The importance of mass sports in the development of human capital

Babajanov Rustam Yuldashovich[1]

[1]Uzbekistan state university of physical education and sport, Chirchik, Uzbekistan

Abstract

Purpose: The purpose of the research is the effective use of human capital in the process of developing mass sports.

Methods: The research used such methods as scientific and theoretical analysis of data from domestic and foreign literature, generalization of the experience of domestic and foreign trainers and specialists, analysis of documents on educational and training processes aimed at developing human capital in educational institutions, pedagogical observations, pedagogical experience, and mathematical statistics.

Results: The indicators of physical qualities of boys in the experimental (n=80) and control (n=38) groups were analyzed. Assessment was carried out on the basis of such physical qualities as strength, speed, flexibility, endurance, and agility. In terms of strength quality in pull-ups on the horizontal bar, the experimental group ($\bar{X}$=8.55) showed a slightly higher result compared to the control group ($\bar{X}$=7.76). Lifting the barbell to the waist (from 50% of body weight): although the control group showed a higher result, this difference is also not statistically significant ($p>0.05$). The results of the barbell squats were practically equal, and no significant difference was found between these indicators.

Conlcusion: The importance of mass sports in the development of human capital Based on the results of this study, the following conclusions were made:

Based on the analytical study of scientific and methodological literature on the topic of the study, it was established that today the issues of the methodology for the effective use of human capital in the process of developing mass sports have not been sufficiently studied.

Through the development of mass sports, it is possible to improve the health of all segments of society, increase the social activity of the population, and raise the overall effectiveness of the workforce. Therefore, it is important to develop mass sports through innovative approaches to human capital management.

Keywords: human capital, societal capital, set of exercises, intellectual work, innovation, education, physical qualities, physical education and sports.

Introduction

The development of mass sports in the world goes beyond traditional approaches. Thanks to digital technologies, various analytical methods, and modern management methods, new opportunities are being created for managing the sports sector and developing human capital. In many countries, the development of mass sports is considered an important part of the state's social policy. Increasing the popularity and interest in sports is considered an important factor in the formation of a healthy society and the training of the future generation through state policy. This allows for the introduction of new conceptual methodologies, innovative management methods, and effective approaches based on scientific research in the development of human capital.

Results and discussion

Based on the results obtained during pedagogical experiments to improve the level of physical fitness through the effective use of human capital in the process of developing mass sports:

In order to attract students of higher educational institutions to mass sports, based on socio-economic conditions, a comprehensive program of sports exercises that influence the improvement of physical fitness, theoretical and practical recommendations are included in the content of the textbook "Physical Education and Sports Management." As a result, the assimilation of the subject "Physical Education and Sports Management" by students increased by 40%, the assimilation of the subject "Organization of Mass Sports and Health Improvement Activities" increased by 45%;

Proposals for the use of a complex of special physical exercises to improve the physical fitness of trainees based on sports games in the formation of pedagogical concepts of future coaches-teachers have been introduced into the training process of students of the Uzbek State University of Physical Culture and Sports. As a result, pull-ups on the horizontal bar increased by 2.88%, running 100 meters by 1.20%, standing long jump by 1.28%, bending forward without bending the knees on the gymnastic bench by 3.15%;

Proposals for the distribution of the three-month mesocycle program of physical exercises aimed at developing the professional **knowledge of students of higher educational**

Table 1. Set of exercises for the first month of physical development

No.	Exercise name	Frequency	Repetition time
1.	Starting position: feet shoulder-width apart, hands on hips, squats.	5	1-10
2.	Starting position - bending and straightening the arms while lying on the ground	10	1-15.
3.	Raising and lowering the straightened legs upwards to a vertical position of 90 degrees from the starting position lying on the back	5	1-20
4.	Starting position: holding dumbbells, turning the torso to the right and left with hands behind the head (bend).	4	1-15.
5.	Starting position - alternating squats on one leg (right and left) 5 times ("pistol")	2	1-20
6.	Starting position in a standing position with legs shoulder-width apart, with dumbbells in the arms and them in an upright position, bending the torso forward-down	4	1-15.
7.	Starting position: lying with hands on the ground, pushing off with legs - sitting with support	4	1-15
8.	Starting position with hands on back support, bending and extending arms	4	1-10
9.	Starting position in a free position, lifting one leg up, alternately stepping on the support with the foot.	3	1-10
10.	Starting position lying on back, arms and torso extended forward, legs suddenly raised up	5	1-10
11.	Starting position: half-bent body, holding the barbell in hands, bending and straightening.	4	1-10

institutions, human capital by intensity zones have been introduced into the theoretical and practical training processes of students studying in the field of sports activities (by type of activity) and psychology (sports) of the Nukus branch of the Uzbek State University of Physical Culture and Sports. As a result, physical qualities and academic performance increased by 25%;

Proposals for the phased use of exercises and movements with the ball, aimed at the development of mass sports by students of higher educational institutions in sports educational institutions, taking into account the physical capabilities of the participants, based on the influence of repetitions, have been introduced into the training processes of students of the Uzbek State University of Physical Culture and Sports and the Nukus branch. As a result, the physical qualities of students improved by 14%.

Currently, people's knowledge and skills are an important factor determining the economic and social development of society. Therefore, in many countries, the prospects for the development of education are becoming one of the most important issues. In general, countries around the world pay great attention to improving the health of their population, attracting them to mass sports, and thereby increasing the health gene pool.

This proposed set of exercises is suitable for every age group of the population.

Before the experiment, the physical qualities of the participants of the experimental and control groups were assessed in strength, speed, flexibility, endurance, and agility. In pull-ups on a low-strength bar: although the experimental group ($\bar{X}$=6.10 times) showed a higher result compared to the control group ($\bar{X}$=5.19 times), the statistical difference in the level of change in the participants is insignificant ($p>0.05$). The experimental group also showed relatively good results in the exercises of bending and straightening the back and legs on the simulator, but the difference is not statistically significant ($p>0.05$). In terms of speed quality, the indicators of both groups in the 60m and 4x10m running tests were similar, and no statistically significant difference was observed.

The results of the standing high jump also did not differ significantly ($p>0.05$). In terms of flexibility, no statistically significant differ-

Table 2. Indicators of physical qualities of participants of the experimental and control groups with different physical development at the beginning of the pedagogical experiment

Control tests	Experimental group			Control group			Relative growth, %	t	P
	$\bar{X}$	s	V%	$\bar{X}$	s	V%			
force									
Low balance beam pull-ups (times)	6.10	0.65	10.80	5.19	0.50	10.50	2.10	1.94	>0.05
Bending and straightening waist on training equipment (times)	7.90	0.80	11.65	8.30	0.95	11.10	1.15	2.08	>0.05
Bending and straightening of the legs on the training equipment (times)	6.50	0.95	13.57	6.55	0.93	12.20	2.35	1.55	>0.05
speed									
60m Run (sec.)	11.80	1.70	13.10	11.50	1.70	12.20	2.55	1.10	>0.05
4x10 shuttle run (sec.)	12.90	2.50	11.88	14.10	2.39	10.35	2.48	0.90	>0.05
Standing high jump (cm)	40.70	3.90	10.20	41.75	5.40	11.50	1.68	1.18	>0.05
flexibility									
Bend forward without bending the knees on a gymnastic bench (cm)	4.70	0.70	13.26	4.75	0.65	13.98	2.17	0.85	>0.05
Bridge formation (cm)	68.45	7.80	12.50	68.70	7.40	11.68	0.50	0.25	>0.05
Extension behind the torso with palms facing outward (cm)	34.51	3.60	11.95	32.35	4.40	11.56	0.67	0.30	>0.05
endurance									
400m run (min)	3.10	0.30	13.75	3.17	0.30	11.95	2.80	1.20	>0.05
800m Run (min)	4.25	0.60	12.53	6.15	0.55	10.90	2.35	1.19	>0.05
1000m Run (min)	7.14	0.94	10.70	8.30	0.95	12.18	1.28	0.56	>0.05
Agility									
30m Run (sec.)	8.40	0.90	11.90	7.85	0.98	12.35	5.45	2.11	<0.05
Catching an object falling from a height (cm)	25.30	2.63	10.80	25.65	2.60	10.45	1.70	0.75	>0.05
Zigzag 10m hurdles (sec)	4.35.	0.55	12.10	5.50	0.56	10.85	4.22	1.75	>0.05

ences were found between the groups in the tests of bending forward on a gymnastic bench, forming a bridge, and extending arms backward. In terms of endurance quality, there is no significant difference between the control and experimental groups in the 400m, 800m, and 1000m sprints. Statistical analysis showed no difference at the level of $p>0.05$. In the 30m sprint, the experimental group showed a significantly higher result ($\bar{X}$=8.40 sec), in this case, a statistically significant difference was revealed ($p<0.05$), which indicates the superiority of the experimental group in this test. Although there is a difference in the high-altitude grip and zigzag running tests, this is not a statistically significant difference ($p>0.05$).

Conclusion

In terms of speed quality, the experimental group ($\bar{X}$=18.35 seconds) recorded in the 100-meter race. In the 4x10 meter running and standing high jump tests, the indicators of the groups were close. In terms of flexibility qualities, there is also no statistically significant difference between the experimental and control groups in the tests for bending forward, forming a fit, and extending arms backward ($p>0.05$).

In terms of endurance quality, the experimental group showed relatively good results in the 800m, 1500m, and 3000m running tests. No significant difference was found in the quality of agility in the 60m run and the body grip test from a height ($p>0.05$). In the zigzag 20 meter race, the experimental group showed a significantly better result, and this difference was statistically significant ($p<0.05$).

References

Yarashev K.D., Ziyadullaev K.Sh., Babajanov R.Yu Physical Culture and Sports Man-

agement. // Textbook. Uzkitobsavdo-nashriyoti Tashkent. 2020

Shopulatov A.N. **(2023)** Improvement of the mechanisms of the system of training qualified personnel in the field of physical culture and sports/ Doctor of Pedagogical Sciences (DSc) dissertation abstract.

AUTHOR BIOGRAPHY:



Rustam Yuldashovich BABAJANOV

Employment
Researcher at Uzbekistan state university of physical education and sports

Degree
MD

Research interests
Management of sport, Physical education and sport, Theory of physical education, Analyzing of sport competitions

E-mail:
babajanov.r@mail.ru