



SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY

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Annotation

In this article, the formation of the methodological basis of sports theory is inextricably linked with the creation of a systematic approach to the process of improving sports, which reveals the basic laws of this process and the leading factors of sports success.

Keywords: sports theory, systematic approach, methodological foundations, sports success

The socio-economic development of the state and the current socio-cultural situation put society in front of the need to increase the spiritual and physical potential of the younger generation.

Today, it is probably difficult to indicate or single out any social phenomenon that is equivalent in our minds to the phenomenon of culture. Much is associated with it, and most importantly, the implementation in practical activities of a general strategy (program) of harmonious development and transformation of the essence of man.

The formation of the methodological foundations of sports theory is inextricably linked with the creation of a systemic approach to the process of sports improvement, with the help of which the main laws of this process and the leading factors of sports achievement are revealed. This approach studies the system comprehensively, considers the object of cognition as a whole, taking into account the organic connection between all its possible components. Consequently, the starting point of systemic research is an orientation towards a holistic and at the same time comprehensive study of an object, the components of which are studied not in isolation, but in their dialectical unity (A. Voronchikhin). Thus, a systematic approach to social phenomena is one of the forms of the dialectical method. Its essence is expressed in the disclosure of this system and its study. The "system" itself is defined as a set of objects, the interaction of which leads to the emergence of new integral





qualities that form a system, the distinctive features of which are connections, integrity and the stability of the structure that depends on them (V. Blauberg, E. Yudin). The main defining point in systemic qualities is systemic certainty, which is expressed through the integrative properties of the totality, its integrity and proportionality (V. Kuzin).

For example, according to E. Yudin, the need to apply a systematic approach as the most effective direction in the development of modern scientific knowledge is associated with difficulties in scientific knowledge itself. First of all, when studying objects with a complex hierarchical structure (objects of biology, psychology, etc.), we are faced with the impossibility of revealing the main defining levels and components. Secondly, a number of objects of cognition include not only many elements and connections, but also many different types of them.

The systems approach turns out to be extremely favorable when studying such important problems as human activity, which represents the unity of knowledge and transformation.

According to B. Lomov, human activity as a social activity of people has a multidimensional characteristic. The general way of its actualization and implementation is the culture of society. From the point of view of a systems approach, it represents a subsystem of a specific socio-economic formation. In turn, the general culture as a subsystem within the framework of system analysis is: artistic culture, technical culture, physical culture and sports, etc. In its content, the systemic approach has two main aspects: structural-functional and genetic (N. Ponomarev). From this point of view, each system, including sports, can be considered in the following aspects:

- 1) system-component aspect - gives general information about a given system, revealing it in a state of equilibrium, and shows what subsystems and elements it consists of;
- 2) systemic and structural aspect - allows you to find out the ways of interconnection and interaction between elements and makes it possible to describe the composition and structure (structure) of the system;
- 3) system-functional aspect - associated with the study and functioning of the system;
- 4) system-integrative aspect - reveals the problem of systemic factors and mechanisms that ensure the preservation of the qualitative specificity of the system;
- 5) systemic and communicative aspect - characterizes the connection of this system with other systems and their social and natural essence;





6) systemic-historical aspect - reveals the history of the studied system, its functional development in time. In turn, this aspect has two sections: a) genetic, which studies the origin of this system, its formation and development; b) prognostic, which examines the prospects for the development of the system. Thus, the main in the systems approach is the structural, functional and historical aspects. In their totality, they are considered as a general method of cognitive and control actions, within the framework of which the fragmentation associated with specialization is overcome (D. Darbanov).

The systems approach allows you to describe, explain and predict the behavior of a system, on the one hand, to control it, and on the other, to create a system with a certain behavior. The latter is an extremely important task for the theory and practice of sports. This is what allows us to investigate the process of sports improvement in its integrity. Modern authors define consistency as the most important developmental feature from which all others flow. It should be borne in mind that the dialectical approach is more fully developed in its historical aspect, while the systemic approach is developed deeper in the structural and functional aspect (Yu. Vyatkin).

The revealed advantages of the systemic approach as a universal method for researching complex multifactorial phenomena and processes reveal qualitatively new opportunities for the further development of systemic concepts in the field of theory and methodology of sports. At the present stage of development of sports theory and practice, they form are based on a systemic vision of the phenomena and processes that make up the content of a person's physical improvement, and are expressed in the systematization of special knowledge in the form of sports training systems, principles, means, methods and didactic rules for organizing the training process.

High sports results are a function of the system of factors, which in their totality represent the main content of the so-called system of sports training. It is built on specific principles closely related to the economic and political structure of the respective society. In this sense, there are various systems of sports training both in content and in structure.

From the point of view of the factors of sports achievements, the system of sports training can be considered in two aspects:

- the first aspect is broader and covers the main activities and training conditions;
- the second aspect is differentiated and covers only the active side, ie. the process of sports improvement.



It is quite obvious that such an approach to the problem of sports training gives us the opportunity to look deeper into the essence of system-forming factors and their significance for the scale of sports achievement.

In general, it can be noted that modern theoretical and experimental data, as well as the experience of training many generations of outstanding coaches and athletes show that sports training is a system of specific interrelated and interdependent factors.

The first subsystem is genotypic (hereditary) factors. Their importance for the growth of sports results is indisputable, but from the point of view of optimization, they are outside the sphere of direct targeted influences. That is why the main task in this subsystem is to reveal the corresponding inclinations and abilities for specific motor activity.

The second subsystem is phenotypic factors. This is the process of creating qualities, skills, abilities under the direct influence of appropriate means and methods. The specific "technology" covers three subject areas as independent elements of the subsystem: the process of sports training; competitive process, the process of additional (extra-training) influences.

In their totality, these elements of the subsystem manifest the main, most effective part of the entire system of sports training. That is why many researchers consider sports training in only one aspect - as a process of sports improvement. Its essence from the cognitive and methodological points of view consists in the unity of the training process, competitive activity and additional factors - regime, recovery, etc.

The third subsystem is material and technical factors. In their totality, they are the material and technical base of a highly effective training process. The main elements of this subsystem are: sports facilities; stadiums, halls and other complexes necessary for training and competitive activities; technical equipment of the material base: appropriate apparatuses and devices (simulators) for training, monitoring and evaluation (radio telemetry, electronic computing and other equipment), etc. ; modern living conditions for training and recuperation - living conditions, work, food, rest, etc.

This subsystem plays into the overall health care system serving.

The fourth subsystem is management factors. Together, they ensure the functioning of the entire system and determine the degree of its effectiveness. The main elements of the subsystem are: human resources (quantity and qualifications); organizational and informational support of sports training.



Of course, there is a close relationship and interdependence between these four areas of activity. The absence of any of these four elements makes it impossible to manage sports training. The advanced (world) experience shows that in each of the specified types of activity there are dominant problems. So, for example, in relation to the provision of sports training personnel, requirements arose for special and general theoretical knowledge. This applies both to sports teachers and to other specialists working in the system of sports training - doctors, psychologists, physiologists, programmers, etc.

Especially is the problem of finding the optimal organizational structure of sports training and the corresponding information support of all links in the general system. The second (differentiated) approach to the system of sports training is characterized by the limitation of the subject within the framework of system-forming factors. In this case, phenotypic factors are considered as an independent system consisting of three subsystems.

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