



## ACTUAL PROBLEMS IN THE FIELD OF SPORTS

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<b>Received:</b> 11 <sup>th</sup> October 2022 <b>Accepted:</b> 11 <sup>th</sup> November 2022 <b>Published:</b> 20 <sup>th</sup> December 2022	Modern living conditions make high demands on the human body and are characterized by an increased degree of extremeness. This is due not only to the characteristics of the environment, which predetermine an unfavorable ecological situation, but also to most factors of a social, economic, psychological nature, etc. The following article is devoted to identifying actual problems in the field of sports.

**Keywords:** sports, mass sports, physical education, rehabilitation sports, conditioning sports, professional applied sports

From the first steps in the development of modern sports, two main components or two key areas have been identified in it: - sports of the highest achievements - mass sports (or "sport for all")

Mass sports are aimed at developing physical and volitional qualities and improving the health of citizens, at systematic physical education and participation in mass sports events and competitions. It includes the following types of sports: - school-student sports - professional applied (or working) sports - physical culture and conditioning (preventive) sports - health-improving and rehabilitation (recreative) sports.

Among the problems highlighted in this document, the following are relevant to this day: High cost of sports and fitness services for a large part of the population; There is no normative-legal support for the principles and quality control of the provision of health and fitness and sports services; Inadequate development of the network of physical culture and sports organizations and their remoteness from their places of residence.

During physical activity, the body requires much more oxygen than in a stationary and calm state. This is perfectly reflected in the work of the organs of the cardiovascular system. With frequent sports, the volume of the lungs increases, gas exchange improves, which leads to the tone of the blood organs, helping to reduce blood pressure, preventing the occurrence of strokes, diabetes and heart attacks. Physical activity awakens the central nervous system (central nervous system), as a result, accelerating not only metabolic, but also mental operations of the brain. Adolescents and students who are actively involved in physical education, better remember and learn the curriculum.

The main modern problems of physical education

Experts note that in modern conditions the current system of physical education of student youth cannot cope with the existing problems of deterioration in the level of physical health of students and the low efficiency of the educational process in the field of physical education. It is necessary to find ways to solve these problems through the use of individual training programs in the educational process for the physical education of students and the purposeful formation and development of young people's competencies focused on self-development, physical education, creating internal motivation for a healthy lifestyle, in particular for regular physical education. culture in order to improve the health of people, as well as to attract others to physical education, useful motor activity.

Specialists in the field of physical education of student youth know that the level of physical development and functional readiness of most modern young people does not correspond to optimal parameters. Research data show that currently more than 50% of graduates of general educational institutions have two or more chronic diseases, 30% of conscripts in the armed forces of the Russian Federation are not fit for military service for health reasons, and about 40% of young people of military age cannot perform standards for general physical fitness even for a satisfactory assessment.

Various sociological studies show that the number of students sent to special medical groups based on the results of a medical examination reaches 50% of the total number of students, and the level of physical health of young people is systematically decreasing in direct proportion to the course of study.

Research confirms that a significant part of young professionals leave the walls of an educational institution with a lower level of physical health than they had when they entered the university. The frequency of chronic pathology increases in students from course to course. First of all, this is due to the transition of various functional abnormalities into chronic forms of diseases. Moreover, a significant percentage of newly emerging morphological and functional deviations and a decrease in the level of adaptive capabilities of functional systems are recorded in senior courses. The increase in the number of diseases of senior students occurs against the background of a significant decrease in the level of their physical development and functional fitness. An active manifestation of these negative processes is a sharp increase in heart rate and blood pressure at rest in these young people. This situation is a serious problem requiring an immediate solution, since doctors today are not able to cope alone with the current negative dynamics of the deterioration in the health of young people.

Another urgent problem is the decrease in the effectiveness of educational technologies in the system of physical education of students. Experts note that today, most teachers of the departments of physical education of higher educational institutions orient students only to the successful passing, often by any means, of the test in the discipline "physical culture", and not to the qualitative formation of young people - future specialists in various fields of activity, special knowledge, abilities, skills and competencies in the field of their health savings, familiarization with the norms of a healthy lifestyle, systematic preservation and strengthening of their physical health, etc.

According to a number of authors, the departments of physical education of universities mainly pay attention to students with sports categories and titles, those who, with their sports achievements, can significantly increase the prestige of an educational institution, and purely formally and superficially are engaged in the implementation of the basic principles of comprehensive physical education for other students (constituting the vast majority of the educational contingent in universities, with the exception of specialized sports universities).

At the legislative level, it is not defined who should allocate funds for the construction of sports facilities. In practice, the responsibility falls on the municipal authorities, whose budgets do not cope with this task. This problem is typical for both physical culture and elite sports. In addition, there is a problem of insufficient equipment of educational institutions with sports equipment and inventory.

Another problem is the lack of highly qualified trainers and specialists in educational institutions due to low salaries, teachers prefer fitness centers, providing paid services. The next problem is the lack of an effective system of children's and youth sports, which allows to educate future world-class athletes, the sports reserve of national teams, associated with a low level of material and technical equipment, absence, highly qualified coaching staff, modern techniques and personal motivation.

Intense competition in the world sports arena requires the development of high-tech approaches to the development of professional sports, the introduction of modern innovative sports technologies, the use of science and medical technology at the level of state policy in the field of physical culture and sports.

An important problem is the lack of personal motivation, interest in physical culture and sports among the majority of modern people. No matter how fashionable a healthy lifestyle is, in fact, not everyone follows it. The problem of personal motivation, the desire to overcome oneself and run out for a morning run, is closely related to the problem of having bad habits: alcohol, smoking, drugs, junk food and much more.

Thus, the modern strategy for the improvement of the nation should be based both on state regulation in the field of sports and physical culture, and on creating conditions for all segments of the population to systematically engage in physical culture, using modern sports infrastructure.

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