



# Student's Sports, Mass Sports and High-Rise Sports

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**Abstract:** The article explores the role of mass sports within the framework of physical culture in a post-industrial society, distinguishing it from elite sports. Mass sports are characterised as accessible activities aimed at improving health, enhancing physical fitness, and fostering overall well-being among diverse populations. In contrast, elite sports focus on high performance and competitive success. The article discusses how mass sports align with the broader objectives of physical culture, emphasising their benefits for mental and emotional health. It highlights the importance of competition in mass sports, which differentiates them from general physical culture practices. Overall, the article underscores the significance of mass sports as a universal and relevant avenue for personal and communal engagement in physical activity, addressing the contemporary need to fulfil physical and psychological needs.

**Keywords:** Mass Sports, Elite Sports, Physical Culture, Health Improvement, Competition, Sporting Disciplines.

## Introduction

In the conditions of the established post-industrial type of society, the need to satisfy the body's physical needs gradually arose. Sport is an excellent solution to a mature issue. What is sport and what does it look like? Sport is part of the structure of the general concept of physical culture, historically formed in the form of competitive activity between different groups of people.

Today, due to the multifaceted nature of physical culture, particularly sports, it is customary to divide this concept into mass sports and sports of high achievements, which are the most relevant areas of physical culture today. Next, we will talk about mass sports, its fundamental differences from high-achievement sports, its goals and objectives.

Mass sports are a component of physical culture, the most relevant among the broad strata of the world's population, aimed at improving the body, increasing performance, strengthening immunity and achieving physical perfection.

So, what's the difference between mass sports and high achievement sports? The main difference between mass sports and high-achievement sports is that the goals are fundamentally different between the two current sports directions of the modern world.

If mass sports help to restore the work of the body as a whole and are aimed at improving the health of a person, then in the sport of high achievements, the name of which speaks for itself, the athlete has a high sporting mobility, which is expressed in achieving sports victories in major sports events (Alimbetov et al, 2020).

## Methodology

The methodology of this article involves a comprehensive review and analysis of existing literature on mass sports and physical culture. The approach can be outlined as follows:

1. **Literature Review:** A thorough examination of scholarly articles, books, and research papers relevant to the concepts of mass sports and elite sports was conducted. This review provided a foundation for understanding the historical development and contemporary relevance of these concepts within the framework of physical culture.
2. **Comparative Analysis:** The article utilises comparative analysis to distinguish between mass sports and elite sports. This includes examining their objectives, participant motivations, and the effects on physical and mental health. The contrasting goals of health improvement in mass sports versus competitive success in elite sports are highlighted to underscore their significance in society.
3. **Thematic Categorisation:** Key themes such as health benefits, competition, community engagement, and the aesthetic component of mass sports are identified and discussed. This thematic approach allows for a structured examination of how mass sports serve as a pathway to achieving personal and communal health objectives.
4. **Case Studies:** Relevant examples and case studies of mass sports programmes and initiatives are referenced to illustrate their impact on diverse populations. These examples help to demonstrate the accessibility and importance of mass sports in promoting physical culture.
5. **Synthesis of Findings:** The findings from the literature review, comparative analysis, and case studies are synthesised to draw conclusions about the significance of mass sports in addressing the physical and psychological needs of individuals in a post-industrial society.

## Result and Discussion

Now let us dwell more thoroughly on the aims of mass sports, which, to be honest, coincide with the aims of physical culture in its broad sense. However, it should be noted that mass sports are a great way to spend your free time pleasantly, and most importantly, it is useful. By engaging in accessible mass sports, a person will be able to adjust their figure by strengthening their muscles. It follows from this, without a doubt, that the realization of a goal containing an aesthetic component (a beautiful figure) leads to a general

improvement in the psycho-emotional state, and hence to maintaining a raised mood, satisfaction with life and a high level of vitality for a long time (Beglenov, 2023)

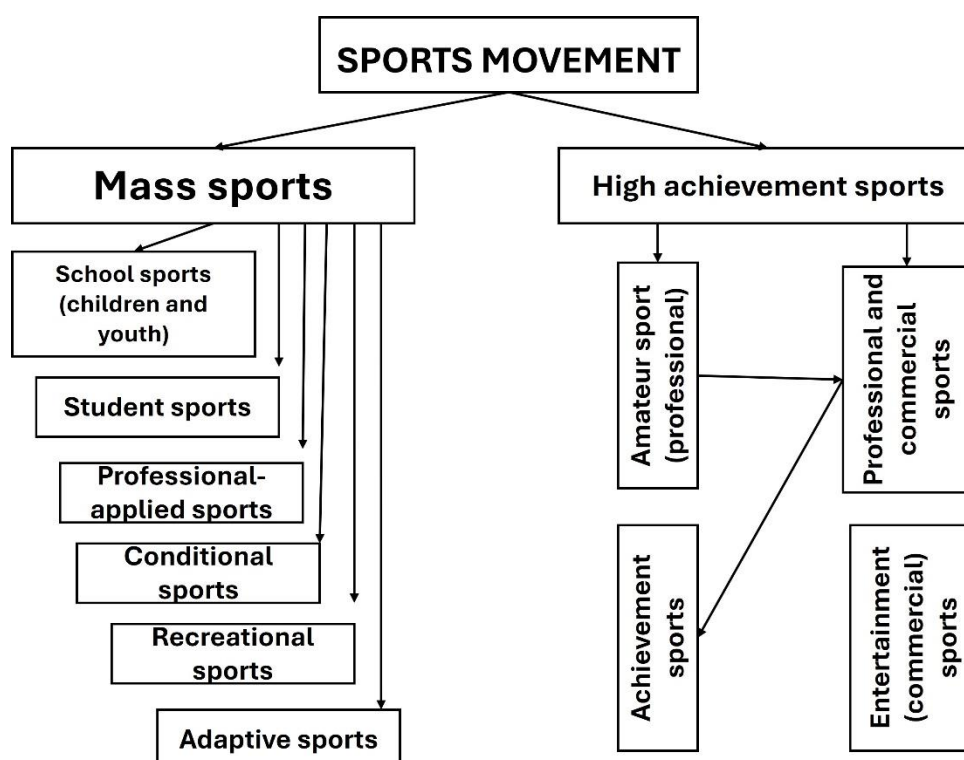
In addition, mass sports serve as an excellent guide to the world of health and strengthening, because it is it that allows you to restore the lost or partially lost functions of the body due to various circumstances, hence, it is fair to say that mass sports are a helper in achieving the goal of increasing work capacity both mentally and physically.

If we talk about the tasks of mass sports, then there is a direct connection between the tasks of sports and the tasks of physical culture. Why, then, should mass sports be separated from physical culture, instead of combining these two concepts, if their goals and objectives are absolutely identical? There is a difference between mass sports and physical culture in the broad sense of this concept, as in the case of mass sports and sports of high achievements. The fundamental difference. And it manifests itself in the fact that in sports, unlike physical culture, there is a component that gives meaning to the concept of "mass sports" - competition.

If we take as an example two people who share a common desire for physical culture, but differ in the way they realize their need for physical exercises, then a person who regularly engages in recreational physical culture at home will be working to achieve the goal of strengthening health or, let's say, correcting the figure. At the same time, an athlete who regularly trains in a sports maneuver will strive to improve his skills and results, constantly comparing them with the results of other athletes, as he has a strong spirit of competition and enthusiasm. In other words

i.e., physical culture classes are aimed only at personal improvement, regardless of the achievements of other participants in this field (Baranov et al, 2013)

In mass sports, as in high-achievement sports, there is a classification of directions representing different sports groups, which can be represented as follows:



## Conclusion

Thus, summarizing the above, it is necessary to remind us of the essence of mass sports, which are widely spread among the broad segments of the world's population, which testifies to the relevance of this direction of the sports movement, and that mass sports are a good way to realize one's desires into reality, because mass sports are a universal and universally accessible form of sports movement.

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