

THE EFFECTIVENESS OF ACMEOLOGICAL APPROACH TO VOLLEYBALL SPORTS

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ANNOTATION

The acmeological approach is also characteristic for many efficacies directly or indirectly related to record (highest) achievements, it is based on isolating their individual aspects and studying individually, as a group. Finally, there are serious difficulties in gathering factual data on various aspects of training the strongest athletes in the world to reach the peak of sports theory in this Volleyball sport. A specific "peak" (acme) of sportsmanship, because in this case each individual fact has a perennial "length" and takes the same amount of time to correct it.

Key words: *approaches, factors, principles, form, method, tool, contents.*

The socio-political reforms carried out by the Arab Caliphate and the formation of a single religion of Islam also affected the cultural and spiritual life. Islamic values, as an integral part of the spiritual life of the people, had a worthy place in their way of life and behavior. In Islam, Muslims are encouraged to keep their bodies clean, to rest, and to teach their children to be polite from an early age. But women were not allowed to be free, to walk with open faces, to work with men on an equal footing, to compete in equestrian sports.

In the VII-VIII centuries, the development of science in the Arab Caliphate, socio-economic development in Movarounnahr and Khorasan in the IX century began a period of spiritual growth - the "Renaissance of the East" - the Renaissance. During the reign of Caliph Harun al-Rashid (786-833) and his son Ma'mun, the Baitul Hikma (House of Wisdom) Academy was established in Baghdad. In Movarounnahr, as in the rest of the East, encyclopedic scholars such as Al-Khwarizmi, Abu Nasr Farabi, Ahmad Fergani, Abu Rayhan Beruni, Abu Ali ibn Sina, who are world-renowned for their services in the field of science and enlightenment created.

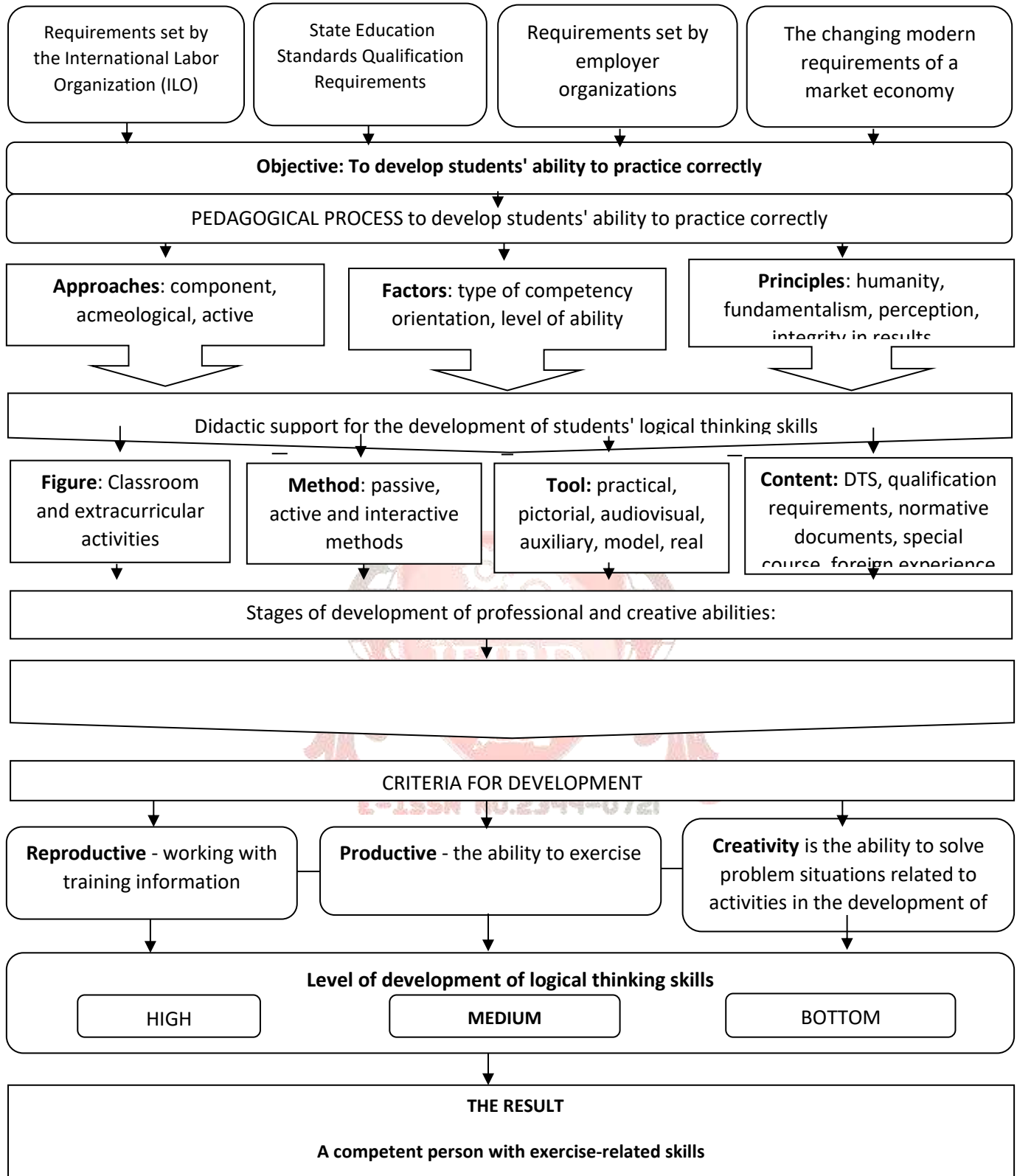
Farabi's views on the ways, methods and means of education are also valuable. He said that good qualities in a person are created in two ways - through education and upbringing. While education combines theoretical qualities, education combines innate qualities - theoretical knowledge and practical professional, behavioral qualities, education is carried out by word and study, and upbringing is carried out by practical work, experience. The interrelationship of both mental and moral education plays an important role in the development of a person. The methods of education and upbringing recommended by Farabi have not lost their relevance today.

In Beruni's works, in educating the reader, it is important to pay attention to aspects such as:

- not to enable pupils be bored;
- not teaching the same thing or the same subject in education;
- succession, sequence;
- to narrate new topics
- interesting and visual narration of the new topics.

Therefore, the accumulated scientific and practical knowledge about the high results of sports is very scattered, chaotic and contradictory, their specificity and structure are not defined. There is an uneven development of knowledge, which covers the theoretical-methodological, psychological, medical-biological, pedagogical, metrological and many other aspects of the problem of maximum human achievement in sports.

Beruni's views on the ways and means of acquiring scientific knowledge are still relevant today.



Based on Ibn Sina's activities and experiences, he gave specific instructions on the need for a different approach to physical activity during childhood, adolescence, youth and old age. This heritage of scientific and pedagogical education has made a significant contribution to the development of physical culture of the peoples of the world. Ibn Sina described "Physical training is as a freely action that forces a person to breathe deeply and consistently." According to Ibn Sina, a person who does not engage in physical activity suffers from thin pain

(narrowing of the intestines) because person's intestines become weak as a result of inactivity. He divided the types of physical education into two main groups.

According to Beruni, morality should be the most important quality of a person. This quality does not suddenly take shape. He said that the interaction of people is formed during the process of the social environment and the development of society. Beruni emphasizes the importance of three things in human development: heredity, environment, and upbringing. This is also recognized in modern pedagogy.

In his writings, Ibn Sina's advice that exercise should be performed in different forms and styles, depending on one's age, gender, health and illness, is very important.

1) actions of the person in the process of work;

2) special physical training activities.

Besides that, he also taught about physical massage:

1) massage in preparation for physical training;

2) post-workout massage.

Mavjud muammoli vaziyat insonning turli sport turlari bo'yicha eng yuqori yutuqlari, ularni ta'minlaydigan shartlar, omillar va shart-sharoitlarni yaxlit bilish uchun maxsus tashkil etilgan uslubiy yondashuvlarning yomon ishlab chiqilishining natijasidir. Aynan shu holat zudlik bilan voleybol sport nazariyasining ushbu sohasini chuqurlashtirish va kengaytirish uchun tizimli tadqiqotlarni talab qiladi, sport yutuqlarining individual jihatlari haqidagi turli ma'lumotlarni ular haqidagi ilmiy bilimlar tizimiga birlashtirish. Biroq hozirgacha ilmiy-uslubiy adabiyotlarda umuman sport yutuqlari muammolari atroflicha o'rganiladigan ilmiy ishlar juda kam. Bularning barchasi ushbu akmeologik yondashuvning dolzarbligini belgilaydi.

The current problematic situation is the result of poor development of specially organized methodological approaches to the holistic knowledge of the highest achievements of man in various sports, the conditions, factors and conditions that provide them. It is this situation that urgently requires systematic research to deepen and expand this area of volleyball sports theory, combining different information about individual aspects of sports achievements into a system of scientific knowledge about them. However, there is still very little research in the scientific literature on the problems of sports achievement in general. All this determines the relevance of this acmeological approach.

Thus, there is an urgent need for new, deeper and more complete knowledge of the methods and technology of managing the processes of achieving the highest and record results of athletes in volleyball, and given the current state of this section, it is necessary to develop systematic shaping mechanisms.

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