

**STRUCTURE OF THE EDUCATIONAL PROCESS REGARDING SPORTS IN
SEPARATE CLASSES**

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Annotation:

The theory of sports is a system of knowledge about the essence and structure of sports, about its most general laws, about the peculiarities of functioning in society, about the content and forms of optimal construction, preparation of an athlete to achieve high sports results.

In this article highlights structure of the educational process regarding sports in separate classes.

Keywords: educational process, sport, sport theory, individual approach, construction, competitions, pedagogic skill.

Introduction

It is known that the competitive moment also takes place in other types of human activity (contests in the field of art, music, etc.). However, here competitions always act only as one of the ways to stimulate people's activity or compare the results they have achieved. The exclusion of an adversarial moment from the process of activity of a singer, artist, or artist does not destroy the essence of their activity. Sports activities without their main component element - competitions - completely lose their specificity. In a broad sense, sport encompasses:

- 1) proper competitive activity;
- 2) special training for it;
- 3) specific relations in the field of this activity (political, economic, socio-psychological, pedagogical, etc.). Thus, we can conclude: Sport is a type of activity that has historically developed as one of the ways to identify, compare and develop human abilities in the fight for the championship, for maximum sporting achievements.

A separate lesson is a structural nodal unit of the training process. The structure of classes is determined by the following factors: 1) the purpose and objectives of this lesson; 2) regular fluctuations in the functional activity of the athlete's body in the process of muscular activity of various durations; 3) the magnitude of the load in the lesson; 4) features of selection and combination, training exercises; 5) work and rest mode. As a rule, the lesson consists of introductory and preparatory, main and final parts, which is due to the natural changes in the functional state of the athlete's body during work. Types of classes: According to the main pedagogical orientation: • main classes - the main amount of work related to solving the main tasks of the period or stage of preparation is performed, the most effective means and methods are used, the most significant loads are planned, etc.; • additional classes - individual specific training tasks are solved, a favorable background for the course of adaptation processes is created; the volume and magnitude of the loads are small, the means and methods used are not associated with the maximum mobilization of the capabilities of the functional systems of the body. By localization of the orientation of means and methods: • selective orientation classes

(the main volume of exercises provides a preferential solution to one problem). 1st option: a variety of unidirectional means are used. When building classes according to the 1st option, a wider impact on the body of athletes is achieved, since various functions are mobilized that determine the manifestation of appropriate qualities, and performance is significantly increased. 2nd option: monotonous unidirectional means are used. Classes on the 2nd option are planned in cases where the athlete is tasked with improving the ability to economically perform a given job or increasing mental stability to long-term monotonous and strenuous work. • classes of a complex orientation (training tools are used to help solve several tasks sequentially or in parallel).

When solving tasks sequentially, it is necessary:

- 1) determine the rational sequence of the use of funds that contribute to the development of various abilities;
- 2) choose a rational ratio of the volume of these funds.

Parallel problem solving (used when it is necessary to fully solve two equivalent tasks) allows:

- 1) to ensure the improvement of speed capabilities and endurance during anaerobic work;
- 2) to develop endurance when performing aerobic and anaerobic work;
- 3) to improve technical and tactical skills. According to the magnitude of the load, classes with large, medium and small loads are distinguished. According to the content of pedagogical tasks, there are training sessions, training sessions, training, rehabilitation, model, control. Options for combining activities during the training day:

I. Basic and additional.

II. Two main ones (with large and significant loads - typical for the training of qualified and well-trained athletes).

III. Two additional ones (used to reduce the total load due to possible overwork). For the rational organization of two-day classes, it is important to alternate them according to their primary orientation.

A microcycle is a series of classes held over several days and providing a comprehensive solution to the tasks at this stage of preparation. The duration is from 3-4 to 10-14 days, due to the period of the macrocycle. Types of microcycles:

Retracting microcycles - aimed at bringing the athlete's body to the subsequent intense training work; characterized by a low total load; used at the first stage of the preparatory period, they often begin mesocycles.

Shock microcycles are aimed at stimulating adaptive processes in the athlete's body and solving the main tasks of technical, tactical, physical, psychological, intellectual and integral training; they are characterized by a large total amount of work, high loads. They are used throughout the entire preparatory and competitive periods.

Lead-up microcycles are aimed at preparing an athlete for competitions. The content depends on the athlete's preparation system for the competition and his individual training characteristics, i.e. the mode of the upcoming competitions can be reproduced, issues of full recovery and psychological mood can be resolved.

Restorative microcycles are aimed at providing optimal conditions for the course of restorative and adaptive processes in the athlete's body; they are characterized by a low total load,

widespread use of outdoor activities; they are used after a series of shock or competitive microcycles.

Competitive microcycles are aimed at providing optimal conditions for successful competitive activities, are built in accordance with the competition program. The structure and duration of microcycles are determined by:

- 1) the specifics of competitions in various sports;
- 2) the program numbers in which a particular athlete participates;
- 3) the total number of starts and pauses between them.

Option 1: starts; direct approach to them; recovery procedures.

Option 2: the same as in option I, plus special training sessions.

Factors determining the method of constructing microcycles: the 1st factor is the peculiarities of the processes of fatigue and recovery as a result of loads received in individual classes (i.e., the impact of loads of different magnitude and orientation, the dynamics and duration of recovery after them). The 2nd factor is information about the cumulative effect of loads of different magnitude and orientation. The 3rd factor is information about the possibilities of using small and medium loads in order to intensify athletes' recovery processes after significant physical exertion. The factors determining the structure of microcycles have a fundamental influence on:

- the total amount of load of microcycles;
- the primary tasks of microcycles;
- the composition of tools and methods;
- the amount of loads;
- the peculiarities of combining individual activities.

The mesocycle is a relatively complete stage of the training process lasting from 3 to 6 weeks. The construction of the training process based on mesocycles allows;

- 1) to systematize the training process in accordance with the main task of the period or stage of preparation:
- 2) to ensure optimal dynamics of loads;
- 3) to ensure an appropriate combination of various means and methods of preparation;
- 4) to ensure compliance between the factors of pedagogical influence and rehabilitation measures;
- 5) to achieve the necessary continuity in the development of various qualities and abilities. Types of mesocycles:

Retracting mesocycles are aimed at gradually bringing athletes to the effective performance of specific training work. The main tool is general preparatory exercises. To a certain extent, special preparatory exercises are used to increase the capabilities of systems and mechanisms.

Basic mesocycles are aimed at increasing the level of functionality of the main systems of the athlete's body, the development of physical abilities; the formation of technical, tactical, psychological and intellectual preparedness. The training program is characterized by a variety of tools, greater volume and intensity of work, and extensive use of classes with heavy loads.

Control and preparatory mesocycles are aimed at the implementation of integral training, during which the capabilities of an athlete acquired in the course of previous mesocycles are synthesized (in relation to the specifics of competitive activity). A characteristic feature of the training

process at this time is the widespread use of competitive and special preparatory exercises, as close as possible to competitive ones.

Pre-competitive mesocycles are aimed at eliminating minor shortcomings identified during training, improving technical capabilities. Special attention is paid to psychological and tactical training. Options for constructing a pre-competitive mesocycle:

- based on shock microcycles that further increase the level of special preparedness;
- based on recovery microcycles that help accelerate recovery processes, prevent overwork, and effectively manage adaptation processes. Competitive mesocycles are aimed at direct training and participation in competitions. Factors determining the number and structure of competitive mesocycles:

- 1) the specifics of the sport;
- 2) the features of the sports calendar;
- 3) Athlete qualification;
- 4) the degree of preparedness.

Sports training is a specialized pedagogical process of improving various qualities, abilities, and aspects of preparedness that ensure that an athlete achieves the highest performance in his chosen sport or any particular discipline. As a result of sports training, various morphological and functional changes occur in the athlete's body, which determine the state of his fitness.

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