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THE UNITY OF SPORT AND MORALITY IN THEORETICAL AND PRACTICAL TRAINING IN BOXING

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ЕДИНСТВО СПОРТА И МОРАЛИ В ТЕОРЕТИЧЕСКОМ И ПРАКТИЧЕСКОМ ОБУЧЕНИИ БОКСУ

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Abstract. The article shows that although sports and morality are perceived as separate concepts, there is a common point that unites the two areas, and there is a system of rules that constitute human and interpersonal relationships. Both concepts emerged as a result of the interaction of human relationships. Exercises and physical education classes in certain sports help students to form interests and play a major role in their social development. The main topic of the article is the physiological features of the moral boxer's activity. Boxing is a non-cyclical form of sport, i. e. in boxing, the movement of the upper extremities is carried out with a certain intensity. Boxing is a sport of speed-speed-stroke. Therefore, the boxer must be able to use all the functional capabilities of the body, both during training and competition. In the process of training, both motor qualities (strength, endurance, speed) increase and improve, as well as physiological developmental processes take place in its vegetative functions: blood circulation, respiration, digestion and other systems. In boxing, the strength of long muscles, endurance and activity are of particular importance. In this regard, both the boxer and his coach must have a thorough knowledge of the general physiological and biochemical processes of the body.

Аннотация. В статье показано, что, хотя спорт и мораль воспринимаются как отдельные понятия, существует общая точка, объединяющая эти две области, и существует система правил, составляющих человеческие и межличностные отношения. Обе концепции возникли в результате взаимодействия человеческих отношений. Упражнения и занятия по физическому воспитанию в определенных видах спорта помогают учащимся сформировать интересы и играют важную роль в их социальном развитии. Основная тема статьи — физиологические особенности нравственной деятельности боксера. Бокс — это нециклический вид спорта, т. е. в боксе движение верхних конечностей осуществляется с определенной интенсивностью. Бокс — это спорт, состоящий из скоростей и гребков. Поэтому боксер должен уметь использовать все функциональные возможности тела как во время тренировок, так и во время соревнований. В процессе тренировки повышаются и улучшаются как двигательные качества (сила, выносливость, скорость), так и физиологические процессы развития в его вегетативных функциях: кровообращении, дыхании, пищеварении и других системах. В боксе особое значение имеют сила длинных мышц, выносливость и активность. В связи с этим и боксер, и его тренер должны досконально знать общие физиологические и биохимические процессы в организме.

Keywords: sports, morality, moral development, children's morality, moral education, healthy, system, unity, physical, competitions, strength, speed, endurance, coach, boxer, movement, activity, organism, process.

Ключевые слова: спорт, нравственность, нравственное развитие, нравственность детей, нравственное воспитание, здоровый, система, единство, физическое, соревнования, сила, скорость, выносливость, тренер, боксер, движение, активность, организм, процесс.

Although sport and morality are considered to be separate concepts, there is a common point that unites the two areas, and there is a system of rules that constitute human and interpersonal relationships. Both concepts emerged as a result of the interaction of human relationships. Morality reflects a person's moral social value and begins to take shape from childhood. In general, peers have a great influence on the moral development of children.

Athletes must also be moral. The great leader M. K. Atatürk's sentence "I prefer an intelligent and agile, but at the same time moral athlete" fully expresses what we have said. Because, the sport chosen and mastered by a person cultivates a healthy and free spirit in the body through education. A person who neglects his health stays away from morals and etiquette. The combination of morality and sport will eventually lead to the formation of a strong personality. Sports in terms of their structure is a human community based on health, unity and equality, brotherhood, companionship and friendship. Both sports and morality can be considered as a system of rules. Without the rules of the sport, it is impossible to evaluate the actions of athletes in competitions. Just as there is no sport without discipline, it is morally impossible to follow the rules apart from the rules of the sport. It is possible to hold the title of an athlete high due to the moral behavior of the athlete [1, p. 4].

The rules that make up the moral value of society it is measured by the behavior of people in the community who value them. We see the importance of sports in the lives of those who have set an example for people in the history of sports. From the earliest days of history, only a person who was physically and mentally strong could protect his existence. He would set the rules, and he would set the discipline. This, of course, was due to the strength and movement provided by sporting events. Those who could ride a horse well, shoot a smooth arrow, play the sword with a strong arm, and show their skills at parties and ceremonies also expressed the character of that society.

In the Middle Ages, six of the seven knightly skills in the training of knights were sporting events, and the seventh were rules of etiquette. This had an effect on the sport's self-esteem in society and the regulation of society's rules.

In the Middle Ages, knightly children began to play sports between the ages of 3 and 6. At this age, it was believed that the child was trying to distinguish right from wrong, and that his moral upbringing was developing at the same time.

The literature on moral development shows that the age at which a child begins and continues sports activities is one of the most important stages of moral development. During these periods, those who are able to keep the initiative in their hands will have a say in the moral development of the child. Since the life of 4–8 years old, which is considered to be an important period for starting sports, is considered to be a period of self-acceptance (egocentrism), it is known that the formation of personality begins from this period [1, p. 8].

Morality is based on human behavior and the relationships that arise as a result of these behaviors. The main goal here is to ensure that people form socially acceptable behaviors within certain rules. Sport should also be viewed as a system of social norms, rules and ways.

When it comes to sports, it is important that the movements are regular and orderly. Exercise is directly related to morality. Because in sports, especially in team games, people interact with each other. Like sports, morality tries to strengthen the best way of life. Morality is a general expression of the high mental qualities and abilities that are desired to be realized in a person.

Morality is in the interest of physical and mental equality. The purpose of sport is to enable people to develop a physically and mentally balanced personality. In particular, the rules of the game in team competitions, as well as the rules of ethics, are designed to organize the actions and relationships of players on a competitive basis. Behaviors that conform to moral principles can be evaluated. When athletes who follow these rules are rewarded, there will be many athletes who try to imitate them. Giving the names of such athletes to the streets and sports organizations will be an example for beginners. A person who does sports can not only manage his own parts and at the same time become a person who respects the freedoms of others and follows the rules [1, p. 14].

Play is an extremely important activity for the physical, mental and social development of the child. Some well-known educators in the field of sports acknowledge that the “goal” is the most important factor in determining a person's physical and personal characteristics. They show that the real work is to reveal and develop this ability in a competitive and systematic competition environment, to turn a person into a person who can benefit society. “Talent” is described as a psychological, morphological, physiological and anthropometric quality necessary for a person's success from birth. From the moment of birth, every human being has a certain ability due to his purpose. The task of developing this ability is assigned first to the family and then to the teachers.

The earlier a child discovers what he or she is capable of, the sooner the ability will develop. The level of moral development between individuals can be organized through individual education. Education in terms of sound morals and behaviors within society will enable individuals to have superior moral values. There is a connection between the concept of justice and the development of morality in the society in which an individual grows up and lives. Growing up in a fair environment, an individual can re-evaluate his or her value system by criticizing it. The scale of competition between athletes and countries is growing a little more every passing day, and recognizing abilities as quickly and correctly as possible is vital to success in the sport.

Sport is a means of developing a person physically, mentally and socially, in other words, shaping a person's character and maturing his personality. At the same time, the athlete must adhere to accepted rules of law and written and unwritten rules of morality in order to live comfortably in his atmosphere and enjoy his life. We can be punished or expelled from the community for violating these rules. Anyone who wants to take part in a sports game must also comply with the rules of the game. These rules are unwritten rules, such as the duration of the game, the play field, the number of players, and not to object to the use of funds, not to despise your partner, not to deprive anyone of the game, but every athlete must comply. A game or sports competition without rules is not possible. Every game, from the simplest to the most complex, has its own rules. The rules of the game are the result of interpersonal relationships and they regulate and direct human movement [1, p. 32].

How athletes behave during competitions can be expressed in different ways. The rules depend on the wishes and needs of the players. The rules of the game ensure equality of victory in the game. This is also true for school sports competitions; it also improves fair play in players.

In school competitions, each student plays for different purposes according to their own thinking. For example, in a competition exam, some students try to get good grades and always score goals. Some think that they will succeed in school. Teachers of other subjects do their best to ensure that these students get good grades in other subjects. No matter what students think, they must act in accordance with the structure and rules of the game in order to be successful. The moral acceptance of action during a game puts an end to students' arbitrariness. The most important thing here is to be able to give this awareness to students. Therefore, in the physical education classes applied at school, first of all, it is necessary to pay attention to the fact that the subjective sense of responsibility of the mind takes place in the child's conscience in connection with moral rules. At the heart of moral conduct is the goal of freedom of conscience [1, p. 38].

True freedom comes when a person accepts the rules of morality as a matter of conscience. Moral education can best be done in school through physical education classes. This course can provide a good environment in which social relations can be established. Because one of the rare lessons that can teach moral values such as respect for customs and traditions is physical education. This lesson is able to create an environment in which students can live freely. Games and conversations that can give children moral values are also used in this lesson.

Physical education helps students to form their interests and plays an important role in their social development.

Physiological features of the boxer's activity. Boxing is a non-cyclical form of sport, i.e., in boxing, the movement of the upper extremities is carried out with a certain intensity. Boxing is a sport of speed-speed-stroke. Therefore, both during training and competition, a boxer must be able to use all the functional capabilities of the body. In the process of training, both motor qualities (strength, endurance, speed) increase and improve, as well as physiological developmental processes take place in its vegetative functions: blood circulation, respiration, digestion and other systems. In boxing, the strength of long muscles and endurance are of particular importance. In this regard, both the boxer and his coach must have a thorough knowledge of the general physiological and biochemical processes of the body [2, p. 14].

Muscle strength — Muscle strength is formed depending on the degree of muscle tension. It also depends on the physiological, biochemical, biomechanical and regulatory properties of the nervous system. Thus, the strength of a muscle depends on its physiological cross-section and the number of muscle fibers involved. The ratio of the maximum force of a muscle to its anatomical cross section is called the relative strength of a muscle (measured in kg/cm). During strength training, a boxer's muscle fibers thicken. Their capillary network grows and the cross section of the muscle increases. It is known that the neuromotor properties of muscle fibers are different. One group of fibers has the properties of simple motion, while the other group of fibers has the property of limited isotonic action. Simultaneous contraction of the maximum muscle groups in the functional state leads to a maximum increase in its strength. From a biochemical point of view, the strength of a muscle depends on the proteins it contains: myosin, actin and actinomyosin. As muscle strength increases, so does the amount of protein. Along with exercise, androgen hormones play a special role in increasing muscle size and strength. This hormone is produced in the male sex glands and in the cortex of the adrenal glands.

The maximum single movement speed of a boxer differs from his slow movement speed due to its physiological characteristics. Thus, sensory correction is difficult in a punch as fast as possible, and the boxer cannot properly hit the area hit at maximum speed.

The main source of muscle contraction is ATF (adenosine triphosphate). The reserves of this acid in the muscles are not so great. Decreased acid concentration can weaken muscle contraction. Resynthesis of ATF depends on two types of chemical reactions:

- 1) In the presence of oxygen — aerobic phase;
- 2) Without oxygen — anaerobic phase.

In the aerobic phase, undigested substances accumulate in the body. A lot of time is spent on the oxidation of these substances. Oxidation of lactic acid occurs during the main energy reaction with oxygen.

The anaerobic phase is the body's use of reserve energy in an oxygen-free environment. There are two types of reactions to anaerobic processes: reactions with the formation of lactic acid (due to ATF and CRF) and reactions with the formation of lactic acid (due to glycogen). Some of the energy generated is used to regenerate ATF. If most of the energy in a boxer's body is not generated by the anaerobic phase, then the boxer uses the energy generated in the absence of oxygen, which leads to a large oxygen debt in the body. As a result, the intermediate metabolic products of anaerobic digestion increase, it becomes difficult to eliminate them from the body, and the boxer often gets tired and "suffocates" from incompletely broken-down substances [2, p. 18].

Blood and Cardiovascular System — Significant changes occur in the blood during a boxer's movement. Due to the lack of oxygen in acute muscle work, incompletely oxidized intermediates (lactic acid) accumulate in the blood. Depending on the level of training of the boxer, the acid-base relationship is violated. As a result of long-term muscle work, blood viscosity increases, which complicates the work of the cardiovascular system. Muscle activity increases the amount of leukocytes in the blood. The role of myogenic thrombocytosis is growing. The blood is always moving when it is closed. The circulatory system consists of blood vessels in two parts from the center to the heart. The heart is located in the chest, between the lungs. The heart consists of two atria and two ventricles. Between the auricle and the ventricles are three-legged valves on the left and two-legged valves on the right, allowing blood to flow in one direction: from the atria to the ventricles and blood vessels.

At rest, the heart rate is 72–75, depending on age, body size and lifestyle. The number of heartbeats in boxers is relatively small. For example, during the fight, in the second minute of the first round, the heart rate is $190.8 + 6.9$ beats per minute, and increases to $202.0 + 7.0$ beats per minute at the end of the fight. Such an increase is also observed during regular exercise, which indicates a high level of physical stress on the autonomic nervous system. Maximum heart rate during work: shadow fight — 150–170 beats/min, pneumatic pear — 170 beats/min, sacks — 186 beats/min, individual palms with the coach — 192 beats/min, freestyle wrestling and sparring — 220 beats / min.

Systolic arterial pressure 20–55 mm. c. s. rises, while diastolic pressure falls. The phenomenon of “unlimited noise” is often observed. Changes in the cardiovascular system are also observed in boxers at rest. As boxers train, their heart rate decreases to 42–46 beats per minute. Qualitative changes in the cardiovascular system are observed in young boxers [2, p. 22].

Respiratory system — Positive physiological changes occur in the respiratory system of boxers. The depth and frequency of a boxer's breathing depends on his training, the intensity and tension of the fight, the opponent's fighting characteristics. As the number of punches increases, so does the depth of breathing.

High-level boxers hit their heavy blows as they take a deep breath and hold their breath when the blow is delivered. They strike a series of powerful blows when they take a full deep breath. The lung capacity of boxers is relatively high, with an average of 4,500 ml. The respiratory phase of the

breath increases both the ventilation of the lungs and the strength of the blow. Unfortunately, most high-level boxers are not able to breathe properly. Sometimes a boxer has to hold his breath when he hits and protects. The boxer must hold his breath and take a deep breath after each blow. The blows can only be stopped by deep breathing.

Studies with top boxers have shown that their MOD performance is high. The maximum OMS is 76.9 ml/kg; The average value is 67.05 ml/kg. The MOD (Maximum Oxygen Debt) observed in boxers is 18.21 ml/kg.

Nervous system — Boxers' multifaceted, complex, agile movements affect the intensity of the processes going on in the central nervous system. The accuracy and strength of a boxer's blow to his opponent depends on the speed of coordination of his movements. The rapid replacement of the nervous processes in the cerebral cortex by the process of awakening and inhibition creates optimal conditions for the contraction and relaxation of muscles, which leads to a timely and correct response to various shocks. It is based on conditioned and unconditioned reflexes of the brain and its cortex. Boxing habits in boxing are conditioned reflexes.

The correct and fast movement of a boxer in the ring is of great importance for the timely and accurate analysis of information coming to the brain. The information that comes to the brain is very important in high-level boxers. In high-level boxers, the information that enters the brain is analyzed very quickly, and the resulting response is sent to the working member for action. All this depends on the intellectual level of the boxer. The trembling of the boxer's fingers is a sign that the central nervous system is ready for action.

Analyzers — Sensory organs are the basis of a person's mechanism of perceiving the external environment. Analyzers are very important for a boxer. With their help, you can help to correctly determine the target, to shoot correctly, to determine the distance between the opponent and himself, to react quickly to protect himself from the blow of the opponent, and to solve other important issues in the fight. Analyzers are the most perfect control "devices" located in the body.

Analyzers receive all the information coming to the body from the external environment. This information is prepared, analyzed and synthesized and plays an important role in the body's adaptation to the external environment, the emergence of new reflex reactions and adaptation to living with the external environment.

Analyzers of the boxer's activity — sight, hearing, balance, smell, skin, movement, etc. has an important role. Every piece of information from vision analyzers is of great importance in any part of the fight. A feature of the boxer's vision analyzer helps to accurately determine the distance between the opponent and himself [2, p. 32].

Musculoskeletal system — All the activities of a boxer are related to the activity of his muscular and nervous systems. The main part of the motor activity of the muscles is the latissimus dorsi. All the movements of a boxer are reflexive movements according to their mechanism. The main part of these movements has a conditioned reflex nature. The actions performed by the boxer - defensive reflex, orientation reflex, flexion and extension reflexes of the limbs, etc. refers to unconditioned reflexes. All other movements are conditioned reflexes gained during training. Depending on the amount of training, there are changes in the skeleton of boxers in the nature of working hypertrophy. The most common changes in a boxer's body are in the finger bones. We encounter an increase in the heads of the elongated and compressed bones of the comb bones. Boxers have longer humerus bones. In addition, changes in the structure of the bones in boxers are related to the shaft-elbow. Boxers aged 17–18 are very different from their peers in terms of physical performance.

Psychological features of the boxer's activity. During the fight, the boxer expects a strong blow from his opponent, so all his activities are very emotional. It depends on the quality of these emotions, their content, impact strength, intensity and impact. The boxer's muscle strength depends on his psychological state, the number of muscle groups involved and the factor of voluntary muscle contraction. During a boxer's special emotional state, under hypnosis, a number of drugs can increase muscle strength. In general, if the mental tension is high during the fight, if it reaches a level of stress, it becomes negative, it slows down the mental and motor state of the boxer, weakens memory, reduces motor function, and so on.

If a large load has a positive effect on the physiological functions of the boxer's body to a certain extent, it has a positive effect on his psyche to a certain extent, it has also a negative effect on his psyche, which later manifests itself in his general condition.

Perception — The boxer gets a lot of information about the opponent's intentions and actions, speed, conditions, etc. during the fight. This puts special demands on the boxer's memory, imagination and thinking. Perception of movement is also of great technical and tactical importance in a boxer's activity. Visual and motion analyzers play an important role in motion perception. The perception of fight conditions has a direction of selectivity, i. e. it depends on the goal of the boxer and the tactical direction chosen in the fight. For example, counter-attacking to meet the opponent with counter-blows, to win the opponent by points, to try to catch the opponent, to knock out with a strong blow, and so on.

Attention — Attention is a property of the psyche that ensures the accuracy of the boxer's perception. Unlike cognitive processes (perception, memory, thinking), attention does not have a special content. It is as if it manifests itself within and inseparably from those processes. Attention characterizes the dynamics of psychological processes. A skilled boxer divides his attention in such a way that the focus is on the opponent's posture, speed and direction of movements, the strength and speed of blows, the distance to the opponent, as well as the characteristics of his movements. When a boxer distributes attention correctly in a fight, he clearly understands the situation and responds appropriately to the opponent. Effective execution of technical actions significantly increases the sustainability of attention [3, p. 26].

Reactions — There are the following types of reactions in a boxer's activity: Simple — a defense or counterattack in which the opponent's attack is known in advance is selected; Difficult reaction - when several tactical options of the opponent's attack are known; Reaction to a moving boxer - to the opponent's moving body, to the striking hand. Other factors affect the speed of a boxer's reaction: anxiety about the performance, extreme fatigue, focus on his own blow, fear of receiving a counter-blow from the opponent. To remember the sheer volume of exemplary conditions, a boxer needs good vision and muscular memory.

Memory — It is important for a boxer to consciously remember, memorize and then remember in the ring his fight experience, the actions learned in technical and tactical training, which is impossible without movement, emotional speed, memory. The boxer's physical agility manifests itself in the competition as a sign of movement memory. In a certain meaning, emotional memory is stronger than other types of memory and can be more important to a boxer. Speed memory acts as a visual, auditory, tactile memory of a boxer. The boxer is preparing to compete in intense uncompromising combat conditions. His memory is used in extreme conditions, in a state of stress, fatigue, etc. situations should be in good condition.

Thinking — Thinking is very important in a boxer's career. With the help of thinking, the boxer mentally assesses the conditions of the fight, identifies the most suitable option for the development of his tactical situation, seeks an effective solution and chooses the means to

implement it. The fighting nature of the thinking is that the boxer's active thinking is to implement the decisions made without delay. With the flexibility of thinking, the boxer refuses a pre-determined plan when required, looking for tactical ways to respond to the situation.

Imagination — The level of imagination ensures the success of the improvement of difficult technical and tactical movements, allows you to create interesting tactical innovations and choose interesting training methods, helps to properly prepare for fight. Any type of imagination is more prominent in boxers. Imagination plays the role of quick voluntary actions, motives, allows the boxer to imagine the necessary actions of the opponent and look ahead. Competitions play a special role in the development of the boxer's imagination [3, p. 32].

Feelings — Feelings play a big role in a boxer's athletic performance. The sense of distance is one of the most useful qualities of a boxer. It allows you to choose the distance between the opponent and himself, the situation needed for attack and defense. Research has shown that the sense of time is a special psychological quality. It has been proven that the sense of time for high-level boxers to perform fast movements allows them to accurately estimate the micro-intervals.

Physical training. Excellent general physical training is the foundation of high technical and tactical success. New boxers make the mistake of thinking that they can only train and be physically fit in this sport. Boxing should not be considered separately from other sports. One of the main tasks in the training of boxers is to combine their comprehensive physical training with the performance of general physical training and special physical training exercises.

These can be summarized as follows: gait-related movements are the main means of organizing the participants in the exercises, cultivating good gait rules, and purposefully linking the various training movements with the gait. It is one of the general developmental gymnastic movements performed without sports equipment and with gymnastic tools.

Special training exercises — the purpose of these exercises is to master the special fighting skills that make up the boxing technique. The purpose of special exercises with boxing instruments is to develop accurate, precise, strong, fast punches in teenagers and young boxers. Then there are special exercises in the ring-shadow fight, conditional fight with the opponent, freestyle wrestling and finally auxiliary sports: running, jumping, skiing, rowing, wrestling, basketball, handball, tennis, which help to thoroughly prepare teenagers and young boxers. At each stage of the training process, the coach and the boxer must take care of physical fitness. As a boxer's level of sport increases, so must his physical fitness. Special physical training should ensure the development of special qualities and habits, on the one hand, and comprehensive training of the boxer, on the other hand. A boxer's physical fitness changes and improves his sportsmanship [3, p. 34].

Development of strength. Strength development means the development of the muscular system and allows a boxer to achieve great things with less effort during a fight. Any movement exercise can be used to strengthen the muscles of the body for the successful development of the overall strength of the boxer. Gymnastic exercises should be given a lot of space at the end of any exercise for the development of the muscles of the body to stretch and relax them. Wrestling, weightlifting and other exercises can also be used to develop a boxer's strength. During the fight in the ring, only punches can be included in the boxer's movements that use force, and the rest of the movements are performed with minimal effort, without requiring great muscle tension.

The dynamics of a boxer's strength is reflected in the movements. It is a force in the blow, in the movement, in the defense. In boxing, dynamic power is fast, explosive, and slow due to temptation.

Explosive power is expressed at maximum speed. Such power develops in the noticeable blows of the boxer. Rapid force, on the other hand, plays a major role in the speed of movement and

displacement. Slow force is expressed in slow movements performed completely without speed. In boxing, slow power can be found in the minutes of overcoming the opponent's resistance, catching and holding time at close range.

Individual boxers are required to show different strengths when performing punches. Thus, a fast-paced boxer needs a combination of non-strong punches that quickly replace each other. Such a boxer tries to hit the second blow quickly after one blow. The boxer, who knocked out his opponent, on the contrary, tries to deliver a powerful “explosive” blow. To achieve the “explosive” effect, the maximum functional number of each working muscle is accelerated. Boxers who fight with force use slow force. This occurs when the opponent is physically “pressured” when he is with the opponent. The punches of such a boxer are of the same strength, without “explosive” accent, provided that they are not at high speed. Boxers who exert physical pressure on their opponents lose their agility and develop tactics of physically defeating their opponents.

The “playful” boxer takes a defensive position before and after the blow, which reduces the chances of hitting the maximum force. Such a boxer gets a strong blow due to fast and explosive punches.

The development of power is usually carried out in two directions:

1. To develop strength using exercises on gymnastic instruments and without instruments from general developmental movements, loaded movements, resistance to the player, etc.

2. Training of strength using special training and special actions. Special training exercises are selected in such a way that they correspond to the specific movements of the boxer due to the nature of the nervous and muscular system. To these actions are included the actions, like to cope with the opponent's resistance, for example, to forcefully push the opponent (“pus-pus”), to wrestle, to develop the power of the blow on the instruments, and so on.

There are two ways to train a boxer. These are analytical and complete methods.

The analytical method can be used to train the strength of the muscles by selecting the individual muscle groups that carry the main load. For example, to open the muscles and to train the strength of the muscles fast –power movements with different weight loads (dumbbells, iron bars, stuffed balls), rapid gymnastics, jim movements, jumping and pushing movements with a barbell, etc.

The full method is the main method for training a boxer’s special strength. Due to its nature, this method improves both the boxer's special strength and special skills.

Tasks aimed at mastering skills and improving special strength can be summarized as follows: special-preparatory and movements with load (lead weight, light weight dumbbells): “fight with the shadow”, movements in sacks and other tools, imitation in water and difficult movements, etc. Special, purposeful, weightless movements are also used to train strength with the help of the full method. Tasks on tools that develop quick and explosive power; A complex of actions to combat the opponent, in close-range combat conditions, slowly increasing strength [4, p. 15].

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