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ASSESSMENT OF POPULATION PHYSICAL FITNESS LEVELS AND DEVELOPMENT OF MASS SPORTS

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Abstract

This article presents a scientific analysis of issues related to assessing population physical fitness levels and developing mass sports. The research, based on contemporary literature analysis, demonstrates the role of physical activity and mass sports events in strengthening population health. The results show that systematic physical exercises and mass sports events are of significant importance in improving population health, increasing social wellbeing, and enhancing national health indicators.

Keywords

physical fitness, mass sports, population health, physical exercises, sports infrastructure, healthy lifestyle, physical activity, sports and health improvement events, health indicators, social wellbeing.

Annotatsiya

Ushbu maqola aholining jismoniy tayyorgarlik darajasini baholash va ommaviy sportni rivojlantirish masalalarini ilmiy tahlil qiladi. Tadqiqot zamonaviy adabiyotlar tahlili asosida aholi sog'lig'ini mustahkamlashda jismoniy faollik va ommaviy sport tadbirlarining rolini ko'rsatadi. Natijalar shuni ko'rsatadiki, tizimli jismoniy mashqlar va ommaviy sport tadbirlari aholining sog'lig'ini yaxshilash, ijtimoiy farovonlikni oshirish hamda milliy salomatlik ko'rsatkichlarini yaxshilashda muhim ahamiyatga ega.

Kalit so'zlar

jismoniy tayyorgarlik, ommaviy sport, aholi salomatligi, jismoniy mashqlar, sport infratuzilmasi, sog'lom turmush tarzi, jismoniy faollik, sport-sog'lomlashtirish tadbirlari, salomatlik ko'rsatkichlari, ijtimoiy farovonlik.

Аннотация

Данная статья представляет научный анализ вопросов оценки уровня физической подготовленности населения и развития массового спорта. Исследование на основе анализа современной литературы демонстрирует роль физической активности и массовых спортивных мероприятий в укреплении здоровья населения. Результаты показывают, что систематические физические упражнения и массовые спортивные мероприятия имеют важное значение в улучшении здоровья населения, повышении социального благополучия и улучшении национальных показателей здоровья.

Ключевые слова

физическая подготовленность, массовый спорт, здоровье населения, физические упражнения, спортивная инфраструктура, здоровый образ жизни, физическая активность, спортивно-оздоровительные мероприятия, показатели здоровья, социальное благополучие.

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INTRODUCTION

Present-day global health problems have crowned physical fitness and wide-spread sports activities as the basic indicators of the population's health, thus being ones of the major determinative factors in national development. The evaluation of the physical fitness of the people is a very important step before any evidence-based strategy for the improvement of public health and sustainable mass sports system establishment plans can be made. According to the WHO, among the global death causes, physical inactivity ranks fourth and is responsible for about 3.2 million deaths every year, thus being a significant burden on health care systems around the globe [4]. The combination of systematic physical activity programs and mass sports initiatives opens up a whole new world of possibilities in the public health sector--a cost-effective intervention that would not only improve health in the long run but also create a friendly and united society in the process. For Uzbekistan, as well as for lots of other developing countries, the shift from living in the countryside to city life and working at sedentary jobs has sharply decreased the physical activity among the population. This alarming situation calls for thorough assessments together with the corresponding interventions to counteract these negative trends [1]. The massive construction of sports facilities and participation programs requires not only the fitness levels of the people currently, segmented by age and area of residence but also their coexistent patterns of physical activity and the sports limiting factors to be identified across population segments. The strategic development of mass sports infrastructure and participation programs requires robust baseline data regarding current population fitness levels, demographic variations in physical activity patterns, and identification of barriers limiting sports engagement across diverse population segments. This research examines the methodological approaches for assessing population physical fitness, analyzes the current state of mass sports development, and proposes evidence-based recommendations for enhancing population health through expanded sports participation and physical activity promotion.

METHODOLOGY AND LITERATURE REVIEW

The scaffolding of the methodology employed for measuring the different levels of physical fitness in the populations consists of a variety of instruments as well as assessment protocols that have been validated and aim at obtaining an overall view of the physical capacity in the various demographics. The standardized fitness assessment batteries generally involve the measurement of the following attributes: cardiovascular endurance, muscular strength and endurance, flexibility, body composition, and functional movement capacity thus giving a detailed view of the fitness levels in terms of individuals and populations [5]. The International Physical Fitness Test battery, which has been modified and carried out in many countries, uses standard protocols that include aerobic capacity assessment through conducting progressive shuttle run tests or measuring maximal oxygen uptake, muscular fitness evaluation through strength assessments based on the number of repetitions, and anthropometric measurements for body composition analysis [6]. The monitoring of fitness levels in the entire population necessitates the use of stratified sampling methods that provide representative coverage across the following: age groups, geographical regions, socio-economic strata, and gender categories, so that the fitness profiles of the entire nation can be accurately drawn up and the vulnerable subpopulations requiring targeted interventions can be easily identified. Research conducted by Shamuratova and Shamuratov provides evidence that systematic application of medicinal and physical exercises leads to a remarkable rise in the health indicators of the entire population with the structured physical activity programs being able to produce measurable improvements

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in the fitness of heart and lungs, metabolic pacing and psychological well-being areas among others [1]. The literature reveals that population physical fitness assessment extends beyond individual capacity measurement to encompass broader determinants including access to sports facilities, availability of qualified physical education professionals, cultural attitudes toward physical activity, and policy frameworks supporting active lifestyles [7].

Mass sports development, a goal of multiple sides and angles, demands collaboration among all the different aspects of infrastructure development, program design, professional capacity building, and community mobilization. Let health-promoting programs vis-à-vis physical education devices be systematically conceived by the consideration of population-specific needs, resource limitations, and cultural contexts in order to obtain sustainable participation and health outcomes [2], Musayev insists. There is international evidence that a successful mass sports system takes school-based physical education, community sports programs, workplace wellness initiatives, and public recreational facilities, which are grouped according to the common aim of lifetime physical activity engagement, to be the essential components of the mass sports system [8]. The organizational problems related to the implementation of mass sports events in residential neighborhoods are discussed by Yarashov and Yadgarov, who point out among others: poor infrastructure, low funding, lack of professionals' knowledge, and poor interaction between governmental and non-governmental organizations [3]. A close examination of different countries' mass sports development shows that the above-mentioned high participation rates are quite often the result of successful comprehensive national strategies that in their turn consist of a variety of interrelated components, such as the regulatory measures stipulating the teaching of physical education, fiscal benefits for sports participation, investments in making leisure facilities universally accessible, and lifestyle promotion campaigns [9]. The social determinants of sports participation exhibit considerable differences among socioeconomic classes, with the poorest spending much of their time and money in barriers such as long working hours, lack of neighborhood sports facilities, and poor sports culture exposure in childhood [10]. Equity-oriented interventions addressing these disparities through subsidized program access, strategic facility placement in underserved communities, flexible programming accommodating diverse schedules, and culturally responsive program design reflecting community preferences and traditions are prioritized evidence-based approaches to mass sports development.

RESULTS AND DISCUSSION

The critical discoveries in the population physical fitness assessment and mass sports development strategies have been exposed by the contemporary research evidence analysis. Firstly, the systematic population fitness assessment programs, which are being carried out in several countries, have shown that the use of standardized testing methods can successfully indicate the fitness level distributions, monitor the trends over time, and produce data that is actionable for the formulation of policies and targeting of programs. The national fitness surveillance systems in the developed countries usually show the patterns of declining fitness levels among the youth as concerning, and the trend is going to be more severe in future as it includes rising sedentary lifestyle among all age groups plus the widening gap of fitness levels between the rich and the poor, hence calling for urgent comprehensive intervention strategies. Secondly, the role of mass sports programs in the betterment of the health of the population is very much dependent on their being accessible, sustainable, and in accordance with the people's tastes and cultural contexts. The programs that have the highest participation rates and health impact are the ones that include social interaction, skill development, flexible timing, and low-cost access, which indicates that effective mass sports projects would need to confront both the

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promotion of physical activity and the broader social and economic factors that determine participation. Thirdly, the building of a sports infrastructure will not be sufficient for the mass sports to grow unless at the same time there are investments in the professional capacity building, community mobilization, and support for the programs that are sustained. Countries achieving substantial increases in population sports participation have implemented comprehensive strategies integrating facility development with coaching education programs, community sports clubs, school-community partnerships, and ongoing funding mechanisms ensuring program continuity beyond initial implementation phases.

There are two-way dynamics evident in the correlation between the population's fitness levels and mass sports participation, wherein upper fitness levels lead to better sports enjoyment and hence, sustained participation while on the other hand, gradually regular sports practice leads to higher fitness levels and better health up to a certain point. Long-term studies point out that the countries having strong mass sports systems not only have higher fitness levels in their populations, but also lower prevalence of chronic diseases, lesser healthcare costs and better quality of life indicators compared to the populations that have limited sports infrastructure and participation. Furthermore, the economic analysis of mass sports investment brings forth the view of cost-benefit ratios in favor of the investment; every single dollar that is put into mass sports for the community gets back several dollars in terms of reducing healthcare costs, increasing productivity and giving social benefits through the vanquishing of disease and the promotion of population wellbeing. Notwithstanding, the realization of these aspects will necessitate the continuous political support, provision of adequate financial resources, adoption of evidence-based program design, and the provision of ongoing monitoring and the making of necessary adjustments based on the utilization experiences and the changing population demands. The demographic study indicates that the successful mass sports systems should devise different strategies for the various population segments among which offered would be: youth-oriented programs focused on the development of skills and the enjoyment of sports; working-age adult programs that are flexible enough to deal with time constraints and provide stress relief; and finally, older people programs that aim at maintaining their functional capacities and social interaction. The implementation of gender-responsive programs that tackle culturally specific obstacles to women's sports participation, like the provision of women-only facilities, female coaching staff, and programming fitted to women’s preferences and schedules, is very important for facilitating equal participation among different gender categories. The use of technology in the form of fitness tracking, virtual programming, and social media interaction is one of the ways that mass sports development is moving forward, and it is characterized by the possibility of reaching a larger audience, creating personalized programs, and maintaining the participants' motivation through the use of gamification and social comparison methods.

CONCLUSION

The architecture of public health strategies regarding the global issue of physical inactivity and the consequent chronic disease burden includes the assessment of population physical fitness levels and the systematic development of mass sports infrastructure along with programming. The utilizations of the standardized fitness assessment protocols have been proven to be the right ways to represent fitness distributions within the populations, detect at-risk groups that need to be supported with interventions, and to provide the data that form the basis of policy formulation and program design through the evidence from research. Developing mass sports would require a joint effort involving investment in infrastructure, building of professional capacity, mobilization of community, and provision of support for the programs in a sustained manner, with successful systems to display characteristics such as

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accessibility, affordable, culturally sensitive, and being in line with and responding to the preferences and needs of the population. The large health, economic, and social gains coming from improved population fitness and sports engagement, in return, it would be justifiable that the public made a big investment in the mass sports systems, particularly when the proceeds were designed around the issue of equity that would help eliminate giving access to the underserved populations that are facing the biggest health disparities. The longitudinal assessment of the effectiveness of mass sports programs across different contexts will be one of the future research priorities. Other priorities include the investigation of innovative approaches to overcome barriers and to increase participation, also the analysis of the most efficient allocation of resources amidst various intervention modalities, and finally the exploration of technology-enabled solutions that would not only extend the reach of the program but also secure its sustainability. National governments, international health organizations, academic institutions, and community stakeholders will have to work together in the formulation and execution of the comprehensive strategies for population fitness enhancement and mass sports expansion recognizing these efforts as the primary investments in population health, social cohesion, and sustainable national development.

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