eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

TREND AND PROBLEMS OF CHILDREN'S SPORT DEVELOPMENT IN FOREIGN COUNTRIES

Fotima Rakhmatova
researcher, Tashkent Medical Academy, Tashkent, Republic of Uzbekistan

Abstract: Improvement of the program of organizational and preventive measures for young athletes involved in sports and physical culture, based on the study of their level of physical development and functional capabilities of the cardiovascular system, respiratory and musculoskeletal systems of the body. The article studies the tendencies and problems of the development of children's sports in foreign countries.

Keywords: Sport-for-development, healthy lifestyles, foreign countries, energy and vigorous activity, sports activities.

1.Introduction

Everyone knows what an important role sport plays in people's lives. Sport is health that a person should have from birth. And therefore it is necessary to go in for sports from an early age, introducing it into the process of physical education of children. This will increase the body's resistance to various diseases, teach you to adhere to the regime, a clear distribution of your personal time. Also, sports activities provide great opportunities for strong-willed, moral, intellectual, aesthetic education. Almost all children already at an early age show huge reserves of inexhaustible energy and vigorous activity. This is a biological need of a little man, and the nature of the development of a child's body depends on the degree of its satisfaction. To direct this energy in the right direction, to ensure the harmonious development of the body, its resistance to stress, it is necessary to involve the child in sports activities, for example, team play is useful in that it develops tactics and strategy in the child, the ability to think ahead, to anticipate the actions of rivals, which increases the self-esteem of the little one. athlete. Children who love sports and are actively involved in it, achieve better results in the future in their studies, find it easier to find a common language with their peers, which allows them to feel more confident in society. (Khoo, C., 2014)

Coming to a sports section or school, a young athlete finds himself in a new social sphere: coaches, judges, sports collective are new agents of socialization, specific people responsible for upbringing and education, teaching cultural norms and patterns of behavior, ensuring the effective development of a new social role, in which a young athlete finds himself. For each person, primary socialization is especially important, when the basic psychophysical and moral qualities of a person are laid. In the primary socialization of the athlete, along with the family, the school, the social institute of physical culture and sports is involved. Among the agents of primary socialization, not all play the same role and have equal status. In relation to the child undergoing socialization, the parents take a superior position. For a young athlete, the coach also plays a leading role. Peers, on the other hand, are equal to him. They forgive him a lot of things that parents and coach do not forgive. In a sense, on the one hand, they are peers, and on the other hand, the parents and the coach influence the young athlete in opposite directions. In this case, the coach strengthens the position of the parents in the formation of basic values, and also regulates momentary behavior, orienting the young athlete to a sports lifestyle, achieving high results (Kessaram, T.,2015).

Raising a healthy generation is one of the priority directions of state policy in Uzbekistan. During the years of independence, children's sports in Uzbekistan have become widespread, developing as an integral part of youth policy and the National Program for Training. Today, the main tasks of the Ministry of the Republic of Uzbekistan in the field of physical culture and sports are: the use of physical culture as a means of health promotion, prevention and treatment

eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

of diseases; research work, implementation of a program in the field of study and development of sports medicine in the country; analysis of the state of physical development of the population and making proposals to the relevant state bodies; organization of medical monitoring of persons involved in physical culture and sports; participation in medical support for the preparation of athletes for sports competitions; organization of training, retraining, advanced training of medical workers in the field of sports medicine; organization of medical assistance to athletes when they receive sports injuries, as well as measures for their physical rehabilitation; development of methodological recommendations for the formation of physical exercise programs depending on the age and gender category of the population; participation in the development and implementation of regulatory legal acts in the field of physical culture and sports; creation of health improvement centers, medical and physical dispensaries (Berg, B. K. and et.al, 2015).

2.Literature review

The influence of systematic sports activities on the processes of growth and development of the child's body and on the development of the functional capabilities of the musculoskeletal system is addressed by many authors from far abroad (Chalip, L., 2006). In the scientific works of authors from far abroad, the results of monitoring the morbidity of children involved in sports are reflected and the peculiarities of the structure of morbidity from the volume of physical activity and sports have been established (Darnell, S. C.,2010, Edwards, M. B.,2015, Englberger, L. and et.al,1999)

Scientists from far abroad confirm that intensive training sessions and inadequate physical activity increase the risk of injury (Claudino J.G. et al., 2018). It has been proven that the specific gravity injury depends on the level of physical fitness and the type of sport (Coalter, F.,2010). A positive effect of sports on mental performance has been revealed (Kay, T., & Spaaij, R.,2012), while other authors from far-abroad countries believe that physical activity reduces intellectual capacity (Le Galès, C.,2010). It has been proven that increased physical activity in childhood can provide motor and cognitive benefits in adolescence (Misener, L.,2015). Some principles for the selection of future young talents have been developed (Kwauk, C.,2015). The work of domestic scientists is aimed at identifying age characteristics and patterns of physical development, puberty, functional state and physical fitness of preschool children, students and youth, depending on the social and hygienic, medico-biological, climatogeographic and environmental factors, as well as the development of normative and methodological documents on the protection of the health of children and adolescents (Schulenkorf, N., & Siefken, K.,2018, Hamilton, A.,2016, Hughes, R. G., & Marks, G. C.,2009).

Due to the fact that in the republic there are no scientifically grounded recommendations for rationalizing the modes of physical education and recreation of young athletes, optimizing the level of physical activity and organizing pre-medical screening examination, physical culture and sports vocational guidance, professional selection and medical professional consultation of children; there are no new regional standards for physical development (Marshall, S. K., & Barry, P.,2015).

3.Analysis and results

As you know, the cause of sudden cardiac death is a latent pathology - abnormal discharge of the coronary arteries, which, according to the 2007 research of Maron, accounts for 17% of all causes of SCD. (Schulenkorf, N., & Adair, D.,2014)

In 2007, the American Heart Association (AHA) recommended a 12-item pre-screening panel. A positive answer to at least 1 of 12 screening points allows one to suspect cardiovascular abnormalities and send the athlete for additional examination. AHA recommends the presence of parents when interviewing and examining a young athlete.table 1

eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

American Heart Association`s recommended pre-screening panel

Family history
1. Premature death (sudden or unexpected) before age 50 due to cardiovascular disease in a close relative
2. Heart disease in close relatives of a young age (under 50)
3. The presence of the following cardiovascular diseases in close relatives: hypertrophic or dilated cardiomyopathy, arrhythmogenic dysplasia / cardiomyopathy of the right ventricle, Marfan syndrome, long or short QT syndromes, Brugada syndrome, catecholaminergic ventricular tachycardia, Lev-Lenegra's disease, life-threatening cardiac arrhythmias.
Complaints and anamnesis *
4. Previously detected murmur in the region of the heart
5. Arterial hypertension
6. Unexplained fainting / light-headedness, palpitations **
7. Severe / unexplained shortness of breath on exertion
8. Chest pain / discomfort on exertion
Examination subject and physical examination data
9. Heart murmur (lying / standing)***
10. Peripheral arterial pulsation (to exclude coarctation of the aorta)
11. External signs of Marfan syndrome
12. Measurement of blood pressure in the upper limbs (sitting)****

* - when examining young athletes, the presence of parents is recommended when collecting anamnesis
and complaints; ** - it is necessary to exclude the neurocardiogenic nature of syncope (vasovagal syncope), special
attention should be paid to syncope that occurs during exercise; *** - auscultation should be performed both lying
and standing (or using the Valsalva maneuver), especially if dynamic obstruction of the LV outflow tract is
suspected; **** - preference is given to measurements on both upper limbs.

The above screening is carried out in America, as we can see, it focuses on a carefully collected anamnesis.This is due to the funding of the ECG:
Cost of including ECG in screening (USA)
1. Primary cost - $ 2 billion ($ 25 doctor + $ 75 ECG)
2.330,000 $ for the detection of pathology in 1 athlete
3.4 million $ for prevention of 1 case of sudden death
In Italy, the cardiac rhythmological protocol for examining athletes to identify latent heart pathology and the danger of sudden death while playing sports is as follows:
First level of examination:

eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

-family history
-physical examination
Resting ECG
Stress ECG
Second level of examination:
-Echocardiography with color Doppler analysis
-test with maximum physical activity
- daily outpatient monitoring, including a period of intense physical activity- assessment of thyroid function (T3, T4, TSH)
-Serum electrolytes (potassium, sodium)
- tests for rheumatic activity and viral infection
The third level of examination:
- late ventricular potentials
-tilt test
- transesophageal atrial stimulation at rest and during exercise
-endocardial electrophysiological examination
- stress test and transesophageal echocardiography
-radionucleide scintigraphy of the myocardium
- magnetic resonance imaging of the heart (MRI)
- cardiac catheterization and coronary angiography
-endocardial biopsy
-anti-doping tests

As can be seen from the protocol, in Italy, athletes practice ECG-screening. In Germany, as in Russia, the field of sports is clearly divided into sports for all (mass sports), elite sports and professional sports. Accordingly, various sports institutions and organizations are engaged in these types of sports work. At the same time, sports of the highest achievements is the area of competence of the state, as well as of national and public sports organizations. In turn, the development of mass sports is an important area of work for municipal and regional authorities, relevant sports organizations and institutions at this level and the population. Commercial structures carry out the development of professional sports with a small share of assistance from the municipalities. In our opinion, taking into account the experience of Germany, it is necessary not only to formalize normatively, but also in practice to adhere to the funding priorities established in the legislation, because in fact it turns out that children's sports, physical education are financed on a residual basis after high-performance sports, and such a situation typical for all levels of management. In addition, it is advisable to maintain selectivity in financing physical culture and sports, following the example of Germany, ensuring the availability of physical culture and sports, regardless of the type of settlement (Siefken, K., Schofield, G., & Schulenkorf, N.,2014).

The study of the influence of sports on the development and health of children will increase the effectiveness of the training process and the preparation of young athletes, depending on their physical development and functional characteristics of the body. One of the most important preparation of athletes for competitions is the optimization of the functional state and the effective use of the reserves of the athlete's body. Therefore, during the preparation of athletes for competitions, it is necessary to create objective diagnostic methods that allow assessing the mobilization capabilities of a particular athlete's body. Testing in sports medicine occupies one of the most important places in the assessment of the fitness of athletes and athletes. It allows you to assess not only the level of physical performance, but also to characterize the functional state of various systems of the body. Therefore, in functional

eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

diagnostics, in addition to tests with physical exertion, tests with a change in body position, with a change in the external environment, pharmacological, food and others are widely used.The main indications for functional tests are: assessment of the functional state of the cardiovascular, respiratory and other body systems , assessment of physical fitness for sports, physical education and exercise therapy; assessment of the effectiveness of training and rehabilitation programs, assessment of adaptability to a given load; assessment of physical performance and the level of preparedness; identification of changes in the cardiovascular and other systems and processes of adaptation to stress from one study to another; identification of pre-pathological conditions (Fereday, J., & Muir-Cochrane, E.,2006).

Maintaining human health and achieving high sports results is the cornerstone that should be laid in the basis of work on physical education and medical care. The solution to this problem is possible only with close joint work of doctors, trainers, teachers, families and society as a whole, based on modern scientific data used in personnel training (Burnett, C., & Uys, T., 2000). Many questions need to be studied in the field of sports medicine, taking into account the national characteristics of our country. The leading role in the formation of the general functional state belongs to the cardiovascular, respiratory and autonomic nervous systems (Gallant, D.and et.al,2015). The lack of a clear understanding of the boundaries of reserve capabilities in the age aspect is, on the one hand, an obstacle to achieving the greatest effect from loads, and on the other hand, it can lead to various disorders of functional systems due to the discrepancy between the amount of physical load and the adaptive capabilities of the body of a young athlete (Bellew, B., and et.al 2011). It should be remembered that each national training system has its own distinctive features. At the same time, children and youth sports, like sports of the highest achievements, are becoming an integral part of the sphere of non-material production of the economic complex of any country. As a result of the annual increase in interest in mass sports on the part of the country's population and an increase in the number of children and adolescents involved in sports, the tasks of protecting and strengthening their health. Today this problem is multifaceted and multidimensional and requires a conceptual approach and integrated interagency participation of all structures interested in maintaining the health of young athletes and the formation of attitudes health-saving behavior among pupils of youth sports schools and colleges of the Olympic reserve. The creation of a national model for the development of youth sports in the country, support and funding from the state and sponsorship funds, the stages of training sports talents are undoubtedly in currently, has put Uzbekistan in a number of world sports powers.

An example of this is the annual increase in awards in the piggy bank of young athletes at the Asian Games, Asian and World Championships in many sports, as well as the triumphant performance of Uzbek athletes at the Olympic and Paralympic Games. Children's sports are one of the main directions in the formation of a harmoniously developed generation. Scientifically grounded and properly organized physical education and sports have a beneficial effect on the growing organism of children and adolescents: promotes harmonious physical and mental development; expands and optimizes motor capabilities; increases protective and adaptive reactions and enhances the body's resistance to adverse environmental influences. The large scale implementation of measures to improve the health and development of the younger generation through the introduction of modern principles of physical education and sports in all corners of our republic puts before the healthcare workers, public education and the whole society a highly qualified, proactive and creative approach to organizing and optimizing mass and individual physical training. culture and sports among children and adolescents, as well as the further development of children's sports in Uzbekistan.

Timely dynamic observation of the physical development of a growing child's body is

eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

necessary to identify the individual characteristics of growth and maturation, the pace and harmony of development (Clark, H.,2016). Heart rate (HR) is the most readily measurable indicator. In order to control the individual response to the physical exercise load, the heart rate is measured when athletes perform different types of muscle work (work on strength simulators, various types of training and competitive loads). the athlete's system, the level of his individual physical performance, as well as the adaptive response to a particular physical load. However, heart rate is not an independent determinant of an athlete's physical condition. The heart rate is formed as a result of the interaction of the main physiological mechanisms that determine the hemodynamic mode of cardiac output. The heart rate depends, on the one hand, on the contractility of the heart, on venous return, on the volumes of the atria and ventricles of the heart, and on the other hand, on the vascular load of the heart, the main components of which are the elastic and peripheral resistance of the arterial system. The values of the vascular resistances of the arterial system depend on the power of muscular work and the time of its execution. The sensitivity of the heart rate to changes in the vascular load of the heart and its contractility was determined in athletes according to the results of paired regression analysis of simultaneously recorded heart rate data. It has been shown that with an increase in the power of a bicycle ergometric load and an increase in heart rate, the correlation and sensitivity coefficients between the heart rate and the R, Ea and W indices also increase (Allen, L. and et.al,2017). Electrocardiography (ECG) remains one of the most accessible and effective methods for detecting potentially dangerous cardiac arrhythmias (HRV) in sports and one of the leading indicators of the functional fitness of athletes. In the recommendations on the interpretation of the 12-channel electrocardiogram in athletes, in 80% of cases, more often in men, various ECG disorders caused by physical exertion and are not a contraindication to sports are revealed, while rare, potentially dangerous ECG changes require additional examination. The study of hemodynamic and electrocardiographic features, taking into account the type and intensity of physical activity, periods of training athletes provides the possibility of dynamic control of the state of the cardiovascular system (CVS). Of course, ECHOKG, Holter monitoring, CIG (cardiointervalography) and spirography for assessing the parameters of external respiration remain indispensable in the study of the CVS of athletes. (Bauman, A., Finegood, D. T., & Matsudo, V., 2009)

4.Discussion of results

Today, sport has become an integral part of the life of our families, it has become entrenched in the minds of people. Parents today bring their children to sports clubs themselves. Boys and girls involved in sports grow up healthy, strong and determined, their worldview is changing. A healthy child grows up as a strong, strong-willed, sane person, capable of achieving their goals, benefitting the family and society. Our people have already shown themselves in sports and we want further victories and establish ourselves in the international arena as a strong state. Large-scale work is being consistently carried out in our country in the name of this noble goal.

The involvement of the state in sports in the 70s and 80s of the last century became a reality, and in the 90s and at the beginning of the 21st century - a necessity. In developed foreign countries, the field of sports is clearly divided into mass sports, or sports for all, elite sports (Olympic) and professional sports. And these types of sports activities are involved in various sports organizations. Moreover, the development of high-performance sports is the prerogative of the state and national state and public sports organizations. The development of mass sports is the prerogative of the state through municipal and local authorities, sports organizations and institutions at this level and, of course, the population itself. The development of professional sports is carried out by private commercial structures with a small share of assistance from

eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

municipalities and local authorities. For the development of elite sports, funds are allocated from the state budget in amounts that depend on the goals and objectives set by the state and society. In countries with a high standard of living, the population itself invests significant funds for their health improvement.

In some European countries, municipal governments support individual professional sports or teams. In recent years, in a number of countries, there has been a tendency to increase the role of the state and local authorities in the development of mass sports and its recreational activities in order to overcome the demographic crisis. In most Western European countries, the goals and objectives of physical education of students, the development of youth sports, are formed at different levels.

In Belgium, Italy, Luxembourg, Portugal, France - on the state. In Germany, Spain, Switzerland - regional or local. But with all these approaches, in the countries of the European Community (EU), Austria, Switzerland and the Scandinavian countries, the personality of the child and young person, their social development, and active sports activities are put in the first place. The Council of Europe, the oldest and largest of the European governmental organizations, provides great assistance in the field of physical education and sports. Based on the provisions of the European Convention on Culture, adopted back in 1940, it secured for every person the right to play sports. Since 1978, the Committee for the Development of Sports has been working in the Council of Europe. In the early 1970s, the large-scale European movement "Sport for All" gained recognition. This phenomenon was reflected in the Charter for European Sport for All in 1975 in Brussels. Within the framework of this Charter, ministers of sport meet every three years at conferences.

In 1991, it was decided that the immediate priority in the field of European sports should be a program of mutual assistance to the countries of Central and Eastern Europe. This activity is reflected in an extensive program for the development of sports in these countries called "Sprint" (sports reform, innovation, training). All European countries are of the same opinion regarding sporting values: no manipulation of athletes to achieve political goals, all-round support for the idea of recreational "sport for all", strengthening the importance of sport in educating young people. In May 1995, in Lisbon, at a conference of European ministers in charge of sport, the European Manifesto "Young People and Sport" was adopted. It declares that providing society with opportunities for young people to go in for sports should lead not only to the constructive use of free time, but also to the solution of such social problems as intolerance, aggressiveness, alcoholism, and to the treatment of social diseases of society. A desire was also expressed to encourage new partnerships to involve young people in the processes of self-education, self improvement and self-expression through sports. In May 1992, at the 7th Conference in Rhodes, a new European Sports Charter and a resolution on sports cooperation were adopted. Calling on government authorities to establish mutual cooperation with the sports movement in order to support the values and benefits of sports, the Conference noted the great work of government bodies in many European countries to support the physical culture movement through the implementation of special programs. In Austria, this is the Ozy Sport program, focused on partnerships of young families, teachers, coaches; they are united by clubs where physical education skills are taught to children. In Finland there is an Association for Physical Education and Health Work with Preschoolers and Young Mothers. The Association offers several courses: "Gymnastics for Babies" - from one month old to two years old; "Adult child" - from 2 to 4 years old, "Magic gymnastics" - from 4 to 6 years old.

In Great Britain, "Fanfit Purcell" is effectively operating, a program designed to endow babies with flexibility, coordination, and conditioning. For children who successfully master the program, gold, silver, bronze medals are provided. In Belgium, Germany, Luxembourg, France,

eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

schools adhere to official programs and guidelines for physical education. In Great Britain, Norway, Sweden, Finland there is freedom of choice both in the form and in the content of sports activities. Students of senior and graduating classes are involved in drawing up the curriculum. The content of classes in these cases covers almost all known types of sports activities and physical exercises. In recent decades, in many countries of Western Europe, sports began to replace physical education (school lessons). In many countries, compulsory elective sports are practiced, taking into account the propensity of students to a particular sport, in school sports associations or unions. There are over 40 thousand sports clubs in Sweden (with a population of about 9 million). Membership in the clubs is open, accessible to all comers. The Swedes study in these clubs with whole families: sometimes parents act as coaches (instructors), and their children study among their "subordinates". A member of the club can become both an athlete of the highest qualifications and people who use sports as a means of increasing physical fitness and at the same time as a means of expanding their circle of friends. 2.5 million people are involved in sports clubs, which is about a quarter of the total population. Among young people, the percentage of those involved in clubs is even higher: 70% of boys and 50% of girls under the age of 19. The most popular sport in Sweden is football. There are 3.5 thousand clubs and 700 thousand amateur footballers here.

Traditional winter sports are popular - primarily skiing, hockey, orienteering, as well as summer sports - gymnastics, athletics, and golf. Substantial health and fitness work is carried out in Finland. Physical activity and sports for children and young people is an opportunity to develop in a friendly atmosphere. The following principles have been developed for the activities of sports clubs: ¾ to develop competitive sports for children in accordance with the principle that children are first of all children, and then athletes, and coaches are first of all educators, and then coaches; ¾ attract more instructors and trainers from among the youth working in the club or using other local opportunities; ¾ ensure the economic stability of sports clubs through paid services; ¾ Try to exempt part-time coaches from taxes. The following requirements are imposed on physical education in Finnish schools: ¾ Encourage schools to take pauses in physical activity as opposed to unnaturally long sitting in theoretical classes; ¾ provide an opportunity to gain positive experience in sports and physical activity, especially for those children and adolescents for whom physical education at school is the only form of physical activity. Improve the ability of school physical education to stimulate interest in physical activity and help children and adolescents find their own form of physical activity.

In Denmark, Germany, Holland, Luxembourg, Belgium, Great Britain, France, schools, their sports associations, as a rule, are provided with state-owned indoor and outdoor sports facilities for conducting classes. Germany is a typical example of a radical restructuring of school sports. In all schools in the German states, thanks to a differentiated approach to the organization of compulsory sports activities, three to four physical education lessons per week have been introduced. The program includes over ten sports. There are seventeen of them in Bavarian schools. The traditional place where children and adolescents go in for sports is the sports club. The guidelines for the development of physical education in schools, published by the land ministers in charge of this area of work, contain a chapter on school-club cooperation. By the nature of the sports activity provided by the club sections, there are the following divisions: 347 options - practicing a certain kind of sport with a competitive orientation; 260 options - practicing a certain kind of sport as a form of active recreation. Many societies, ministries, unions, associations, churches, academic institutions and parties are involved in the development of youth sports in Germany. Well-known companies are often sponsors of school competitions. Under the motto “The world of the child is the world of movement”, a campaign is being carried out aimed at enhancing the participation of children in the process of physical

eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

education. It is about strengthening the influence of families, kindergartens and other educational institutions in promoting the role of the movement in childhood. A project has been developed for educational institutions and local authorities under the name “A partner embraced by the movement since childhood”. Movement education should be "implanted" in the parental home and places where children are on a daily basis, as an initial pedagogical principle. According to German experts, the healthy development of a child is all the more necessary because movements, games and sports are increasingly disappearing from his field of activity, which is associated with the technicalization of everyday life, and this is fraught with severe negative consequences for the formation of a child's personality. In the age of high technology, the danger of losing spiritual, physical and social experience is growing alarmingly. Currently, the four main vectors of European physical education can be defined as: the vector of the cultural heritage of physical culture, the vector of sports education, the vector of motor education, and the vector of teaching a healthy lifestyle. In the 1990s, all four areas became more balanced in countries where a single concept was previously dominant. In Germany, for example, the former concept of sports education has become more balanced through the integration with the concept of motor education, which contributed to the creation of a new curriculum in 2000. In England and Wales, there is a movement towards the concept of sports education. Curriculum reforms in Sweden in the 1990s shifted the emphasis towards health, which was reflected in the title of the subject “Sport and Health”.

The strongest development of the health-improving direction of physical education among European countries is observed in Finland.

In the 1990s, the health vector in Finnish curricula has become much more targeted than it used to be. Currently, the Finnish curriculum provides for the separate study of two disciplines related to the improvement of human physical nature - "Motor education" and "Valeological education". Finally, the fourth main vector is the vector of traditional physical education, which was supplemented by children and youth sports. This direction is developing in France, Spain and Portugal. The renewed physical education in the Czech Republic, as in some other countries, after the "velvet revolution", is moving towards valeological education, in Austria - towards motor education.

5.Concluions

Thus, the basic concepts of physical education and sports of the 1970s in a number of countries were transformed into more balanced ones, while in other countries the basic concepts of "motor education" and "valeological education" continued to develop and became even more purposeful. The process of diffusion of previous concepts continues and may lead to the harmonization of physical education in Europe and the creation of a unified European system.

Analysis of the development of physical education and sports in Western Europe allows us to draw some conclusions that can be useful for the heads of various Kazakhstani state authorities and sports organizations in order to improve the system of physical education and sports in the country. Actions to improve the physical condition of young people, expand physical activity needs, increase student participation in sports activities and participate in competitions are of great importance, as they distract young people from various unhealthy hobbies that are characteristic of the academic field.

Sports for children and youth, like sports of the highest achievements, is an integral part of the sphere of non-material production of the economic complex of any country. Socio-economic relations that develop between the subjects of the studied sphere have common pedagogical, psychological and ethical aspects. But at the same time, each national system of training children has its own distinctive features. For further identification and solution of existing problems, it is necessary to form a general strategy of sports training for children and youth, as well as to

eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

implement a deeper integration of national systems for training a sports reserve. For this, it is necessary to expand the network of international sports organizations dealing with the problems of children and youth sports; improving the system of holding international competitions among children and youth, organizing and conducting scientific events on children's sports at the international level.

References:

1. Allen, L., Williams, J., Townsend, N., Mikkelsen, B., Roberts, N., Foster, C., . . . Wickramasinghe, K. (2017). Socioeconomic status and non-communicable disease behavioural risk factors in low-income and lower-middle-income countries: A systematic review. The Lancet Global Health, 5(3), e277–e289. http://dx.doi.org/10.1016/S2214-109X(17)30058-X.

2. Bauman, A., Finegood, D. T., & Matsudo, V. (2009). International perspectives on the physical inactivity crisis - Structural solutions over evidence generation? Preventive Medicine, 49, 309–312. http://dx.doi.org/10.1016/j.ypmed.2009.07.017.

3. Bellew, B., Bauman, A., Martin, B., Bull, F., & Matsudo, V. (2011). Public policy actions needed to promote physical activity. Current Cardiovascular Risk Reports, 5(4), 340–349.

4. Berg, B. K., Warner, S., & Das, B. M. (2015). What about sport? A public health perspective on leisure-time physical activity. Sport Management Review, 18(1), 20–31. http://dx.doi.org/10.1016/j.smr.2014.09.005.

5. Burnett, C., & Uys, T. (2000). Sport development impact assessment: Towards a rationale and tool. South African Journal for Research in Sport Physical Education and Recreation, 22(1), 27–40.

6. Chalip, L. (2006). Towards social leverage of sport events. Journal of Sport Tourism, 11, 109–127. http://dx.doi.org/10.1080/14775080601155126.

7. Clark, H. (2016, June 20). Helen Clark: Keynote address on "Non-communicable diseases – a sustainable development priority for pacific island countries." http://www.undp.org/content/undp/en/home/presscenter/speeches/2016/06/20/helen-clark-keynote-address-non-communicablediseases-a-sustainable-development-priority for-pacific-island-countries-.html.

8. Coalter, F. (2010). The politics of sport-for-development: Limited focus programmes and broad gauge problems? International Review for the Sociology of Sport, 45, 295–314. http://dx.doi.org/10.1177/1012690210366791.

9. Darnell, S. C. (2010). Power, politics and "Sport for Development and Peace": Investigating the utility of sport for international development. Sociology of Sport Journal, 27, 54–75. http://dx.doi.org/10.1123/ssj.27.1.54.

10. Darnell, S. C., & Hayhurst, L. M. C. (2011). Sport for decolonization: Exploring a new praxis of sport for development. Progress in Development Studies, 11,183– 196. http://dx.doi.org/10.1177/146499341001100301.

11. Edwards, M. B. (2015). The role of sport in community capacity building: An examination of sport for development research and practice. Sport Management Review, 18, 6–19. http://dx.doi.org/10.1016/j.smr.2013.08.008.

12. Englberger, L., Halavatau, V., Yasuda, Y., & Yamazaki, R. (1999). The Tonga healthy weight loss program 1995–1997. Asia Pacific Journal of Clinical Nutrition 8, 142–148Retrieved from http://apjcn.nhri.org.tw/.

13. Fereday, J., & Muir-Cochrane, E. (2006). Demonstrating rigor using thematic analysis: A hybrid approach of inductive and deductive coding and theme development. International Journal of Qualitative Methods, 5, 80–92.

eISSN: 2349-5715 pISSN: 2349-5707

Volume: 10, Issue 12, Dec-2023 SJIF 2019: 4.702 2020: 4.737 2021: 5.071 2022: 4.919 2023: 6.980

http://dx.doi.org/10.1177/160940690600500107.
14. Gallant, D., Sherry, E., & Nicholson, M. (2015). Recreation or rehabilitation? Managing sport for development programs with prison populations. Sport Management Review, 18, 45–56. http://dx.doi.org/10.1016/j.smr.2014.07.005.
15. Hamilton, A., Richards, J., & Foster, C. (2016, August). Promoting good health through sports, physical activity and active living: Draft background paper for the WHO Technical Meeting on Sport, Environment and Physical Activity. Geneva, Switzerland: World Health Organization.
16. Hughes, R. G., & Marks, G. C. (2009). Against the tide of change: Diet and health in the Pacific islands. Journal of the American Dietetic Association, 109, 1700– 1703. http://dx.doi.org/10.1016/j.jada.2009.07.015.
17. Kay, T., & Spaaij, R. (2012). The mediating effects of family on sport in international development contexts. International Review for the Sociology of Sport, 47, 77–94. http://dx.doi.org/10.1177/1012690210389250.
18. Kessaram, T., McKenzie, J., Girin, N., Roth, A., Vivili, P., Williams, G., . . . Hoy, D. (2015). Noncommunicable diseases and risk factors in adult populations of several Pacific Islands: Results from the WHO STEPwise approach to surveillance. Australian and New Zealand Journal of Public Health, 39, 336–343. http://dx.doi.org/10.1111/1753-6405.12398.
19. Khoo, C., Schulenkorf, N., & Adair, D. (2014). The benefits and limitations of using cricket as a sport for developmenttool in Samoa. Cosmopolitan Civil Societies an Interdisciplinary Journal, 6, 76–102. http://dx.doi.org/10.5130/ccs.v6i1.3737.
20. Kwauk, C. (2015). “Let them see a different path”: Social attitudes towards sport, education and development in Samoa. Sport, Education and Society, 21, 644– 660. http://dx.doi.org/10.1080/13573322.2015.1071250.
21. Le Galès, C. (2010). Challenges in making Broad healthy lifestyle plans: Revisiting the nature of health interventions. In L. Dube, A. Bechara, A. Drewnowski, J. LeBel, P. James, & R. Yada (Eds.), Obesity prevention: The role of society and brain on individual behavior (pp. 747–756).
22. Marshall, S. K., & Barry, P. (2015). Community sport for development: Perceptions from practice in Southern Africa. Journal of Sport Management, 29(1), 109– 121. http://dx.doi.org/10.1123/JSM.2012-0301. 23. Misener, L. (2015). Leveraging parasport events for community participation:
Development of a theoretical framework. European Sport Management Quarterly, 15, 132–153. http://dx.doi.org/10.1080/16184742.2014.997773.
24. Schulenkorf, N., & Adair, D. (2014). Sport-for-development: The emergence and growth of a new genre. In N. Schulenkorf, & D. Adair (Eds.), Global sport-fordevelopment: Critical perspectives (pp. 3–11). Basingstoke, United Kingdom: Palgrave Macmillan.
25. Siefken, K., Schofield, G., & Schulenkorf, N. (2014). Process evaluation of a walking programme delivered through the workplace in the South Pacific island Vanuatu. Global Health Promotion, 22, 53–64. http://dx.doi.org/10.1177/1757975914539179.
26. Schulenkorf, N., & Siefken, K. (2018). Managing sport-for-development and healthy lifestyles: The sport-for-health model. Sport Management
Review. doi:10.1016/j.smr.2018.09.003