

## HYGIENE IN ATHLETE TRAINING THE ROLE OF PSYCHOLOGICAL AND PEDAGOGICAL EDUCATION

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**Abstract:** *the article deals with the problem of psychological and pedagogical support of young athletes in the educational process (in the northern region). The necessity of psychological and pedagogical support of young athletes in the conditions of the northern region is substantiated. The basic concepts characterizing the psychological and pedagogical support of young athletes are considered.*

**Keywords:** *psychological support, sports, young athletes, average height, adaptation to stress.*

When teaching the program of individual assimilation of educational material in physical education and the methodology of instructions in algorithmic form, each student can independently complete the educational material and proceed to the next task. For the organization of load monitoring, one can rely on the works of M.A. Godik. They mainly provide methodological assistance. He proposes the following classification of training tools. 1) specialization, which indicates the degree of similarity of the given training tool to the competitive one. 2) direction, i.e., the influence of training exercises on the quality of a particular movement. 3) coordination complexity - this characteristic influences the dimensions of training effectiveness. 4) size, i.e., this characteristic determines the degree of influence of the exercise on the athlete's body. In modern society, the social significance of sports is increasing, which is manifested, first of all, in the change in society's attitude towards sports, directly towards athletes, increasing requirements for their training, personal characteristics, moral requirements, and moral qualities. The growth of sports results requires increased physical and mental stress. V.V. Nakhodkina states: "Modern sport has reached such a level of development that the physical, technical, and tactical preparedness of leading athletes is at approximately the same level, and often the results are influenced by psychological preparation for competition." Also, according to A.L. Popov, in elite sports, assumptions about the prevalence of psychological factors that negatively or positively affect the performance of athletes in conditions of responsible competition are often encountered, because self-control prevails under equal physical and other opportunities and conditions - the athlete's mental reliability.

Recently, scientists have been engaged in the psychological support (ensuring) of the process of training athletes at various stages of sports activity, the psychophysiological preparation of the athlete, which ensures optimal adaptation to training and competitiveness, as well as adaptation to the social conditions of sports activity, which are especially typical for sports games.

In elite sports, the concept of "psychological support" means assistance and support to the athlete's main activity, that is, their preparation for competition. And in children's sports, in a broad sense, priority is given to working on the results of sports training, that is, ensuring the comprehensive development of young athletes.

Psychological support is a comprehensive program aimed at optimizing the training of young athletes using psychophysiological, psychological, psychological, pedagogical, and socio-psychological methods and tools. Psychological and pedagogical support is closely related to all aspects of the entire scientifically organized process: psychological, physiological, psychological, pedagogical, treatment and rehabilitation, etc. These special types of activities are aimed at maintaining health, restoring mental state, ensuring the priority of restoration of the athlete's condition, success in competitions, stability, reliability, and effectiveness.

Psychological and pedagogical support in children's sports solves the following tasks: sports career guidance (psychological selection of future champions in specific sports);

psychological and pedagogical support at sports events, pre-competition training (elimination of phobias, increasing motivation, psychoregulation, developing a strategy for behavior during competitions and bringing the athlete into an optimal combat state), post-competition psychological recovery, rehabilitation, etc.; development of favorable relations in the "coach - athlete," "athlete - athlete" system; resolution of various crisis situations.

Rudik P.A. considers psychological training in sports as "a system of psychological and pedagogical influence to improve mental qualities and personality traits to achieve high sports results in the chosen sport." In his research, Anrushchishin I.F. notes that "the decline in the level of sports achievements is not due to neglect of biological knowledge and the regularities of constructing the training process.

in most cases, it is associated with insufficient use of psychological knowledge and methods." pedagogical and psychological influence based on athletes in the training process. Thus, along with traditional pedagogical tasks (teaching technique, movement), we conclude that it is necessary to focus on solving psychological problems.

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