



## INFORMATION SUPPORT OF PREPARATION OF ATHLETES OF VARIOUS QUALIFICATIONS

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### ABSTRACT

*In article is considered dataware of preparation athlete to different qualification.*

**THE KEYWORDS AND TERMS:** *developments of the physical culture and sport, scientifically-methodical accompaniment scholastic-burn-in process, circulation to information between different subsystem of the athletic motion, leading инновационные information facility.*

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## ИНФОРМАЦИОННОЕ ОБЕСПЕЧЕНИЕ ПОДГОТОВКИ СПОРТСМЕНОВ РАЗЛИЧНОЙ КВАЛИФИКАЦИИ

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### Аннотация

*В статье рассматривается информационное обеспечение подготовки спортсменов различной квалификации.*

**Ключевые слова и термины:** *развития физической культуры и спорта, научно-методического сопровождения учебно-тренировочного процесса, циркуляция информации между различными подсистемами физкультурного движения, передовые инновационные информационные ресурсы.*



## DISCUSSION

The profound transformations in all spheres of society that have begun since independence have significantly influenced the development of science, technology and technology. Independence has opened up new opportunities for us to revive and multiply the great achievements and good traditions that our great thinkers collected bit by bit.

Scientific discoveries of Uzbek thinkers make up the Golden Fund of world, universal science and culture. The names of our great ancestors Abu Ali Ibn Sina, Beruni, Ulugbek, al-Khwarizmi and many others who made a significant contribution to the world civilization are widely known throughout the world. Having absorbed the best traditions, deeply studying the historical heritage, scientists of Uzbekistan continue the work of their ancestors with dignity.

Prospects for the development of physical culture and sports are directly related to the concept of joining the Republic of Uzbekistan among the developed countries, building a democratic legal state, and transition to market relations.

Over the years of independence, practical measures have been gradually implemented in our country to ensure mass sports and active forms of leisure for the population, especially children and young students.

State policy in Uzbekistan issues of further development of physical culture and sports in the country, upbringing of healthy generation has become a priority direction of the Built modern sports facilities, develop new sports competitions and tournaments of all levels that cover different segments of the population, our sportsmen achieve high results in international competitions. The legal framework for the development of the industry has been created, including the Law of the Republic of Uzbekistan "on physical culture and sports", Decrees of the President of the Republic of Uzbekistan, government Resolutions on the development of football, tennis, Boxing, Kurash and other sports. It should be noted that a special feature of the development of the industry is a program approach to solving problems of physical culture and sports.

According to the President of the Republic of Uzbekistan, sh. M. Mirziyayev,

" ... our prospects, our development largely depend on the current research of scientists, on their dedication and dedication, high creative abilities and reasonable recommendations."

Information support for the training of athletes of various qualifications

– one of the most complex components of scientific and methodological support of the training process-involves the collection, accumulation, processing and analysis of information about the

training process in order to develop practical recommendations for correcting the training of athletes. To date, it has not been possible to create a full-scale information system in sports that meets the requirements of modern sports and is able to successfully solve the tasks of coordinating the activities of scientific and methodological support services for the training of highly qualified athletes. In this regard, the search for promising directions and methods of information support for the training process of highly qualified athletes is relevant for improving the training system of national teams of Uzbekistan.

Currently, there are many independent scientific disciplines that study sports (sports practice): biomechanics, biochemistry, physiology, pedagogy, sports theory, etc. Like all scientific disciplines, they distinguish certain properties, attitudes, and aspects of sports for research. Each of them understands sports in its own way, through the prism of its subject of research, which, of course, does not give a complete picture of sports. Whereas any genuine science, the science of sport must be systematic (scheme 1).

Systematic – a characteristic feature of theoretical knowledge, it indicates the presence of internal logic of the development of knowledge, the natural connection of its constituent elements.

The success of an athlete's performance depends on their talent, the perfection of the training method, the level of qualification of the coach and the availability of conditions for training and competition. Based on the requirements of a systematic approach, under the guidance of prof.A. A. Novikov, a hierarchical system for managing the process of sports training of highly qualified athletes was developed.

It describes almost all aspects of an athlete's training in their quantitative representation.

### **The system includes three levels**

I-competitive activity (competitive model);  
II-main aspects of athlete training (sportsmanship model);

III-system of the athlete's body (model of potential opportunities).

he subordination of levels in such a hierarchy for the training of highly qualified athletes is not in doubt. the dynamics of the significance of levels in the management of multi-year training is presented.

Model of the dynamics of the significance of levels in the management of long-term training The developed scheme allows the researcher to navigate the variety of different processes of sports training and correctly set the tasks of the upcoming research, as well as purposefully search for scientific information about various processes of sports training.



The volume of research in sports science is constantly increasing, and their subject matter is also expanding. Further intensification of scientific research is of great importance for improving the efficiency and quality of research. Along with this, it is necessary to quickly implement the results of research on various problems of sports science in the practice of physical culture movement. All this leads to increased requirements for providing scientific and technical information to physical education specialists, and information not only on various aspects of physical culture and sports, but also on a number of directly or indirectly related Sciences (physiology, medicine, pedagogy, psychology, biomechanics, etc.).

Scientific and technical information used in the field of physical culture and sports is contained in various sources. Knowledge of these sources and the ability to extract the necessary information from them largely determine the effectiveness of management.

Three-level system of training of highly qualified athletes the Progress of the physical culture movement largely depends on the level of organization of scientific and technical information in this area, on providing the management apparatus with timely and complete information.

Physical activity management cannot be effectively implemented without information. The quality of management depends on how perfect its organization is. Constant circulation of information between various subsystems of physical culture movement, between the system as a whole and its environment is a mandatory link for management. The availability of information processes allows the system to maintain its integrity, as well as improve.

### **The most advanced innovative information resources in the field of physical culture are contained in journals with a high impact factor**

American Journal of Sports Medicine (USA), British Journal of Sports Medicine (England), International Journal of Sports Medicine (Germany), Journal of Science and Medicine in Sport(Australia), Physician and Sportsmedicine (USA), Sportverletzung Sportschaden (Germany), Journal of Sport Medicine and Physical Fitness(Italy).

The lack of a clear system of scientific and technical information leads to the fact that coaches sometimes have a vague idea of the state of Affairs at the forefront of sports science, some studies do not find practical application, so experts still rely mainly on their personal experience and sometimes do not have an idea of what scientists are working on, what areas they choose, what works are published.

From year to year, the volume of scientific information about sports and training of athletes increases. We know a lot, but our knowledge is scattered and fragmented.

The new knowledge obtained is often very difficult to combine with existing knowledge and, therefore, in most cases it is not implemented in practice. There are many facts that, given the current unsystematic approach to the organization of research activities in sports, have a negative impact on the development of the science of sports itself, and especially on the development of sports practice.

Sport, like any sphere of human activity in the modern world, has been and remains an arena of fierce struggle. This is why the question of our country's prestige and priority in the international sports arena is so acute. The best proof of our country's advantages in one of the areas of cultural construction is the bright, convincing and absolute victories of Uzbek athletes.

Increasing the effectiveness of information, strengthening its role as an important factor in the scientific management of sports movement directly depends on how well it will be collected, processed, analyzed and presented to consumers. In this regard, it is necessary that information activities should be based on modern advances in computer technology. Along with information support for the management of physical culture movement, scientific and technical information becomes extremely important in modern conditions when conducting research on various problems of physical culture and sports.

## **CONCLUSION**

Thus, there is a need to organize a center for scientific and technical information, whose activities will help the national teams of Uzbekistan to perform well in the International arena.

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