



## Current Issues of Forecasting in Physical Education and Sports Today

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**Abstract:** At present, the problem of scientific forecasting is relevant for many spheres of public life, including physical culture and sports. The importance of developing the problem of forecasting in the field of sports is due to the need to search for new ways of training qualified athletes. Forecast is a probabilistic scientifically grounded judgment regarding the possible ways to achieve the athlete's condition, defined as a goal. Forecasting is a type of human cognitive activity aimed at forming forecasts for the development of an object based on an analysis of trends in its development. The purpose of forecasting is mental anticipation of the desired results of sports activity. Forecasts are based on the methods that accompany every scientific research: analysis and synthesis, deduction and induction, observation, experiment, systematization and classification, intuitive foresight and hypothesis, analogy, extrapolation.

**Keywords:** forecast, mentalanticipation, sport, activities.secondly, the individual, sports orientation

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The involvement of people in systematic sports activities, their interest and personal achievements depend on the correspondence of individual characteristics to the specifics of a particular sport. The choice of a kind of sport by each person, to the greatest extent corresponding to his individual characteristics, is the essence of sports orientation. Sports orientation is associated primarily with children and youth and mass sports. A well-defined sporting orientation increases the efficiency of sport selection. The technology of orientation and selection is the same, the only difference is in the approach: in orientation, a sport is chosen for a specific person, and in selection, a person is chosen for a specific sport. The first level is the initial selection to identify children (in most sports this is the age of 9-14 years) who have the potential to successfully master a particular sport. Organizationally, the selection is carried out in three stages. On the first stage, campaigning activities aimed at arousing interest in classes; on the second - testing and observation to determine the children's ability to this sport; on the third, the longest - observation in the process of learning and the development of physical abilities in order to establish the pace of mastering the educational material. The second level is in-depth selection to identify promising young men and women (age 16-17) with a high level of ability for this sport and a tendency to a certain specialization (type of athletics, game function, etc.). The third level is selection for identifying athletes (age 18-20) for enrollment in teams of highly qualified athletes. The selection is carried out on the basis of the study of training and competitive activities in the children and youth sports team, testing and examination during specially held training camps. The fourth level is selection to identify athletes in various national teams (countries, regions, departments, etc.), to determine participants in responsible competitions. For this purpose, information about the training and competitive activity of an athlete in his club, in the national team is analyzed, competitive activity at national

championships, at training camps is studied. The selection includes trainers working with this contingent and expert groups from among the leading specialists in the region. The specific content of the selection methodology is determined by the specifics of the sport. It is based on a system of pedagogical, biomedical and mental indicators that have a high prognostic value (the level of physical qualities specific to this sport, the level of abilities underlying technical and tactical actions, morphological data, functional characteristics of the body, properties of higher nervous activity and etc.). The initial level, changes in examination indicators with age and under the influence of training, the connection of these indicators with sports achievements are taken into account. The quality of selection is an important condition for the success of the long-term training of sports reserves. In the process of many years of preparation, the complex of selection methods expands, the selection itself becomes more in-depth, as a result of which the number of people being screened out increases. All participants in sports activities are selected for sports: athletes, coaches, referees, sports doctors, specialists from a complex scientific group, etc. Often the appointment of a certain coach of a national team has a much greater impact on sports achievements than the inclusion of the strongest athlete in it. For each candidate, selection ultimately boils down to a positive or negative result. A positive selection result may, for example, be enrollment in a group and a team, the inclusion of a substitute athlete in the game, the appointment of a coach, and a negative result is realized in the form of expulsion, exclusion, removal, disqualification, transfer of the main athlete to the number of substitutes, etc.

Sports selection continues constantly in the process of sports activities. So, if a beginner is enrolled in a sports group, then work with him continues until, for some reason, a decision is made to stop training. The period of time during which sports selection is carried out can have a different value — from a few seconds to several years. So, for example, the initial selection of young athletes is carried out with a view to the subsequent long-term sports activity. In contrast, in-competition substitutions permitted by the rules of some sports often constitute a selection for subsequent activities within a few seconds (as in the case of replacing a handball goalkeeper while an opponent is executing a seven-meter free throw).

The sports selection procedure includes three stages:

- determining the specifics of the requirements that future activities will present, predicting the capabilities of specific candidates and making a positive or negative decision with its subsequent implementation.
- In the modern theory of sports selection, the most attention is paid to the selection of an athlete. In this case, the following terms and concepts are used:
- sports orientation - the definition of a sport in which the athlete's capabilities will be revealed to the greatest extent;
- selection — selection of athletes as their skill grows;
- recruitment of teams - the formation of a team for participation in competitions, including direct variation in the composition of the team during the course of the competition.

In the process of selecting an athlete, the future requirements for the athlete's competitive potential are firstly determined by forecasting as accurately as possible. These requirements may be based on the expected level of athletic performance in a few years, an analysis of the technical and tactical progress directions of leading athletes, or even on the anticipation of game situations a few seconds after a proposed player substitution. Sometimes this information is presented in the form of detailed model characteristics. Then, using the study of competitive activity, testing, etc., a forecast of competitive potential or the prospects for its formation is made for specific athletes (beginners) who are undergoing selection. And finally, based on a comparison of the data obtained in the first two

stages, a conclusion is made about the degree of their correspondence and a decision is made on admission, expulsion, replacement, etc.

Even such a generalized scheme points to great difficulties in making an unmistakable selection of an athlete. Reliable forecasting of a young athlete's capabilities for several years in advance is especially difficult.

The identification of stable indicators makes it possible to predict with confidence the individual development of a young athlete, since the advantage over peers in such indicators will remain in the future. For example, the length of an athlete's body can be predicted with sufficient reliability as early as 9-11 years old. On the contrary, the prediction of body weight will be significantly less reliable. Therefore, in each sport, a group of the most important indicators is determined, according to which selection is carried out in the course of many years of training. For example, in the selection of athletes-sprinters, the optimal ratio of the length of the legs and the trunk, physical fitness and the rate of increase in motor abilities are essential. In sports with complex coordination (gymnastics), the ability of an athlete to learn new movements is of particular interest. With the growth of an athlete's readiness, sports results become more and more important for selection.

Correct implementation of sports selection ensures the most effective creation and implementation of competitive potential. It is also necessary to remember about the humane aspect of selection, which allows a person to find the type of activity in which his abilities are revealed to the greatest extent.

Sports "selection" or "selection"? Of course, certain prerequisites are needed for the introduction to systematic sports activity. Among the most important of them are, among others, an individual predisposition to it, personal attitudes, needs, interests. There is also no doubt that their identification, formation and development occur under the influence of natural and social factors, including directionally influencing and spontaneous ones. The likelihood that the process of sports improvement will unfold in the optimal version largely depends on at which of the stages of individual age development a predisposition to progression in a particular sport is revealed and, accordingly, sports orientation is provided, that is, the formation of the main focus of sports activity and a reasonable choice of promising ways of its deployment, consistent with the individual predisposition.

This circumstance, as well as the accelerated progress of modern sports and a strong aggravation of competition in the international sports arena, determined the relevance of the problem of sports selection in its research, organizational and practical aspects. A lot of research and publications have been devoted to selection problems in the past few decades. In a number of countries developed in sports terms, an extensive practice of sports selection has developed. Nevertheless, the very concept of "sports selection" has not yet received a completely agreed interpretation. Most experts in one way or another associate it with the early recognition of an individual predisposition (inclinations, abilities, giftedness) to achievements in any kind of sport, the determination, depending on this, of the orientation of sports specialization and the selection from the total number of those involved or already involved in sports who relatively more capable of high sports results in order to create preferable conditions for sports improvement.

The practice of introducing selection in this sense turned out to be contradictory. On the one hand, it promoted the intensification of the search for talented athletes and the formation of a well-functioning system for their training, on the other hand, in its established forms it also has negative properties. The most dangerous of them for the deployment of a mass sports movement is the actual restriction of access to systematic sports activity for those who are eliminated from the very first steps by selection as "unpromising" or completely "unpromising" and on this basis do not fall into the contingent of athletes covered by well-established forms of sports training (in youth sports

schools, etc.). Unfortunately, this practice is widespread in our conditions. This is aggravated by the fact that the very concept of "sports selection" often actually implies the meaning of selection for sport, and not the choice of sport for a person. Thus, this concept is, as it were, dehumanized, that is, it acquires a somewhat inhuman meaning.

From a humanistic, universal position, everything that is done in the process of introducing sports to determine the sports predisposition and orientation of an individual should, of course, be interpreted not as a selection for sports, but as a choice of a subject and prospects for sports specialization that would possibly fully correspond to individual inclinations and reasonably formed personal needs, interests. At the same time, it is important, of course, to identify individual opportunities for achieving results in a particular sport, but the essence of the matter is not at all reduced to determining the perspective only from the position of the probable magnitude of a purely sports result. It is much more important to determine in which specific direction it is most expedient to orient the sports activity of those who are introduced and involved in sports, in order to contribute with the greatest possible efficiency to the development of their individual abilities, the formation and satisfaction of the needs and interests that raise the personality. There should be no question of any kind of "screening out" of someone associated with restricting access to systematic sports activity, especially at the stage of joining sports (if, of course, there are no contraindications on the part of health) - everyone in normal social conditions should be provided with equal opportunities to satisfy sports interests.

Sports selection acquires its justified meaning when the problems of competitive recruitment of professionally oriented sports institutions (specialized boarding schools of a sports profile, etc.) and similar groups of athletes trained to replenish the ranks of those who devote themselves to sports of the highest achievements are solved. The selection of athletes is also justified when national teams are formed on a competitive sports basis and admission to high-ranking competitions is regulated in direct proportion to the available level of individual sports achievements. Such selection is naturally conditioned by the competitive nature of sport and, in principle, does not "reject" anyone and does not deprive sports prospects, on the contrary, it can stimulate sports daring.

The inconsistency and dynamism of sports orientation. Experts agree that it is impossible to correctly determine the individual predisposition to sports achievements through any one-time procedures (observation, testing, etc.) in a short time. Impossible for two main reasons:

- firstly, sports predisposition is a complex complex of individual properties (biophysical and personality-psychic), a number of which matures and are manifested not simultaneously, but at different times, depending on the age and experience of sports activity;
- secondly, the individual capabilities of sports achievements and personal attitudes towards their implementation are dynamic, and they change both due to the natural characteristics of individual development and under the influence of social conditions of life. It follows that the diagnosis (from "diagnosis" - recognition, determination) of an individual sports predisposition, and hence the sporting orientation based on it, must be carried out not as a one-time event, but as a step-by-step renewable process.

It is customary to subdivide long-term sports activity into three large stages, each of which covers a number of years of individual life, - the stage of basic training, the stage of maximum realization of sports-achievement capabilities and the stage of "sports longevity" [5]. The regularities of the optimal construction of the athlete's training system oblige, within the first stage, to provide the primary sports orientation and to clarify it by the end of this stage with a relatively firm choice of the subject of in-depth sports specialization, the direction and parameters of the subsequent sports activity. This stage and its internal stages do not have uniform time boundaries for all, since they significantly fluctuate depending on the individual age of the beginning of sports, the really

emerging features of the content and construction of sports training, the nature of competitive activity, the individual characteristics of the athlete's development, other factors and circumstances. It can be said approximately that from the beginning of systematic sports activity in childhood and adolescence, in many cases, two or three years are enough to correctly determine the appropriate direction of sports specialization and predict sports prospects in the first approximation. However, this primary orientation in the future is subject to more or less significant corrections, especially when, in the real life conditions of a maturing athlete, it will be necessary to decide whether he should go into the sphere of elite sports or limit himself to the sphere of ordinary, public sport.

## Conclusion

For each candidate, selection ultimately boils down to a positive or negative result. A positive selection result may, for example, be enrollment in a group and a team, the inclusion of a substitute athlete in the game, the appointment of a coach, and a negative result is realized in the form of expulsion, exclusion, removal, disqualification, transfer of the main athlete to the number of substitutes, etc.

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The sports selection procedure includes three stages:

- determination of the specifics of the requirements for future activities;
- forecasting the capabilities of specific candidates;
- making a positive or negative decision with its subsequent implementation.

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