

The Importance of the Development of Modern Elite Sports in the World

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Abstract:

Currently, sport is one of the largest and most complex social phenomena, a strong stimulator for improving technology. High performance sport is becoming an increasingly significant and significant social phenomenon. The characteristic features of the current stage of development of elite sports are revealed, its positive and negative trends are outlined. The importance of sport as a social factor has been updated.

Keywords: sport, elite sport, characteristic features, trends, social factor, negative trends, The importance of sport as a social factor has been updated.

Introduction. Sports in the vast majority of countries around the world enjoy increased attention and popularity. Currently, this is one of the largest, multifaceted and complex social phenomena. Sport provides contacts and camaraderie between individuals and states, is a powerful PR method and is an ideological weapon of state and public figures (the population of the planet even learns about some states only thanks to the victories of their athletes at world sports competitions). The sports movement is a strong stimulator of technology improvement, which provides sports in restructure, scientific developments aimed at improving the organization and methodological support of training, recovery after it, competitive activity and other specific features.

Purpose of the study: to reveal the characteristic features of the current stage of development of elite sports, to update its significance as a social factor.

Research results. The law “On physical culture and sports in Uzbekistan” dated January 12, 1992 No. 513-XII FZ (as amended on February 26, 2000) gives the concept of sport (sport is a sphere of socio-cultural activity as a set of sports, formed in the form of competitions and special practice of preparing a person for them), and the components of sports are determined: children’s and youth

sports (including school sports), student, mass, sports for the disabled and people with disabilities, professional, high-achievement sports.

High performance sport is a part of sports aimed at achieving high sports results by athletes at official All-Russian sports competitions and official international sports competitions [6].

Today, elite sport is becoming an increasingly significant and significant social phenomenon. Due to the widespread participation of the media in the development of the sports industry, as well as other factors, it has become an industry in which a large number of people are involved. In itself, elite sport is aimed at conquering new frontiers that are at the limit of the capabilities of a person and his body.

Constant work in this direction and the implementation of this goal lead to the professionalization of this important part of the sport. The highest achievements in sports in our time are available only to those who have devoted themselves entirely to sports for many years. For such people, sport is a dominant component in their daily activities and becomes a significant part of their lifestyle.

At the same time, its main “filling”, that which is a factor in the steady increase in the indicator of sports performance, is, first of all, training, as well as extremely intense constant competitive practice. In this case, sport is transformed into the athlete’s main activity and into his main source of emotional well-being and health throughout most of his life. This means that it becomes a profession that brings material benefits and great pleasure.

The characteristic features of the current stage of development of elite sports are [7, etc.]:

- its globalization. This is the training of highly qualified athletes, which today is carried out in practice everywhere, while migration from country to country of both leading and young promising athletes and coaches is increasingly pronounced;
- professionalization. Sports activity, under certain conditions, begins to occupy a leading place in the lifestyle of elite athletes, becomes the leading area of their activity and at the same time is the main source of material well-being;
- high commercialization of elite sports, which, on the one hand, ensures the attraction of financial resources of large commercial and industrial firms and companies in the development of sports infrastructure and the provision of sponsorship in the training of athletes, and on the other hand, leads to complications in the organization of training and, especially the organization of competitions, the need to solve specific business problems;
- growth of state support for national sports organizations, including financial, as well as legal and social assistance, including in the preparation of a sports reserve;
- a very high level of training of athletes and the continued growth of sporting achievements of participants in competitions around the world;
- exceptionally high intensity of competitive struggle, which is associated with the increased density of sports achievements of participants in major competitions. Such tension has immeasurably increased the requirements for the quality, stability and reliability of technical and tactical mastery and, most importantly, the psychological stability of athletes in conditions of frequent and responsible starts;
- an incredibly high level of special preparedness of highly qualified athletes, which makes it difficult to determine the ways for its next improvement;
- the use of modern scientific technologies in various elements of sports training, which has become fundamental in the preparation of a high-class athlete.

A significant problem at the present stage of development of elite sports is that intense loads aimed at obtaining record results place prohibitive demands on the functional systems of the human body.

Adaptation reserves have certain limits determined by genetic factors and personal characteristics of the infrastructure of control mechanisms of the human body. Therefore, elite sport is a source of occupational risks leading to disability, decreased quality of life, and, often, disability and death.

This predetermines the need for a detailed individualized study of the causes and pathogenesis of diseases and injuries of athletes. Regulating sports loads and developing preventive and restorative measures is an important factor in maintaining the health of athletes [1, 3, etc.].

An undeniable problem of elite sports is the use of pharmacological drugs to increase the reserve capabilities of the athletes' body and enable them to achieve high results. Doping drugs are not only the cause of deterioration in the athlete's health, but also have the social consequences of sports disqualification of an athlete for the use of substances prohibited in sports.

World experience shows that when cases of doping are revealed, the principle of collective responsibility is widely used, when teams, federations and entire countries are excluded from participation in international competitions. The social consequences associated with the discovery of doping and subsequent punishments include the negative impact of such events on the image of not only the individual athlete, but also the sport and the country as a whole. Also, doping scandals negatively affect the involvement of children and adolescents in sports [2, etc.].

The commercialization of elite sports has provoked the emergence of new risks in elite sports. In particular, the commercial orientation of modern sport leads to: an earlier integration of children into the sports field, which can negatively affect their physical and mental health; to accelerated training of young athletes without taking into account age-related development indicators; to the pursuit of high results, which contribute, on the one hand, to the enrichment of both the athlete himself and his environment, on the other, to the deterioration of the athlete's health and his disability; to a shift in the value orientations of athletes towards the dominance of material values [3, etc.].

If we talk about modern elite sport as a social phenomenon, then it is, to one degree or another, important for every member of society. Competitions in various sports are held daily and continuously, thereby being a constant social factor that has a direct impact on people. Several aspects can be included here [5, etc.]:

- financial. Large amounts of money are spent on professional sports, both public and private. When investing significant sums, investors have the right to expect a certain return, which is why elite sports are always accompanied by powerful advertising. Financially, such a sport is likely to cause harm to society, since unreasonably large sums are spent on competitions and the athletes themselves, rather than on the development of a socially significant component;
- политический. При помощи спорта государство имеет возможность отвлечь внимание населения и mask existing problems, redirect viewers' interest from real problems to sports ones;
- moral and ethical. The question arises: how objective is the relationship between the benefits created and the return on society? Excessive elevation of the status of an athlete and his merits can negatively affect relationships within society.

Отмечая характерные особенности развития современного спорта высших достижений необходимо отметить, that the pursuit of medals and records leads to the emergence of such negative phenomena in sports as the desire to win at any cost, doping, early specialization, cruelty, violence, etc.

But by its nature, sport, despite its inherent competitiveness, is humane, since it contributes to the development of personality and helps to reveal the unknown capabilities of the human body and

spirit. The realization of the humanistic potential of sport does not happen by itself and largely depends on the purposes for which society uses sport [8, etc.].

An integral part of elite sport is the system of training a sports reserve. To prepare a reserve of athletes, it is necessary to create a sustainable interest and need for physical education in children and young people, instill in them skills and teach them the basics of a healthy lifestyle, and increase their level of education in various sports.

In this regard, the “Concept for the training of sports reserves in the Russian Federation until 2025” [4] reflects that the management of the sports reserve training system is carried out at the federal, regional and municipal levels within the framework of the powers of joint authority in the field of physical culture and sports. The sports reserve training system includes organizations responsible for coordinating activities and organizational and methodological support for the preparation of sports reserves.

The main organizations providing sports training are sports schools, sports adaptive schools and sports schools of the Olympic reserve.

In order to develop student sports, educational organizations of higher education can implement, on the basis of voluntary accreditation, which gives the right to carry out activities to implement federal standards of sports training, sports training programs in a specially created structural unit at the stages of improving sportsmanship and higher sportsmanship.

In this way, intersectoral interaction is carried out, in which the organization providing sports training, regardless of departmental affiliation, type and legal form, has the opportunity to participate in the preparation of a sports reserve through the implementation of sports training programs.

Conclusion. Elite sport is a way to achieve maximum results through the development of individual abilities of individual people. Of course, elite sports and professional sports are not available to many. But victories in sports competitions give a powerful impetus to the development of amateur sports and encourage people to engage in physical education and sports on an ongoing basis. In this way, elite sport has a positive impact on the development of methods of physical improvement. Therefore, the policy of promoting mass sports, creating conditions for children and youth to participate in various sports sections should be among the primary tasks of the state. This will lead to the creation of an effective and sustainable system for training top-class athletes.

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