



# Fundamentals Of Theory and Methodology Of Physical Education and Sports

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**Abstract:** This study examines the theoretical and methodological foundations of physical education and sports, focusing on the relationship between physical culture, education, and sports science. The research aims to analyze trends in sports development, training methodologies, and their integration with other scientific disciplines. A mixed-methods approach, including literature review and practical case studies, is used to explore the effectiveness of modern training strategies. The findings emphasize the importance of a scientific approach in improving athletic performance and sports education.

**Keywords:** Sport Training, Theory, Critical Analysis, Education and Vocational Training, Mass Sport.

## Introduction

The integrating role of theory and methodology of physical education and sports in the training of researchers in the field of physical culture and sports and in the system of disciplines of the curriculum in professional physical education.

Mass sports and high-performance sports, the role and place of sports in the education system: education and vocational training, in the field of cultural and creative activities, in the field of recreation and rehabilitation. The trend of professionalization of high-performance sports, its peculiarity in commercial sports (entertainment sports business) and in achievement sports proper. The problem of studying the patterns of functioning and development of sports. The role of science in affirming the humane nature of sport as a factor of human development, in eliminating inhumane means of artificially boosting athletic performance (doping, anabolic steroids, etc.), and in scientific and methodological support for sports rehabilitation of people with disabilities.

The relationship between the process of learning motor actions and the process of formation of motor skills. The problems of increasing the effectiveness of the methodology of learning, improving the integrative and resultant development of motor actions, especially in complex forms of motor activity. The introduction of modern general didactic and profiled concepts and approaches into the theory and methodology of teaching, especially computerization and the expanded use of technical teaching tools.

## Methodology

The modern conceptual framework of the theory of physical education (main categories), its cognitive and applied significance. Current issues of generalizing research in the field of physical education and sports; defining features of research methodology in this field, the leading role of general scientific integrative approaches (historical-logical, dialectical, systemic, theoretical-modeling and others); a combination of laws of physical culture, sports and physical education in the study; logical-cognitive, experimental, instrumental, mathematical and other methods.

Theory of sports competitions. The essence of sports competitions, their role and diversity in modern sports, the theory of sports and competitive activities, the classification of sports competitions and the development of a rational competition system. The concept of the athletes' training system. Systematic ideas about the training of athletes. Characteristics of its components, functioning conditions and the relationship between subsystems of objective functions and models (goals and subgoals, models of competitive and preparatory activities); subsystems of support functions (professionalism of coaches, sports selection, logistical equipment, forms of organization and management) and subsystems of implementation functions (training, competition, recovery, personality formation the athlete). Sports orientation and selection. Theoretical and methodological prerequisites for solving the problem of appropriate sports orientation of those involved in sports and the selection of gifted athletes capable of the highest sporting achievements. Organizational and methodological foundations of sports orientation and selection. Directions for further development of methodology, criteria and methods for diagnosing an individual's athletic predisposition, improving athletic orientation and selection.

The intensive and versatile work of several generations of specialists has led to the formation of a complex and holistic system of knowledge – the theory and methodology of training athletes, which has now received a fairly comprehensive and complete design as an independent academic and scientific discipline. Knowledge from related disciplines (morphology, physiology, biochemistry, psychology, sociology, organization and management, etc.), as well as a number of general scientific disciplines and theories (cybernetics, operations research, adaptation theory, functional systems theory, systems approach, etc.) played an important role in its formation. This ultimately made it possible to form the theory of sports training as an integrative theory of analytical and synthesizing rather than collective nature, which is based on the similarity of the structure of the internal functioning of objects, rather than their belonging to any traditional discipline. That is why it is naive to say that the scientific platform of a theory can be knowledge from any one or even several related disciplines.

Biological knowledge is one of the means and, perhaps, the most important means that is used in the preparation of an athlete along with psychological, medical, social, etc., but it cannot change the pedagogical essence of the educational and training process. By revealing the methodological foundations of the block system, he completely forgets about the individuality and, to an even greater extent, about the personality of the athlete. In his concept, an athlete is represented as a kind of biological object endowed with a genetically determined motor potential, which should (at the same time, the author of the concept does not explain why the athlete "should") be able to realize. A theoretical model is a set of

abstract reality connections, hypothetical assumptions, and idealizations. But a record achievement or maximum sporting result is always the embodiment of a specific personality of an individual athlete or team that brings to it the full range of social, mental and emotional relationships. The creators of sports training theories, which are based on the priority of objective biological knowledge and patterns, should remember an athlete who thinks subjectively as a person and objectively exists as a biological individual, who is given both the right and the opportunity not only to agree or disagree with the proposed theory of his training, but also to decide whether or not to implement it in practice life.

## **Result and Discussion**

The main patterns of sports training. Directions for further knowledge and display of training patterns in the principles of coach and athlete activity. The content and main provisions of the modern methodology of technical, tactical, physical and mental intellectual and integral training of an athlete. Scientific and applied problems of improving athletes in these components of training. The concept of the structure of the sports and training process as a relatively stable order of its deployment within the framework of small (micro), medium (meso) and large (macro) cycles. Ideas about the patterns underlying the cyclical structure of sports training. Typology of training cycles. Scientific and applied problems of improving the forms of sports training in micro-, meso- and macrocycles.

Constructive approaches in ensuring the unity of an athlete's training and competitive activities. Improvement of technology for managing the process of developing athletic fitness (the state of optimal athlete readiness to achieve) as one of the central problems of the theory and practice of building a system of training and competition. The concept of long-term athlete training. Theoretical and methodological ideas about the main stages of long-term sports activity and the features of sports training at certain stages of basic training, the maximum realization of sports and achievement opportunities, and the final stage. The problem of differentiation of the training and competition system at these stages, depending on the age of the athlete and his athletic and achievement capabilities. Features of the training methodology for young athletes and veteran athletes.

Programming and control in athlete training. Modern approaches in forecasting individual sports results and the corresponding parameters of athlete's fitness. The problem of developing a Unified sports classification, improving its role in the target orientation of athletes' training and evaluating the results achieved. Characteristics of the model-target approach in programming athlete training (with the development of a model of competitive activity, a model of the intended level of athlete fitness, model parameters of training loads and other training factors necessary to achieve the target result). The problem of improving the procedures for prospective, stage-by-stage and current planning of sports training. The principle of permanent interrelation of planning and control in the preparation of an athlete, the conditions for its implementation.

Methodology and methodology of comprehensive monitoring of the athlete's training process and condition. The problem of increasing the level of information content of the control indicators used in it, improving the means and methods of control. Prospects

of computerization of programming and control procedures in athlete training. Trends in improving the technique and technology of athlete activity management in the training process. Methodological problems of the expedient use of training, programming, information, correctional, and other hardware devices and specialized equipment in it, allowing to realize the idea of a "control environment".

## Conclusion

Improving the content and forms of physical culture in the structure of the adult lifestyle. Scientific and applied problems and the main ways of introducing physical culture into the daily life of the people. Improving the university course of physical education, strengthening the role of physical culture and sports in the system of training and education of highly qualified specialists in modern conditions. Professional physical training; trends in improving its content and methodology in relation to modern professions and in the future.

Methodological features of special physical training of persons operating in special, including extreme, conditions (special programs). Introduction of physical culture into the system of rational labor organization: scientific and methodological aspects of the effective use of physical culture factors directly in the production process and during the working day, strengthening the effectiveness of industrial physical culture as a factor of disease prevention and health preservation. The use of physical culture factors during the period of age-related involution of the body and in order to counteract involution processes, optimize the physical condition of the body and maintain health during aging.

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