

The Importance of Sport in Modern Human 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 treat sports differently, and it plays a certain role in every person's life. Some people are completely indifferent to sports and consider it a useless waste of time, while others understand the meaning of sports and there are more of them than the first. Moreover, each of them has a different attitude towards sports: some prefer to watch it on TV, others engage in 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, trustees of sports, etc., and each of them makes their own contribution to the development of sports [1].

Sport has its own characteristics: it helps people get to know each other and unite; in the vast majority of cases, it improves health, character, and increases mental abilities. People who play sports develop skills such as endurance, patience, strength, agility, speed, reaction, coordination, and endurance. It also allows you to become more stress-resistant to negative environmental phenomena and get a lot of positive emotions if, for example, your favorite team wins or a person achieves a certain result [3].

In connection with the development of technological progress, people try to make their life is simpler and physical labor ceases to matter to him, so the physical potential that is inherent in him is gradually lost. The use of alcohol and drugs and smoking tobacco products also have a negative impact on 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 lives is very great and significant.

Sport is an activity of people, which is organized according to certain rules and consists of comparing their intellectual and physical abilities, where preparation for this activity and the relationships between them that arise in its process are of great importance [2].

Sport is one of the components of physical education, the purpose of which is competition and preparation for it. It is expressed in a person's desire to win, to achieve higher results, using all his mental, moral and physical qualities. Mass sports provide an opportunity for a huge number of people to improve their motor abilities and physical qualities, improve their health and increase their lifespan [4].

High performance sport is a form of activity in which outstanding record holders have almost all body systems working at the physical and practical limits of a healthy person. The main goal in elite sports is to achieve the highest possible sports results and victories at major competitions.

The culture of leisure has now greatly developed, 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 fans and among the majority of the population; they earn huge fees and also receive income by participating in advertising of various products.

In order to regulate what is happening in professional sports, special organizations and associations are created that unite athletes, their coaches, judges, and in some cases fans. Currently, sport has turned into a business and a source of wealth, which has a great influence on the content of competitions. Sports rules very often change due to the requirements of entertainment or the convenience of judges.

In Russia, sport is one of the most popular activities, which is practiced both professionally and amateurly. Amateur sports are very closely related to the concept of "physical education". Unfortunately, both directions in our country are promoted and developed not as actively as modern achievements and progress require. A large number of Russian children are involved in various sports sections. For example, such public events as "Russian Ski Track" and "Cross of Nations", various summer and winter sports games based on the sports and athletics competitions of the former USSR are held. As a rule, all these events take place in districts, regional centers, capitals, and children from distant villages are forgotten, although the majority of Soviet athletes came from there, who later became champions of the World, Europe, the USSR, and Olympic medalists.

Achieving high results at the most prestigious sports competitions, such as the World and European Championships, the Olympic Games in various sports prove that many Russian sports schools occupy a leading place in the world. Most Russian athletes are rightfully called world sports "stars".

One important feature is that Russia has developed such a tradition as empathy for participants in sports competitions. The most popular among fans are both individual and team summer and winter sports, such as football, hockey, biathlon, cross-country skiing, swimming, tennis, athletics, basketball and others.

The Ministry of Sports of the Republic of Uzbekistan regulates the sports sector in Uzbekistan.

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