

Sports Theory as a Science and Academic Discipline

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Abstract

The theory of sports is a system of knowledge about the essence and structure of sports, about its most general laws, about the peculiarities of functioning in society, about the content and forms of optimal construction, preparation of an athlete to achieve high sports results.

Keywords: sport, sport theory, facts, hypotheses, ideas, principles, development, achievement.

INTRODUCTION

Improving the effectiveness of physical education of the younger generation is the most important task of modern society. Many scientists and teachers have tried and are trying to solve this problem. However, it has not yet been possible to implement it on a large scale. Individual achievements of enthusiastic teachers remain the property of a small number of their pupils due to the impossibility of mass reproduction of the outstanding and original pedagogical practice of the educator.

The various facts, hypotheses, ideas, principles, patterns, and particular theories accumulated over many centuries in the field of sports allowed us to create such a synthesizing theory.

Recently, the theory of sports has been developing at an accelerated pace. The catalyst for its development is the sport of the highest achievements, which is rapidly progressing due to the intense competition among various countries at the largest competitions - the Olympic Games and World Championships. Sport has become a kind of natural laboratory, concentrating large research resources in the search for new ways to identify and maximize the development of human abilities. This naturally leads to the expansion of knowledge about sports, their differentiation and integration. The theory of sports as a system of knowledge about the totality of objects and phenomena related to the field of sports has the following functions:

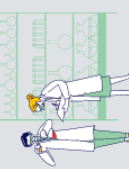
I. Descriptive function - is associated with the display by means of II signal system and special means (graphs, diagrams, symbols, formulas) of sports phenomena, various facts, the establishment of primary laws.

II. Explanatory function - provides disclosure of the essential aspects of sports, reveals the patterns of its various components, their interrelation and relationships.

III System-forming function - is connected with the ordering of various facts, ideas, hypotheses, patterns into a single system of knowledge about sports.

IV. Practical function - means that the theory of sports is the basis of practical activity in sports-pedagogical, organizational, financial, logistical and other spheres of activity of people working in the field of sports.

V. Predictive function - makes it possible to reveal trends in the further development of sports, to foresee ways to expand knowledge in the field of sports, to identify the most promising areas, means, methods, forms of improving the theory and practice of sports training.



VI. Methodological function - is that the theory of sports serves as the basis for obtaining new knowledge in conjunction with previously obtained and well-proven true propositions.

Sports theory is a scientific and practical discipline. It exists as a science and an academic subject. As a science, sports theory is aimed at cognition, description, explanation and prediction of objective laws of sport as a social and pedagogical phenomenon. It has its own object and subject of research, its own methods of scientific research and is closely related to other sciences. The theory of sports as a science is relatively young. It is at the stage of its formation and improvement. Its structure is still poorly developed and, to a large extent, oriented. There are three major sections in the theory of sports:

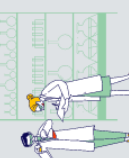
1. Theory of sports competitions.
2. Theory of sports training.
3. Theory of out-of-competition and out-of-training activities. As an academic discipline, the theory of sports is the main profile subject of professional education of coaches in higher educational institutions of physical culture. The training course is aimed at the formation of a broad professional outlook, views and beliefs of specialists in the field of sports, the formation of their system of professional and pedagogical knowledge, skills and abilities, as well as the acquisition of skills of scientific and practical research.

The theory of sports as an academic discipline includes the following sections:

- I. Introduction to the theory of sports - formation, structure and subject of the theory of sports, basic concepts, research methods, classification of sports, functions of sports and its place in society.
- II. The essence of sports competitions and features of competitive activity of athletes.
- III. The essence of sports training - the purpose, objectives, means, methods and principles of training, load and rest during training, the main sections of athlete training during training - physical, technical, tactical, psychological, intellectual and integral.
- IV. Construction (structure) of the training process.
- V. Planning, control and accounting in sports training.
- VI. Sports orientation and selection.
- VII. Features of sports training of children, teenagers, boys, girls, highly qualified athletes, disabled people (adaptive sports), etc.

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