

THE ETHICS OF SPORTS IN IMPROVING EDUCATIONAL EFFICIENCY

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ABSTRACT

The popularization of physical education and sports in our country has been established as one of the most important areas of social policy. Because sports make a decision on a healthy lifestyle in society by strengthening the health of the population, educating the younger generation in a healthy and harmonious way. Various diseases prevent harmful habits among young people. Sport also plays an important role in the formation of feelings of high culture, patriotism. During the years of independence, large-scale work on this was carried out. The necessary conditions were created for the regular participation of the population, especially the younger generation, in physical education and mass sports.

KEYWORDS: *Sports, Education, Sports Games, Intellect, Competition.*

INTRODUCTION

Physical education and sports future in higher education institutions the social formation of a specialist, his achievement of physical perfection, serves as a means of active improvement of important individual, personal and professional qualities for students. Level of physical fitness the acquisition of a system of enhancement, special knowledge, mobility skills and skills provides psychophysical training in the professional activities of future specialists, allows them to actively use the tools and techniques of physical education in order to provide them with a high level of working capacity and creative ability in their labor communities to promote a healthy lifestyle in physical education and sports.

In modern society, the issues of harmonizing one's inner and outer culture, establishing their objective criteria, are extremely important. We can say that this is evident in the rapidly evolving globalization process. The struggle for a worthy place in this space does bypass Uzbekistan. Globalization is the process of increasing interconnection between different countries and regions of the world. The convergence of countries of the world in the socio-economic, political and cultural spheres, the integration of events into one country on the universal scale.

MAIN PART

The system of physical education and sports in Uzbekistan According to the concept of development until 2025 in accordance with the socio-economic and political changes taking place in the country from the traditionally arising schemes of managing the development of student sports in the current conditions transition to responsive innovation management a serious

need arose. The purpose of this concept is “to provide students of higher education institutions with a healthy lifestyle, systematic participation in physical education and sports, the opportunity to use the developed sports infrastructure, as well as to increase the competitiveness of the sport of Uzbekistan it consists of "creating conditions that provide opportunities”.

One of the important directions of improving the process of managing the development of student sports in Uzbekistan is “physical education, sports of higher educational institutions and wellness work, as well as in general Development of student sports in Uzbekistan the priority areas system that provides”.

It is known that sport is the most important tool for any state and society. So it is very important to pay attention to sports and sports games. The growing competition in the world sports arena, acceleration of the training process, the recognition of athletes' achievements, the development of science in sports, and other facts require strong academic theoretical preparation from sportsmen [1].

Sport as a multifaceted social phenomenon is one of the most important tools of aesthetic education, as well as the field of preparing a person for work and other activities, meeting the spiritual needs of society, strengthening and expanding international ties. Sport is a game competition aimed at achieving the highest score.

The Sport has a number of distinctive features:

- Orientation to the highest achievements;
- The presence of sports competitions and participation in them;
- Deep specialization; the presence of incentives in sports;
- The Commonwealth of coaches and athletes.

It is known that the moment of competition also occurs in other types of human activity (music, art competitions). Here, however, competitions always act as one of the ways to stimulate the activity of people. The exclusion of the moment of competition from the activities of the singer, artist, actor does not spoil the essence of their activities. Sports activities that do not have a main structural element - competition completely loses its originality.

All over the world, sports are developing in the following areas: Mass or basic sports; sports of the highest achievements; professional sports. The main sport has relatively low sporting results and a noticeable mass character. At the level of these achievements, the training of athletes is carried out in their free time from their main activities, under the guidance of various qualified coaches. The training mode and its structure are often regulated by the possibilities of using a sports base. An important place is occupied by solving health problems, rational organization of free time, as well as preparation for Labor.

The highest sports of achievement are associated with the desire to achieve the highest sports results. Training is conducted under the guidance of highly qualified coaches, using the latest achievements in science and technology, using large training and competitive loadings, with athletes undergoing thorough sorting [2]. Professional sports develop to the extent that it can be embodied in the training of professional athletes even under business laws and sports laws. In this, sport is a profession, and each athlete receives a material reward in accordance with the

“value” of the athlete in the “sports market”. The great importance of Sports: Sport is one of the means of educating a person.

The intellectual training of athletes is understood as the process of understanding the essence of sporting activities and the events associated with it. Now, we see that the gameplay is versatile in the sporting game, and the analysis of this process shows that a number of mental functions that are important for the athlete to play successfully are of great importance[4]. Therefore, a special place is given to the formation and improvement of mental functions that ensure the process of receiving, processing, storing and transmitting information that occurs during the game[4]. During the game, athletes use this information to correct the technical and tactical issues, such as the best place on the pitch, who is with the ball and where the ball, possible opponent's resistance, etc...

For this purpose, the sensory perception parameters, in particular the depth and extent of vision are important. The first determines whether the moving object is capable of detecting distant-action features, such as the ability to detect the distance between the flying ball and the moving player, and the second - determines whether the players are located on the playing field.

When starting the attack, the player must see the position of his or her partners, as well as the defender, goalkeeper, and other opponents. The defender should keep the ball in the protective field and be ready to defend his partner at the same time. Often, the athlete controls his focus on the main subject at that time, in the player, and controls the rest of the peripheral vision. Specific features of this activity create a complex perception of athletes during the process. On its basis, the ability to distinguish between different analyzer, *i.e.*: muscular, vestibular, vision, hearing and sensing analyzer, develops. Such perceptions include “perception of the gate”, “perception of sports field”, “perception of the ball”, “and perception of time” and others. However, athletes who have high sporting results can only achieve such perceptions. One of the main tasks of intellectual preparation is to create a high level of gameplay in athletics.

Sports and its spiritual and aesthetic aspects. Sport is a component of the philosophy of aesthetics and elegance. Sports aesthetics studies the aesthetic content of sports, its place in the culture of society, the interaction of sports with art, in parallel with the study of aesthetic laws in the field of sports [5]. He conducts an analysis of the spiritual and aesthetic aspects of human physical maturation as a component of the Universal. As you can see, sports consist not only of boxing, wrestling, competitions, but also an aesthetic sphere, which has an important place in social life and is embedded in a human healthy lifestyle.

Their memory features are of great importance in successfully improving the technical and tactical skills of athletes. These include the amount of memory, the speed of memory, the retrieval of the data, and the ability to reprint it at the right time[6]. Memory features of the athletes depend on performance of 2-types of memory: long-term and short-term or operative memory. In the work of sportsmen, more attention is paid to memory.

During the training, players have to remember many tactical schemes. Moreover, during the competition, they need to be able to find and apply tactical, tactical, tricks for the young, original, opponent in the performance of the game. All these things need to be kept by the athlete in his own memory and at the right time.

In sports (handball, basketball, soccer, etc.), because of the acceleration of the pace of play, and often with the athlete's partner in the shortest possible time, they develop the mental functions of the athlete who provide the processing of the information that is needed for accurate and fast moving and predicting the future situation in the game level is of great importance. First of all, operative thinking plays an important role in the immediate development of the information received. Operative Thinking Instantly, the actions that are going to take place in the process of combinations cannot be used to think, that is, in time deficiency.

It should also be taken into account that operative thinking includes elements of creative thinking. The process of educating the intellectual abilities that meet the specific needs of the players is based on the knowledge gained and requires a creative approach in practical work[7].

Studying and improving technical methods and tactical movements, enhancing physical and theoretical training and creative approach to them are a practical basis for the development of mental functions of athletes.

High results in sports, physical, technical and tactical training of a sportsman are related to his psychic qualities and development of his personal qualities. For example, if the athlete's motion sensitivity, movement memory, and attention are not tailor-made, it is impossible to accomplish any of these techniques.

CONCLUSION

Athletes have developed a system of special knowledge that encourages a creative approach to the development and improvement of intellectual abilities. These tasks are focused on focusing, and at the same time concentrating on exercises. For example: two players to practice with more than one ball; two players move in different directions in the motion; exercise will be used to develop a complex selection reaction.

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