

**PREDICTION OF SPORTS ACHIEVEMENTS IN PHYSICAL EDUCATION AND
SPORTS**

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ANNOTATSIYA: This article provides detailed information on the selection of talented athletes in the system of physical education and directing them to high sports achievements. Sports talent is characterized by the selection of athletes and certain combinations of psychological characteristics, as well as anatomical - potential physiological indicators that create a complex of potential opportunities for achieving high sports results in a specific sport.

Kalit so'zlar: Abilities, sports achievements, Olympiad, sports studies, selection of talents in sports.

KIRISH

Projecting high sports achievements, usually during 1-2 Olympic cycles, is necessary for planning the training of athletes and determining the characteristics of the model, first of all, the physical and technical indicators corresponding to the intended results. Of course, the dynamics of sports achievements are influenced by so many factors and reasons that it will not be possible to accurately predict what results will be recorded in this or that sport in the coming years or at the upcoming Olympic Games. Such a projection can only be approximate. However, forecasting experience shows that forecasting accuracy for the near Olympic cycle is satisfactory: with an assumed normal distribution, approximately 2/3 of all results are within one standard error of the most likely forecasted value.

In sports with objective measurement results, the regression equation method is used for perspective. This approach consists of the following: the entire process of growth of results

$$y(t) = x(t) + z(t)$$

expressed as a sum. Here $x(t)$ is a non-random component (temporal trend), $z(t)$ is a random function of time, the results of which interfere with the legal process of growth, i.e. processes (noise, excitement)

Then the coefficients of the (linear or multivariate) regression equation are calculated. Here, on the one hand, the value of calendar time, and on the other hand, the coefficient of connection between sports achievements is meant. After that, using the resulting equation (reveal prediction), the most likely sports result that is suitable for the time of the prediction is determined. It is also the standard error of the projection.

Based on a series of known values of the magnitude, the method of determining other values that are outside the limits of this series is called extrapolation. This is an extrapolation in the perspective of high worldly achievements it is as strong as the assumption that achievements will grow in the same way in the future as they have grown in the past. Extrapolation (the simplest method of forecasting) is carried out for a smaller period and the longer the history of this sport, the higher its accuracy.

If significant (significant) innovations (dramatic changes in training methods or sports inventory) appear in any sports discipline, then sports achievements begin to grow faster and extrapolation accuracy decreases. In cases of such a sudden change (jump) of the results, the extrapolation method is used in combination with the expert assessment method to make a perspective..

RECRUITMENT OF SPORTS TALENTS

Sports talents are characterized by certain combinations of movement and psychological characteristics, as well as anatomo-potential physiological "gifts" that create a complex of

potential opportunities for achieving high sports results in a specific sport. Not only success in sports, but the possibility of achieving it depends on talent.

Abilities are sufficiently stable (durable) characteristics and qualities that affect the success of a person in any activity, and they develop on the basis of the dialectical integrity of innate and acquired characteristics. Natural "gifts" based on heredity are the basis of abilities. In some cases, instead of the word "gifts" the phrase "potential abilities" is used; in such cases, the ability that is manifested at a certain moment in time (for example, recorded using a test) is called an actual ability. It should be noted once again that ability alone cannot be a guarantee of success. In some cases, hard work can compensate for lack of talent. However, if the hard work of several athletes is compared, the more talented athlete will have an advantage. Prospecting of sports talent can be done on the basis of either performance stability or successional effects.

When studying the stability of indicators, the question is asked as follows: to what extent are the child's characteristics stable in the course of his development? For example, some indicators (height, 30-meter running result, etc.) were measured in children entering the first grade. Will the children who take the first place in this race still win when they graduate from school in 9 years? Do the tallest remain relatively tall and the smallest remain small?

The values of symptoms in childhood are called juvenile values, and the values at the end of the observation period are called definitive values. Can definitive values be projected based on juvenile values?

If such observations are carried out regularly (for example, once a year), then the obtained results can be expressed graphically. Such graphs are called physiograms. Any is a whole group of indicators the correlation coefficient between the juvenile and definitive values of this symptom is calculated to assess its stability for the tested children.

The result of each subsequent test can be considered as the sum of the results of the previous tests and the increase in the indicator:

$$x_{t+1} = x_t + \Delta x$$

Here, x_t and x_{t+1} are the values of the indicator at successive moments t and $t+1$; Δx is the growth of the indicator in this time period.

At the same time, the correlation between juvenile and definitive indicators is the correlation between x_t and $(x_t + \Delta x)$. It is known from the correlation theory that in this case the correlation (correlation) with Δx and x_t determines everything. If there is no such correlation (that is, the magnitude of the increase does not depend on the initial level; in other words, if there is a similar increase in results in tall and short, strong and weak), then juvenile and the correlation between absolute values is simply the ratio of their standard deviations:

$$r_{t(t+1)} = \frac{\sigma_t}{\sigma_{t+1}}$$

Juvenile values are more accurate in cases where Δx is not correlated with x_t . Unfortunately, this is not always the case. As for human mobility, there are negative correlations: the higher the initial level of the results, the smaller the growth. In such cases, it will not be possible to project definitive values according to juvenile values; it is necessary to project them in terms of growth rates. x_{t+1} is always correlated either with x_t , or with Δx , or both. Experience shows that the child should be observed for at least one and a half years for the results of perspective taking to be satisfactory.

Thus, based on the study of the stability of the indicators, the following should be relied upon to project children's sports talent into perspective:

- 1) To the stability coefficient;

2) Correlation of definitive symptoms observed for a period of not less than one and a half years with the rate of growth of indicators.

The study of effects depending on the successor shows that they determine the anatomo-physiological parameters at different levels. Success in a number of sports depends on these indicators.

The compatibility (concordance) or non-compatibility (discordance) of any symptoms in twins serves as the basis for determining the characteristics of the heir. Quantitatively, the level of successional influence is estimated by the so-called succession coefficient. It varies between 0 and 1 in numerical value. When this coefficient is equal to zero, there is no heritable influence on the indicator data, but if the coefficient is equal to one, the indicator is completely under genetic influence. means that

CONCLUSION

For the perspective of sports talent, it is appropriate to rely on the coefficient of stability and the correlation of the indicators with the rate of growth of the definitive symptoms observed over a period of not less than one and a half years¹⁻², but even more so, to summarize and analyze the high world achievements during the Olympic cycles. it is necessary to plan the training of athletes based on doing, to see the prospects of achievements and to determine the characteristics of the model. Selecting talented athletes in physical education and sports and directing them to high sports achievements are complex and complex processes.

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