



The Role of Sports Medicine in Sports and People's Life

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Annotation: The article offers a general overview of sports medicine. Its definition, functions of sports medicine, its goals and objectives. Formation, development and further development of sports medicine.

Keywords: sports medicine, physiotherapy exercises, sports, citizens, human body.

Introduction. Each person forms the importance of physical culture for himself, for some it comes from childhood, and for others only at a conscious age, but it should be understood that the sooner a person understands the importance of physical activity, the earlier he will begin to lead a healthy lifestyle [1, 2, 3].

As numerous dictionaries testify, "Medicine is the totality of sciences about diseases, their treatment and prevention." Sports medicine stands apart. The diagnosis of a sports doctor is aimed primarily at improving performance, which often lies on the verge of the physical capabilities of the body [5, 6]. Prevention of deviations and diseases is also carried out by sports medicine primarily through the correction of physical activity [7].

Sports medicine is a fairly young, developing science, which in turn helps both athletes and their coaches. Its difference from conventional medicine lies in the fact that medical staff work with the human body, which is in a state of physical overstrain much more than people who are not so physically active [8].

Sports medicine is designed to study the impact on the human body of numerous specific conditions of sports activity, to contribute to the achievement of high results by athletes, to prevent possible disorders and diseases in them [9, 10]. Due to a number of circumstances, a group of doctors of several generations, specialists in sports medicine, was lucky for a long period of time to observe and study the dynamics of the influence of sports on the body of a large group of athletes of various specialties and qualifications, including the most outstanding ones [11, 12, 13].

As noted, sports medicine is a fairly new science and sports medicine used to be similar to the usual formal examination of athletes, control over their health. There was no clear framework and guidelines for their diet and regimen [14]. Over time, sports medicine began to develop more progressively. It began to meet the requirements of the international standard. There was a kind of sports medicine:

Therapeutic physical culture is a complex of means that are aimed at preventive, therapeutic and rehabilitation purposes [15, 16]. Therapeutic physical culture is widely used in the system of complex treatment in hospitals, clinics, sanatoriums. Therapeutic physical culture should be considered as a very effective additional treatment measure to the main methods - surgical, medical, it is one of the methods of medical rehabilitation. The peculiarity of therapeutic physical culture is that, in comparison with other methods of treatment, it is used as the main therapeutic agent. This therapeutic agent is physical exercise, which is a kind of stimulator of vital functions that take place in the human body [17, 18, 19].

Now the development of sports medicine is on the path of development [20]. All knowledge accumulated by coaches, doctors and other persons, based on their experience, is used in relation to athletes. But at the moment, the tasks of sports medicine have not yet been fully defined [21]. There are reasons for this, firstly, it is confused with physical culture, and secondly, its study and development path is just developing, but all the same, despite the fact that its exact tasks are not defined, its goals can be distinguished:

1. assistance to the coach in the selection of candidates for professional sports;
2. recommendations on the type of food;
3. selection for each athlete the mode of his load and rest;
4. control of the intake of pharmaceuticals;
5. correct treatment and rehabilitation after injury;
6. Doping system in sport [22].

Recently, in sports medicine, much attention has been paid to the problems of sports of the highest achievements of athletes. To obtain high sports results, a competent increase in training and competitive loads is required.

Also, problems related to the preparation of national teams of the Republic of Uzbekistan for the Olympic Games and other international competitions are studied and solved. Today, sports medicine is closely related to various branches of medicine, as noted above [23, 24].

In sports medicine, a systematic approach plays an important role, which in turn determines the standardization of diagnostic standards, the assessment of health status from the standpoint of certain groups of risk factors. Sports medicine has a close connection with pharmacology, since in the preparation of qualified athletes it helps to provide them with the restoration of the body after physical exertion, to carry out appropriate prevention of overvoltage and other diseases [25, 26].

This main part of the recovery system is sports pharmacology. The use of biologically active compounds that are involved in natural metabolism and are catalysts for biological reactions to ensure adaptation to stress, accelerate recovery and improve performance is physiologically justified and fundamentally different from doping.

Conclusions. Sports medicine is designed to study the impact on the human body of numerous specific conditions of sports activity, to contribute to the achievement of high results by athletes, to prevent possible disorders and diseases in them. In its further development industry, it will open up many different discoveries, which will contribute to improving the health prevention of athletes involved in both professional and amateur sports.

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