



Predictors of sports education: current trends

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Abstract

Objective of the study was to elucidation of the fundamental principles of the theory of physical culture and sports, with an eye to contemporary circumstances.

Methods and structure of the study. The research was conducted at MSUSiT, where the content of scientific and educational publications was examined.

Results and conclusions. The fundamental principles of sports science are enriched by the findings of contemporary research. The definitions of sports and physical culture are clarified, and a distinctive framework for the structure of the field of physical culture and sports is presented. The position of sports theory within the scientific framework is established, and a diverse array of sports is identified. The multifaceted roles of physical culture are explored, and the interconnections between the constituent parts of the field of physical culture and sports are elucidated.

Keywords: *theory of physical education, theory of sports, sports education, modern trends*

Introduction. The dynamically changing socio-economic and political situation in our country in recent years contributes to the formation of many different views on the ideology of sports, approaches to defining the general cultural and special functions of physical culture and sports. These processes affect the modernization of the conceptual apparatus and the strengthening of the conceptual foundations of the industry, which is an integral part of its development and strengthening. At present, physical culture and sports are considered one of the most significant social phenomena, which has a profound impact not only on public life as a whole, but also on individual aspects of personal development in the professional environment.

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Methods and structure of the study. The scientific research was conducted at the Moscow State

University of Sport and Tourism, during which the information content of scientific and educational-methodical literature was studied. The results of the conducted innovative research were first announced in the framework of plenary reports at the International scientific and practical conference and round table «Ideology and key concepts of the modern theory of sports training», which took place at the Moscow State University of Sport and Tourism on April 16-17, 2024.

Results of the study and discussion. Forms of physical education. Forms of physical education developed several decades ago - basic, sports, professional-applied, background and health - are still used in the theoretical plane and practical activities. It should be clarified that the goals and purpose have undergone a number of changes, which must be further designated.

The purpose of the basic form of physical education is to ensure a basic level of general physical fitness, the formation of vital skills and abilities by the teacher, within the framework of pre-school educa-



tional organizations and general educational organizations.

Sports, in turn, is aimed at developing the maximum capabilities of the student, which is carried out through a system of training and competitions, when practicing children's and youth sports, high-performance sports, mass (amateur) sports. It is one of the powerful and effective means of physical improvement, satisfying aesthetic needs, expanding communication links.

The professional-applied form involves creating prerequisites for mastering a particular specialty (development of professional abilities). The leading varieties include military-applied and service-applied. The first is aimed at special physical training for military activities, increasing their effectiveness, and the second at special physical training of employees of law enforcement agencies to perform operational-service and service-combat tasks.

Background is a means of rest, restoration of strength with the help of physical exercises of a healthy but tired person, through the use of small forms - hygienic and restorative, which in turn contributes to the creation of a favorable background for human life (activities not associated with heavy loads).

The use of physical exercises with a therapeutic focus is classified as a health form, which is subdivided into health and rehabilitation, aimed at removing pathologies, restoring working capacity (physical therapy), and sports and rehabilitation, which focuses on restoring temporary working capacity or eliminating the effects of injuries).

Interpretation of basic concepts and definitions. According to the works of specialists [3-7], the concepts of «Physical Culture», «Physical Education» and «Sport» are interpreted as similar, complementary and beneficially influencing the body and strengthening the health» [9, p. 290] of people of different age

groups. In turn, the classical Soviet school of physical education theory suggests «significant differences between these definitions, which do not allow them to be considered synonyms» [9, p. 290].

In the modern world, the concepts of physical culture, physical education and sport are multifaceted. According to the Federal Law of the Russian Federation of 4.12.2007 No. 329-FZ «On Physical Culture and Sport in the Russian Federation» (Federal Law of 04.12.2007 No. 329-FZ (as amended on 24.06.2023) "On Physical Culture and Sports in the Russian Federation" Article 2. Basic concepts used in this Federal Law. Available at: <https://docs.cntd.ru/document/902075039> (date of access: 20.04.2024). «Physical culture is a part of culture that represents a set of values, norms and knowledge created and used by society for the purposes of physical and intellectual development of human abilities, improvement of physical activity and formation of a healthy lifestyle, social adaptation through physical education, physical training and physical development» [11]. However, the term «physical culture» is considered by society from several positions, which is summarized in Figure 1 [9].

Sport, according to the above-mentioned law, is «a sphere of socio-cultural activity as a set of sports that has developed in the form of competitions and special practice of preparing a person for them» [11]. The main distinguishing «feature of sport is competitiveness, the desire to achieve maximum results through the development and improvement of highly specialized motor, psychophysiological and moral qualities in the process of training and competitive activities. Based on the interpretation of these terms, the concepts of physical culture and sport have a number of differences» [9, p. 291], today, from our point of view, these terms should be understood as follows. Physical culture is a set of material and spiritual values, norms,

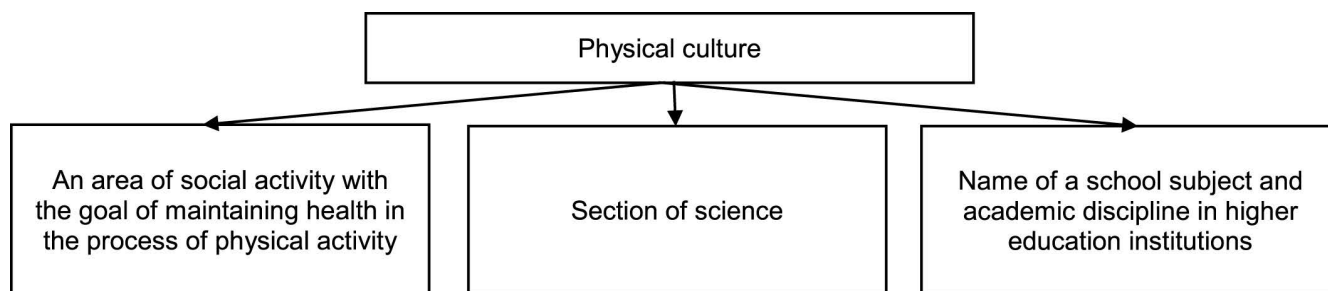


Figure 1. The versatility of the term «physical culture» in society



knowledge that contribute to the preservation and strengthening of health, physical improvement of the individual and the formation of a healthy lifestyle of a person and are part of the culture of society, where the main position should be played by the individuality of a person [1, 2]. Sport is the development of maximum physical and intellectual capabilities of a person in the process of sports training and participation in competitive activities under the direct guidance of a coach.

The result of long-term sports activities is:

- increasing the body's reserve capacity;
- socialization of the individual;
- modeling of various aspects and forms of activity of a modern person.

The place of sport theory in the system of sciences. When discussing the topic of modern sport, it is worth determining the place of sport theory in the system of sciences, which is schematically presented in Figure 2 [8].

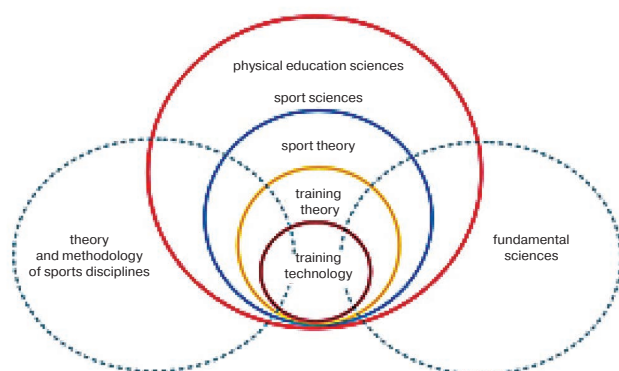


Figure 2. Theory of sport in the system of sciences (H. Sozanski, 2013)

Sports theory as an integrative scientific discipline must perform functions related to sports activities. This is expressed in the creation of a unified system of views serving the practice of training, in the definition of problems, the solution of which is currently necessary for the construction of a general theory of sports [10].

Types of sports. Today, sport is classified in two relatively independent, although socially and functionally interpenetrating in various configurations areas - these are high-performance sports and mass sports. It is worth noting that high-performance sports are understood as the result of people's natural needs to demonstrate their maximum capabilities, which is a powerful incentive for the development of mass sports, which, in turn, implies health promotion and disease prevention, self-affirmation and self-knowl-

edge, rational organization of leisure. Sports in its broad manifestation contribute not only to improving the quality of life, but also to the formation of the readiness of those involved to perform social and labor and military-applied activities. Based on modern trends, as well as having analyzed the current legislation and the works of famous scientists in recent years, a team of authors proposed the following types of modern sports.

The modern multifaceted structure of sports activities, consisting of 10 complementary segments, closed in a circle, where each reflects different unique aspects of sports and its impact on society. From school to professional, from mass to high-performance sports, from student to corporate, from youth to amateur, from military-applied and service-applied to adaptive, and each variety emphasizes its role in the development of physical abilities, the formation of motor skills, strengthening health, social integration and achieving high sports results. The center of the circle contains the main idea, which is a powerful mechanism for the implementation of physical capabilities and the disclosure of the intellectual potential of a person through training and competition through competent guidance from a coach.

Functions of physical education. The next issue that we will outline concerns the diversity of physical culture functions. If the classical theory focused on four main functions, today it seems possible to outline a whole palette consisting of thirteen functions, each of which plays a unique role in the development of both man and society, namely historical, educational, health, upbringing, developmental, applied, social, patriotic, aesthetic (spectacular), preventive (warning), inclusive, economic, foreign policy. All the outlined functions, starting from the historical one, the meaning of which is to preserve and transmit cultural heritage, to the foreign policy one, reflecting the ability of the highest sporting achievements to increase the international authority of the state, clearly outline the significant contribution of physical culture to education, upbringing, social ties, the economy, as well as its importance in the formation of moral and aesthetic values of the individual.

Structure of the physical culture and sports industry. The final point that needs to be emphasized concerns the identified interrelations of the structural elements of the physical education and sports industry. Given the social nature of sports, it seems possible and timely to focus on the diversity



and harmony between the key components that answer the questions «Where?», «Who?», «How?» and «What?», directing us to various segments – from infrastructure and sports institutions to specialists, scientific research and educational programs of all levels and orientations.

It should be noted that the specialists of MSUSiT have developed a unique scheme of the structure (form) of the physical education and sports industry. Until now, such structural schemes have not been presented in the educational literature, which makes this methodological development a significant contribution to the academic study and further development of the discipline. The material presented by the authors of MSUSiT reflects how physical education and sports interact with every aspect of our lives, creating a healthy and active social environment. As part of the scientific search for modern directions of development of the theory of physical culture and sports, a team of scientists wrote a scientific monograph «Theory and Practice of Sports Training» under the general editorship of Professor V.P. Guba, Professor M.S. Leontyeva with the participation of a team of authors, which embodies a deep immersion in the key aspects of sports science, which include not only fundamental concepts, but also comprehensive scientific support for long-term training of personnel for the industry. This work enriches not only the academic discourse, but also provides valuable insights for further progress in the dynamically developing world of sports.

Conclusions. The development trends of physical culture and sport theory have significantly transformed in recent years and are now aimed at integrating innovations and interdisciplinary interactions that contribute to strengthening the conceptual apparatus and ideology. In this regard, it is necessary to revise scientific approaches to the theory and methodology of physical culture and sport in accordance with new realities and global trends in this area of science and practice.

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