

Importance of Sport in Modern Life

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Abstract

The article presents the results of a study aimed at revealing the importance of sport in modern life, the impact of sport on the development of personality, and how sport affects society as a whole.

Keywords: Sports, physical culture, leisure.

People all over the world have different attitudes towards sport, and it plays a certain role for every person in life. Some people are completely indifferent to sports and consider it a waste of time, while others understand what the meaning of sports is and there are more of them than the first. Moreover, each of them has a different attitude to sports: some prefer to watch it on TV, others go in for some kind of sport or general physical training, for others, sport is a means of subsistence. These include active athletes, coaches, doctors, directors of sports societies, sports trustees, etc., and each of them contributes to the development of sports.

Sport has its characteristics: it helps to get to know and unite people among themselves, in the vast majority of cases health and character are strengthened, mental abilities increase. People who go in for sports develop such skills as endurance, patience, strength, agility, speed, reaction, coordination, endurance. It also allows you to become more stress-resistant to negative environmental phenomena, get a lot of positive emotions if, for example, your favorite team wins or a person achieves a certain result.

In connection with the development of technological progress, a person tries to make his life easier and physical labor ceases to matter to him, therefore, the physical potential that is inherent in it is gradually lost. The use of alcohol and drugs, smoking of tobacco products also hurts humanity. In this case, it is sports that are an alternative to these negative factors and serve to prevent a person from becoming an alcoholic, drug addict, or smoker. From which it follows that the role of sport in our life is very large and significant.

Sport is an activity of people, which is organized according to certain rules and consists in comparing their intellectual and physical abilities, where preparation for this activity and the relationship between them that arise in its process is of great importance. Sport is one of the components of physical culture, the purpose of which is competition and preparation for them. It is expressed in the desire of a person to win, to achieve higher results, using all his mental, moral and physical qualities. Mass sports allow a huge number of people to improve their motor abilities and physical qualities, improve health and increase life expectancy.

The sport of the highest achievements is a form of activity in which the outstanding record-holders have almost all body systems working at the limit of the physical and practical limits of a healthy person. The main goal in elite sport is to achieve the highest possible sports results and victories in major competitions. Leisure culture has now received great development, so various sports competitions and watching them have become very popular entertainment among the population, and for athletes, it has become a professional activity. Professional athletes who have achieved high

results are popular both among the fans and among the majority of the population, they earn huge fees, and also receive income by participating in the advertising of various products.

To regulate what is happening in professional sports, special organizations and associations are created that bring together athletes, their coaches, referees, and in some cases fans. At present, the sport has become a business and a source of wealth, which has a great influence on the content of the competition. Sports rules are very often changed due to the requirements of entertainment or the convenience of the referees.

Sport and physical culture is an essential part of the culture, both of each person individually and the whole society as a whole. That is why in our country the development of the mass physical culture movement has been and is of great importance. Considering the importance of physical education in modern society, several points can be singled out.

The first of these is wellness. For example, let's take the fact that during the year in Russia due to temporary disability, 650 million man-days are lost during the year, while economic losses are equal to 10 billion rubles. Regular physical training helps to reduce the incidence of the population, has a positive effect on the mental characteristics of a person - improves his memory, attention, thinking, allows you to bring up valuable personal qualities - purposefulness, diligence, will, sociability, perseverance, collectivism, as well as develop an active life position. Physical education classes help to get rid of such bad habits as drinking alcohol and smoking, people of any age use their free time to their advantage.

The influence of physical exercises on the human body is manifested in a chain of general biological actions.

1. Increasing reserve capacity. The work of all systems and organs of a person engaged in regular physical training is significantly increased. Unlike physically untrained people, all their systems and organs in extreme situations will work without tension.
2. Economization effect. All systems and organs of a trained person work more economically. For example, the heart of a rower, skier, swimmer, or runner at rest beats at a frequency of 44-60 beats per minute, and for someone who does not engage in constant physical training, 70-80 beats. Unlike untrained people, in trained people, the number of breaths is 1.5-2 times less.
3. Compensation effect. Currently, one of the main causes of morbidity among the population can be identified as low motor activity - hypokinesia. It arose because, in connection with the growing technology and automation of everyday life and production, the number of people engaged in mental work has increased; increased the number of personal and public transport. Due to hypokinesia, the work of all body systems and tissue nutrition is reduced, which leads to premature aging. To increase physical activity and compensate for the harmful effects of hypokinesia, you need to exercise regularly.
4. Regulatory effect. Directed physical training (fitness, bodybuilding) can selectively improve body functions: as well as a motor (increase in endurance, muscle power, elasticity, coordination of movements), and thus autonomic (improvement of metabolism, respiratory, cardiovascular, and other body systems).

Currently, independent physical education classes have become the most popular and massive. To achieve a certain degree of success, one should first study the basic theoretical knowledge in this area. It is physical education "literacy" that will allow the most rational and beneficial use of training for the body.

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