport theory;
- b) The materials focuses to periodization of sport training;
- c) The materials listed in Scopus, GoogleScholar, Reserchgate, SportDiscuss and others.

Results and discussion. The terms "athlete," "winner," and "champion" are widely used to refer to well-known and successful athletes. People look at such athletes with envy, and as a result, they develop a desire to be like them. Athletes are respected and valued everywhere. In fact, people value sports as winners and champions. Honoring and glorifying people through sports has a real meaning. Athletes who raise the country's flag on the international stage are valued in society.

In order to study sports as a universal value, it is necessary to list its functions. According to sports theory, sport has a competitive function, a health function, an ideological function, an aesthetic function, a moral-educational function, a socio-political function, and an international function. According to some sources, the issues of patriotic and humanitarian education of the younger generation through sports are also discussed. Experts acknowledge that the opportunities for educating young people in the spirit of patriotism are high during sports competitions. The fact that sport is not only a measure of results, a measure of physical fitness, but also the human factor, its relevance to the issue of comprehensive education, is reflected in research on this topic.

According to the Law of the Republic of Uzbekistan "On Physical Culture and Sports", national sports and folk games of Uzbekistan are an integral part of the cultural heritage of the Republic of Uzbekistan in the field of physical culture and sports, special patriotism. And love for the Fatherland is the foundation for cultivating a sense of aspiration to enhance the country's prestige in the international arena. Indeed, the formation and historical development of national sports directly implies the education of people in the spirit of patriotic ideas. Take wrestling, for example, our national sport. Respect for the opponent in wrestling, the protection of the honor and dignity of the motherland and the people by defending their honor are the basis of the philosophical and spiritual ideas of this sport.

Similar examples can be found in sports such as judo, taekwondo, and karate, whose historical, philosophical, and spiritual foundations serve to educate people in all areas. At the heart of the historical formation and development of sports is the idea of cultivating such qualities as peace, humanity, patriotism and hard work. After all, peace, humanity, patriotism and hard work have been respected and valued as universal values for many years. Sport serves not only the function of competition, but also for mutual understanding and support (Figure 1).



Figure 1. Rio 2016 Olympics, women's 5,000-meter dash: New Zealand's Nikki Hamblin (left) assists rival Abbey D'Agostino of the United States (right) during the race (Photographer: Kai Pfaffenbach).

The social significance of sport, its universal value, is reflected in its human nature. At first glance, the essence of the concept of sport can be seen in the fact that the competition of athletes with a certain level of training forces them to beat each other physically, using force. However, the rules of the sport, the universally recognized norms of the sport, place such demands on athletes, coaches and referees that, as a result, participants in sports activities are educated and formed within the criteria of universal values in training, competitions and sporting events. Physical education and sports, as well as sports competitions, must be held in a way that does not harm the health, honor and dignity of their participants and spectators. It is not allowed to use training methods that degrade the honor and dignity of athletes, as well as cause them sports injuries. The rules of sports competitions are based on certain requirements and require participants to adhere to them. In this case, the sport demonstrates its high level of humanity.

Maintaining and strengthening human health is one of the major challenges facing the medical field around the world. There is a saying in the medical world that "prevention is better than cure." In an age of advancing techniques and technologies, inactivity poses a number of problems for people, especially those associated with inactivity. As mentioned above, sport is a set of active physical activities. Getting regular exercise helps keep your body moving. As a result, the body is healthy and strong. This is one of the main reasons why sport is recognized as a universal value.

We all know that in today's globalized world, the world's population is concerned about various evils such as alcoholism, drug addiction, religious extremism and international terrorism. Ideas that are alien to the noble goals of the people and the state will inevitably try to influence society. It is necessary to fight against such vices and ideas, to form immunity in young people against destructive ideas, to take measures to protect them from the influence of negative vices. This task, in turn, imposes special requirements on every citizen and professional living in the community. It is no coincidence that the promoter of the modern Olympic Games, the French statesman Pierre de Coubertin, organized the Olympic Games, which are of great importance to humanity and are considered a comprehensive educational tool. Later, after the Second World War, the organization of the Asian Games at the initiative of India was aimed at ensuring peace and tranquility in the world and maintaining unity among nations.

Today, the sport has reached its peak. There is an opportunity to use sports effectively in educating young people, raising the profile of countries, combating negative influences and promoting a healthy lifestyle. Historically, man, his life has been revered as a sacred value. At the same time, concepts such as peace, patriotism, humanity are an integral part of the system of universal values.

Sport has become an integral part of people's lives. The issue of promoting it to children, youth, women and other segments of society is improving. People use sports to improve their health, develop their physical abilities, and spend their free time meaningfully. At the same time, today sports play an important role in raising the prestige of countries and states, raising their prestige in the international arena. Every victory won by the country's athletes on the international arena is a real victory for this country.

Another important aspect of the sport is that it gives the athlete a meaningful time. It has been found that when exercising for a variety of purposes (recovery and strengthening of health, sports results, etc.), participants time is not wasted during and after training. Interviews with participants of different levels (amateurs, highly qualified athletes) provide evidence of the views expressed. In all cases, participants are encouraged to save time during and after training and to follow a well-planned schedule.

Currently, the model of modern sports training and the practice of sports theory and practice focus on the issue of spiritual and moral education of the trainee. In the process of sports, the issues of cultivating personal moral qualities, development within the norms of morality are reflected as an integral part of the training process. Coaches and sports professionals also work to develop the morale of the participants.

Establishing good relationships, respecting the rules of the game, and following the coach's instructions are all important in the training process. Respect for the team, the full implementation of the tasks assigned by the coach and the team leader will be mastered by the athlete during training, and skills and competencies in this area will be improved. This means that the spiritual and moral qualities of the trainee are gradually nurtured.

By now, sport has become part of the common culture of the world. It is impossible to imagine the development of countries without sports. At the same time, sports serve to increase the prestige of countries in the international arena. After all, nothing can introduce a country to the world as quickly as a sport. At international sports competitions, each performance of an athlete is named after the country in which they live. Each victory or achievement is announced directly in the name of the athlete's homeland. It is known that during the awards ceremony, the flag of their homeland is raised and the national anthem is played. We all know that this is a tradition.

Conclusion. It is inevitable that any participant (athlete, coach, referee, spectator, etc.) who has gone through this process, will once again feel in his heart the feelings of love and pride for the motherland. The feeling of pride in one's homeland makes one even more excited. He expressed his views on the health-improving, educational and social development of the country. A clear conclusion can be drawn by summarizing the views and opinions expressed. So, sports play an important role in the education of young people and in the social life of the country, in enhancing its role and prestige in the world community. If the number of people participating in sports in the country increases, the level of public health will also increase. Spontaneously, the weight of results achieved in the field of sports in the international arena is growing. This means that the people living in the country will be healthy and well-rounded in all respects.

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