**THE CONCEPT AND IMPORTANCE OF MASS SPORTS**

Sharipov R.R.,.

*Kazan, Russia*

The importance of physical culture and sport in the modern world is constantly increasing. Mass sport as a social phenomenon is a "non-stop social study". It performs a number of necessary social functions, allows improving human capital and increasing the potential of society as a whole. Physical culture and sport are carriers of individual and social elements that are necessary to strengthen the overall health of the individual and are the values ​​of improving his social activities.

The concept of mass sports includes people's activities, in the format of the process of physical education and self-education, self-analysis and self-control for general physical development, improvement, improvement of motor skills and skills, physical recreation, improving posture and physique. At the same time, recreation means a complex of recreational activities, including active physical exercises, amateur sports, and recreation using mobile games and natural forces of nature. As a rule, these activities for a healthy person are not associated with very high physical loads, overloads and strong-willed efforts, however, they create a powerful disciplinary, tonic and health-improving effect for all aspects of its activities.

The sphere of mass sports includes such branches as: therapeutic gymnastics, adaptive physical training, industrial gymnastics, some types of respiratory gymnastics (yoga), fitness, the simplest forms of tourism, and here you can include elementary outdoor games, outdoor games. Also in this category are pedestrian and bike tours, skiing in winter, health running, athleticism (sets of exercises with weights, dumbbells, rubber expander), elementary gymnastics (exercises on the bar, bars).

Also, mass sports should be understood as a system of occupations by the individual sports or physical exercises for the purpose of physical self-improvement, which has no primary goal to participate in competitions and obtain a sports category, the participants of which do not have contraindications to classes of therapeutic exercises.

Thus, proceeding from the above, it can be concluded that mass sport is an integral part of sport, the main content of which is rational use of motor activity by man as a factor in preparation for life practice, optimization of his physical condition and development. Mass sport enables millions of people to improve their physical qualities and motor abilities, to strengthen their health and prolong their creative longevity, and therefore to resist undesirable effects on the organism of modern production and the conditions of daily life.