

Innovative Approaches to the Formation of the Voluntary Qualities of Students-Athletes

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Abstract:

The article identifies the actual problem of training student athletes using innovative approaches. Training students of physical education faculties in the classroom to improve sportsmanship is an indicator of the high efficiency of the educational process. Particular attention is paid to psychophysiological innovations in sports. It has been determined that for the successful training of athletes, well-developed moral and volitional qualities are necessary.

Keywords: innovations, student-athletes, approaches, volitional qualities, psychological preparation, methods.

Introduction. The integration of higher education in the European and world sports and educational space is possible only under the condition of reforming and modernizing the training of specialists in higher educational institutions. This actualizes the problem of educational innovations as an effective factor in the intensification and improvement of the quality of educational services, the growth of the creative potential of participants in the educational process. Innovations are characteristic of any professional activity of a person and therefore naturally become the subject of study, analysis and implementation in various spheres of society. Discoveries do not arise by themselves, they are the result of scientific research, advanced pedagogical experience of individual teachers, trainers and entire teams [1, 2].

Innovation is the creation of conditions for scientific developments and the introduction of modern technologies in sports. They involve the development of a new sports infrastructure, as well as support for the functioning of the centers for the Olympic and general training of athletes. Hence the need to change the professional activities of specialists in the field of sports, the formation of more creative and critical thinking among students of sports universities in the conditions of modern competition [3, 4].

A lot of specialists and coaches, especially a sports psychologist, and psychological techniques developed specifically for athletes help to achieve high sports results in a sports career. An important factor for victory is freedom, which means the ability to control oneself - one's actions, deeds, thoughts, experiences - in order to achieve consciously set goals [5, 6].

Analyzing his actions, setting significant goals for himself, the athlete consciously cultivates the desired personality traits.

1. Research methodology on this topic was covered in their works by many scientists. The volitional qualities of a person are relatively constant, independent of the situation, persistent mental formations. The volitional qualities of a person include: purposefulness, determination, courage, initiative, perseverance, restraint, discipline [7, 8, 9, 10]. D. Turdimurodov believes that readiness for competitive activity is the psychological state of an athlete, which is characterized by self-confidence, the desire to fight to the end and the desire to win, significant emotional stability, the ability to control one's actions, mood and feelings, the ability to mobilize all forces to achieve goals [11, 12].

During the training period, it is very important to cultivate a constant desire for self-improvement. Only under these conditions is a continuous growth of sporting achievements possible. The athlete must psychologically realize that mastery is built on skillful actions and that this is the only true path to the highest achievements. For the purpose of high-quality training of an athlete, the coach studies well the features of his character, temperament and other mental properties. A strong-willed and proactive athlete needs less moral support [13, 14].

Of great importance is the initiative of the athlete - the most valuable quality. By imposing his tactics on the opponent, the athlete subordinates the course of competitive actions to his plans, and, on the contrary, following the opponent's lead, he only adapts to him, loses the initiative [15, 16].

In the process of research, in order to improve the quality of training of athletes, we proposed the following innovation in sports psychology - a device for diagnosing "Ritmograf". In advance of the competition, with the help of psychological diagnostics, one can not only guess to whom the athlete can lose, or which of the factors can reduce psychoemotional and physiological readiness, but also using psychological correction to remove these factors, thereby guaranteeing an increase in psychoemotional readiness and the possibility of a better performance in competitions [17].

Psychological preparation for a specific competition is the final stage of all preparation, which is carried out in the process of training an athlete. An important task of this stage is the formation of an optimal psychological pre-launch state, in which the athlete is not only able to show his best sports qualities, but also to exceed them. Long before the start at a distance, an athlete, as a rule, has tension, excitement, an increase in heart rate, and a change in muscle tone. With the help of these reactions is the adjustment of body functions for all types of stressful competitions. This enables the athlete to mobilize all his qualities and capabilities before the start [18].

However, if such processes, especially emotional excitement, go beyond the optimal limits, then they negatively affect the athlete's actions. Until recently, it was believed that learning was due to the formation of neural connections in the brain. At the same time, it was widely believed that the structure and organization of the brain does not change after childhood.

However, they found that the brain can radically reorganize itself when faced with new challenges, and that this can happen regardless of age.

For successful performance in various competitions, an athlete needs not only an incentive, but also faith in his own strength. This is facilitated by a high level of fitness, the degree of versatile special and physical training, the determination to give all one's strength for the fight, to show one's abilities to the maximum.

In modern sports it is impossible to win without the latest developments in the field of medicine. Recently, low-level lasers have begun to be used. Indeed, after significant training and competitive efforts, the muscles and tendons are subjected to great stress, this is especially noticeable in the knee joints. A controlled clinical trial was conducted during endurance training.

It was revealed that this therapy has a positive effect on the mechanical characteristics of muscle tissue during physical stress due to bioenergetic activation. The results showed that a training program specifically designed for the individual characteristics of the athlete in combination with LLLT (low level laser therapy) is more effective than conventional training without laser therapy. Under the influence of laser therapy, the capillaries of an athlete expand during training, blood microcirculation improves, tissue nutrition improves, and all this together accelerates the healing process in the affected areas, namely the knee joints.

Conclusions. Renovation of all spheres of life in a market economy causes increased attention of scientists to innovation. Discoveries do not arise by themselves, they are the result of scientific research, advanced pedagogical experience of individual teachers and entire teams. The analysis of the advanced scientific and scientific-methodical literature indicates the need to pay attention to the peculiarities of the organization and methods of conducting training sessions. An important point in the process of training athletes is the focus and individual approach to their psycho-physiological characteristics. Thus, innovative approaches in the system of training athletes occupy a prominent place and require scientific research.

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