

# TENDENCIES IN MODERN SPORT

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## SUMMARY

Sport is a very dynamic social phenomenon that has developed rapidly especially after the Second World War. Studying the history of sport and its present may help determine the tendencies of modern sport and predict how sport will look in the future. This very significant issue has not been addressed extensively in the professional literature. Determining the tendencies of sport development represents the basis of the preparation of young athletes - future successful seniors, but also the basis of the organization of sport within society, the improvement of the system of athletes' preparation and competition.

The main modern sport tendencies include the following: sport is becoming more important in society; sports information is becoming more extensive and easily accessible; the number of scientific papers on sports has increased; new sports branches are constantly emerging; the number of sports branches included in the Olympic Games is increasing; the volume of training work and competition activities is increasing; general preparation has been reduced in seniors' training and used as an active rest; the orientation towards multi-year planning of preparation and competition has been more emphasized; the harmonization of training and competition activities has been searched for; non-traditional means of preparation have been increasingly used; the model characteristics of athletes, training stages and competition activities are a landmark in the selection of athletes and their preparation; the methodology of motor skills learning has been improved; the selection of athletes is getting better; the control of sports activities has become better; modern technologies have been increasingly applied in sports; the work in sports has been increasingly team-based, and a larger number of specialists from different professions have been engaged in a team; the sports system has been improved.

**Key words:** sport, tendencies, sports branches, training, competition

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Sport is a social phenomenon that has been rapidly developed especially after the Second World War. The world's division into military-political and economic blocs brought the global competition in sports to the highest level, especially in the Olympic Games. In such a war, which took place in the field of sports, all available capacities were included, since a victory in the competitions, especially at the Olympic Games, was regarded not only as the victory of a state, but of the entire military-political and economic bloc and its orientation in all segments of life. In this regard, sport can be interpreted as a symbol of the struggle for existence of human beings based on movement, ability and skill. That is why many sports branches have emerged from former hunting, fighting natural obstacles and other people, wars ... If the origin of a phenomenon is best revealed in the language patterns, then thanks to numerous sports terms, it is easy to understand the origins of sport.

The study of sports history and the analysis of sports present can largely help determine the tendencies in this field and thus predict the future which we should prepare for. A tendency (Latin *tendentia*) is an aspiration, an inclination (towards a certain direction, for a certain purpose); a trend; a direction; an intention; a goal<sup>1</sup>. Therefore, to determine the tendencies in a phenomenon, process or field, means to discover the essence of the trends within them, which often remains hidden underneath a multitude of manifestations.

The theory of sports is still in the process of formation, no matter how strange it is at a time when sport takes up so much space and time in the life of a modern man. A segment of the sports theory – the theory of sports training is more developed than other segments, so that the experience accumulated in practice and theory has led to the discovery of some tendencies. However, when sports literature is reviewed, it can be seen that few authors have dealt with the issue of tendencies in sports training, and that V.N. Platonov (1997, 2004, 2015) has contributed most to their understanding. In three of his capital works, he has titled a smaller chapter "Directions of the Improvement of the Athletes' Preparation System" where he first specified ten tendencies (1997), then 12 (2004) and 15 (2015) eventually. This only implies that it is not easy to identify and explain the tendencies, and that the development of sport has been accelerated, as he discovered five new tendencies in the last two decades.

Sport cannot be identified with sports training and competition only, and if you want to comprehend it as a whole, wider phenomenon, it is clear that there

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<sup>1</sup> Vujaklija, Milan. *Dictionary of Foreign Words and Phrases*. Belgrade: Prosveta, 1975.

are many different directions towards which it has been moving and that there are much more tendencies in modern sports than stated by V.N.Platonov. It is interesting that there are practically no such works that comprehensively interpret the tendencies in sports. Therefore, it is necessary to explain what sport actually includes. It can be roughly divided into two segments: a segment of social support and a segment of the sports profession - a sports nucleus (Figure 1).



**Figure 1-** Scheme of two sports segments: internal or segment of sports profession and external or segment of social support

The internal segment of sport includes a coach, as the main manager of that part of the system, athletes and members of the professional staff. The external sports segment includes the organization of sports activity, finance, legal regulations, marketing, media, sports facilities, audiences, and sports science as well.

According to L.P. Matveev<sup>2</sup>, the development of sport moves in two diametric directions - one being differentiation, the other one integration (synthesis). There is an increasing number of sports manifestations and each of them includes numerous tendencies that are often very specific and typical of a particular activity. Some tendencies in a sports branch might not be present in another one. Therefore, any sports branch, i.e. any other sports segment (e.g.

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<sup>2</sup> Лев П. Матвеев. *Общая теория спорта и ее прикладные аспекты*. Москва: Советский спорт, 2001.

construction of sports facilities) must be studied separately. This is a more pronounced path of differentiation. On the other hand, there are numerous tendencies that are common and of great importance. Sports theorists have been trying to synthesize all the manifestations and to determine their common characteristics.

In general, the tendencies in modern sport that resulted from synthesizing the aspirations in certain sports segments can be roughly divided into the tendencies within the inner, professional field and those present in the external, i.e. support field. Such tendencies will be discussed in this paper.

## **1. Sport has been playing an important role in society on all continents**

The development of sport has been greatly influenced by the Olympic Games, especially by their revival. After several less successful attempts, the world of sport was united and in the late XIX century the Olympics Games were renewed and developed into the great Olympic movement. Since the first Olympic Games in modern history were held in Greece, it can be understood that Europe has largely accepted sport as a social value and has been promoting it for more than 100 years. Europe, although a much smaller continent than Asia, Africa and America, is a leader in the world of sport, according to a number of the medals won. Nevertheless, in recent decades, sport has become more developed in Asia and Africa, thus there have been a growing number of the countries winning medals at the Olympic Games.

The extent to which some countries, groups and individuals have been using sport for their own purposes can be illustrated by the example of the pre-war Germany, Hitler and his party. According to the IOC decision from 1932, being afraid of the global response Hitler led the protests against the organization of the Olympic Games in Germany (Berlin and Garmisch-Partenkirchen). In addition, the Fighting Society for the Red Sports Unity in Germany, which was under the influence of the Communist Party of Germany, included 250,000 athletes<sup>3</sup>. However, when he rose to power soon after the protests, he saw a great chance of militarizing Germany and preparing the people for war through sport. The first comprehensive four-year system of sports preparation was organized, which

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<sup>3</sup> Владимир Н. Платонов. *Система подготовки спортсменов в олимпийском спорте*. Киев: Олимпийская литература, 2004.

ensured Germany the first ranking according to the medals won at the Olympic Games held in Berlin in 1936.

Immediately after the Second World War, in response to the numerous and diverse pressures by the West, Stalin requested the sport to be raised to a higher level. A number of measures were undertaken, the entire sport was organized in a specific way, and the USSR Academy of Sciences was involved in the project as well. The results became visible quite soon, with the first appearance of the Soviet athletes at the Olympic Games. This has influenced the rapid development of sports in all the socialist countries of the Eastern Bloc.

Recently more successful (according to the medals won), the state system of sports management has been active in China and Cuba. In these, and in most other countries, sport is a means of the state promotion.

## **2. Information on sport, general, professional and scientific, has become more extensive and more available**

Information is power, thus the growth of press (newspapers), TV production, the activation of the Internet, the creation of scientific papers database, an increase in the number of professional and scientific journals, the publication of a large number of professional books and the like, has led to a great expansion of sports worldwide. The speed of information is measured in milliseconds, which has made the information in sports numerous and easily accessible. To obtain information nowadays is much easier than to select the valid, useful ones among a great deal of the information provided. There is a lot of useless, sometimes even harmful and unreliable information. It includes a large number of research papers that have no relevance to the theory of sports, if they do not produce a theory of even a smaller scale. In addition, a lot of information is irrelevant to the sports practice.

## **3. There is an increasing number of the scientific papers in the field of sports which are stored in well-organized and relatively easily accessible databases**

Sport has become a topic interesting to specialists from different professions. There is a wide range of the occupations dealing with sports, from those engaged in the manufacture of sports equipment and apparatuses, to the scholars dealing with the most general sports issues. The countries developed in terms of sports have centralized databases of various scientific and professional papers, as well as sports information. Of course, some sports branches perform it separately. The availability of this information has been limited. The information relating to the studies on elite athletes has been stored separately. Based on this,

the model characteristics have been formed and kept as the biggest secrets, in most cases available only to those who work with the top athletes directly.

#### **4. Sports branches are being multiplied, since there are the new sports branches constantly emerging that are most frequently a combination or a variant of the existing ones**

This tendency is becoming more pronounced. Sports branches are constantly multiplying as the new ones are emerging, while the old sports branches rarely become extinct. Most frequently, the new sports branches represent a combination of the already existing ones, but including specific rules, organization, competition system, etc. Some of them have made a rapid progress (e.g. beach volleyball, triathlon), some of them are struggling to become popular around the world and to become members of the Olympic family of sports branches.

#### **5. The number of sports branches and sports disciplines in the Olympic Games Program has been increasing gradually, but constantly**

If we analyse the Olympic Games since 1988 in Seoul until the Olympic Games held in Rio in 2016 we can easily see that the number of athletes, participating countries, competitions, the number of medals awarded and the number of countries that have won medals have been constantly increasing. Only the number of sports branches is constant, although the number of their sports disciplines increases as well (Table 1). During that period (1988 - 2016), the number of athletes increased by 2774 (32.8%); the number of participating countries increased by 47 (29.6%); the number of competitions increased by 43 (16.3%); the number of medals awarded increased by 232 (31.4%) and the number of countries that have won medals increased by 34 (65.4%).

The Winter Olympics have become even more complex in percentage terms. When the Winter Olympics held in Calgary in 1988 and those held Sochi in 2014 are compared, it can be seen that the number of participating countries increased from 57 to 88 (54.4%); the number of sports branches rose from 7 to 15 (114%); the number of competitions increased from 46 to 98 (113%).

The rising tendency regarding the number of participants, competitions and even medals awarded has led to a major problem in the organization of the Olympic Games. It is likely that the achieved level will stagnate in the future. However, one should expect that the increasing number of countries will win medals in the future.

## **6. The volume of training work and competition activity has been increasing**

This tendency was pointed out long ago by Matveev<sup>4</sup> who indicated some records that are extreme in terms of the volume of training work:

- within 24 hours: swimming 87,5 km; racewalking 214 km; cycling 890.8 km;
- within 48 hours: running 452.3 km; cross-country skiing 514.6 km;
- throughout a year: cycling 60,000 km; running 15,000 km; swimming 3.600 km; gymnastics 160,000 elements.

Number of competitions and appearances of elite athletes throughout a year:

- athletics (sprint) 65 competitions, 126 appearances;
- athletics (throwing) 60 competitions, 310 appearances;
- swimming 35 competitions, 120 appearances;
- cycling 24 competitions, 160 appearances;
- wrestling 34 competitions, 105 appearances;
- gymnastics 43 competitions, 618 appearances;
- hockey 110 matches.

It should be noted that these data, i.e. records, are dated until 1991! Since then, these records have been changed, but the tendency of increasing the training volume has continued through an increase in the volume of work during a sports career. Unfortunately, the extreme increase in the training volume has its price and the reliable information thereabout will be provided once the sports biographies of former elite athletes and its negative consequences have been studied.

There has also been a tendency of organizing the extreme competitions of the extreme volume, such as ultramarathon, ironman or ultra-triathlon. The most extreme and very dangerous variant is competing in three, and even in ten ironman races in consecutive days!

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<sup>4</sup> Лев П. Матвеев. *Общая теория спорта и ее прикладные аспекты*. Москва: Советский спорт, 2001.

## **7. Athletes' competitive practice has been increasing**

The tendency of increasing the number of competitions has been conditioned by the commercialization of elite sports. Influenced by money, competitions are extended, complexified, sports leagues are expanded, a fierce system of qualifying competitions has been applied, etc. All of this makes athletes exhausted, but it also favors the developed countries in terms of sports that have even greater human potentials. Therefore, it is not surprising that, in the last 30 years in the Olympics Games, the ten most developed countries and some countries of the former USSR (less than 20 countries in total), have been constantly winning 65.73% i.e. two thirds of all the medals!

Commercial competitions and their increasing number have been undermining the rational system of preparing athletes for the most important competitions. Athletes are more often in dilemma about whether to perform for money or for a result that ensures significant medals. This problem is most noticeable in the year of the Olympic Games (e.g. commercial athletics competitions). Many great teams, composed of top football players, experience sports failures at the World Cup, due to strenuous and numerous club competitions.

## **8. General preparation in elite athletes' training has been increasingly applied only as a factor of active rest**

The general preparation in elite athletes' training used to take up much more space in the training contents than it is the case nowadays. The period of rest and active rest between the seasons has been reduced, the competitions have been expanded to a larger part of the season, so there is no time for more serious work of a general character. It is now used as an active rest factor for the purpose of injury prevention, psychological relief, or in the first stages of athletes' rehabilitation after an injury. Unfortunately, this tendency has been uncritically transferred to work with younger categories of athletes. They require general preparation in order to enhance the proper development and to create the basis for a more pronounced sports specialization in the following stages.

## **9. There is a growing orientation towards multi-year planning of competitive activity and training process**

Multi-year planning, which started less than a century ago, is a growing need present in modern sports. The multi-year plans used to refer to a period of four years and were associated with the Olympic Games. Then, especially in the USSR and the Eastern Bloc, they started to deal with the so-called sports reserves, i.e. young people who were supposed to become elite athletes. Multi-year planning

has been increased to 8, 12 and 16 years. This is now particularly pronounced in the countries where the sport is state-managed (e.g. China), but also in other countries that are becoming more successful in major competitions. The implementation of multi-year plans requires a good and stable athletes' preparation system.

### **10. Harmonizing competitive and training loads, rest, diet, recovery means, regulating athletes' psychological conditions, etc. have become a growing problem in modern sports**

Given the constant increase in training work during a sports career and an increasing number of the competitions they require participation throughout a year, the problem of work and rest harmonization has been also increased. It is particularly important to improve the recovery procedures, examined their effects well and apply them in accordance with the requirements of individual sports branches and according to the individual characteristics of athletes. In the world of modern sports, athletes are exposed to great temptations, so that the coaches must work with them on psychological preparation, either alone or in cooperation with a sports psychologist or to refer the athlete to work only with a psychologist in the event of some specific problems. The psychological condition of an athlete can reach the level when it is necessary to engage a psychiatrist in order to preserve their personal integrity and to avoid the adverse effects of psychological factors. The issue of establishing the harmony in athletes and between athletes and the outer world must be supported by proper nutrition, supplementation, and social support in terms of living conditions, health care, education, etc.

### **11. Non-traditional means have been increasingly applied in the preparation of athletes**

In the preparation of athletes, any means, and even the most efficient one, loses its efficiency with the constant application. Top athletes have been preparing for years using the various methods and exercises applied in all intensity zones. At the same time, the process of athletes' adaptation takes place until a higher level cannot be reached by applying the traditional methods used so far. Then a period of the application of non-traditional methods and exercises that require a new and different adaptation starts. For instance, equipment and apparatuses of different types and purposes are used as well as training at high altitudes, training in artificial conditions, specific equipment is applied, etc. It is very problematic if these non-traditional means are used in the training of young athletes who are still on their way to their sports maturity.

## **12. Sports preparation system has been oriented towards the optimum structure of competitive and training activity in order to achieve results**

This tendency applies only to the athletes and teams whose goal is to achieve the best results. In the sports branches where the commercialization of competitions, i.e. the profit realized from sponsors and spectators has been emphasized to a greater extent, the optimal structure of preparation has been seriously damaged. Due to the commercialization, the leagues have been expanded, the competitions, especially those of a commercial nature have been multiplied, and the competitive period has been extended almost throughout a year. Athletes do not have enough time to recover. Thus, in athletics, the so-called Golden league was organized and it included Europe and was conducted through 7 meetings. This league was succeeded by the Diamond League, which has been extended to the whole world, and in the first year already (2010), 14 meetings were organized in 16 disciplines with a large prize pool. The competitions are being multiplied in other sporting disciplines (e.g. tennis and volleyball), which often disturbs top-level athletes who oppose the imposed competitions and request their reduction. The biggest problem of participating in such commercial competitions is that only 15-20% of the top athletes who participate in them achieve their best results at the World Championships or the Olympic Games.<sup>5</sup>

The problem of a large number of athletes' competitions in individual sports branches is solved by a reduction in the personal calendar of the competitions, if applicable (e.g. R. Federer, a tennis player). In team competitions, this is more difficult to achieve, so there is practically the only possibility of sparing some of the athletes from an extreme number of appearances through the changes in a team's composition thus distributing the competitive loads to all members of the team evenly.

In the Olympic year, athletes must strictly conform to the optimum training and competition structure. Participating in commercial competitions requires an athlete to be in a state of sports form, i.e. optimum fitness at least twice during the most important year. If there is no significant distance in time between the commercial competitions and the Olympic Games, such periodization reduces a possibility of the athlete, if successful in the commercial competitions, to accomplish a significant placement in the Olympic Games. Sometimes athletes

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<sup>5</sup> Владимир Н. Платонов. *Система подготовки спортсменов в олимпийском спорте*. Киев: Олимпийская литература, 2004.

consider commercial competitions more important, so they give up the Olympic Games (e.g. many tennis players withdrew from the 2010 Olympic Games in Rio)!

Therefore, there is a growing tendency of one group of athletes to direct the peak of their preparedness to commercial competitions, while the others are trying to dedicate the complete training and competition activity to their successful performance at the Olympic Games. Both groups are trying to achieve the optimum structure of competitive and training activity, but they have different objectives.

In an attempt to achieve the best result at the right time, i.e. to apply the best periodization model possible, the so-called Block periodization has been increasingly mentioned in the last two decades. According to its basic principles, it denies the traditional periodization, but it also brings a whole range of problems starting from terminology to the problem of realization in practice. In many ways, it can be said that this is not a breakthrough in the athletes' preparation, but a dangerous misconception that rarely leads to a top result<sup>6</sup>.

### **13. Team, group and individual model characteristics as well as model characteristics of competitive and training activity represent the basis of modern sports**

Modeling as a process that results in a model or, rather, model characteristics in sports is not of a recent date, but it has been increasingly referred to in the scientific and professional literature on sports. Model characteristics may relate to the state of an athlete, to the stage of an athlete's career or a part of that stage (e.g. pre-competitive mesocycle) as well as to competitive activity. Model characteristics can be general, group and individual; they may refer to the types of individual training, complexes of exercises, to a specific exercise, etc. The creation of model characteristics is a long-lasting and continuous process that takes place under the influence of a number of factors that change sports activity (e.g. change in rules).

Model characteristics have been created on the basis of the practice of elite athletes and may serve as selection criteria and as a guideline in the preparation process. This particularly applies to the individual model characteristics used to evaluate athletes objectively and to direct training activity towards further

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<sup>6</sup> Vladimir Koprivica. „BLOCK PERIODIZATION – A BREAKTHROUGH OR A MISCONCEPTION”. *Sportlogia*, 2 (2012): 89-95.

development of the factors influencing most the result, as well as the factors that are below the minimum model level. There are some model characteristics that distinguish among others and these model characteristics of the competition activity have been carefully studied over the last decades. Based on them, the aim of preparation is clearly determined as well as the parameters of preparedness for the competition. Therefore, the study of model characteristics of competitive activity is one of the most current trends in the science of sports.

However, there is a limitation in the application of model characteristics. Extremely talented athletes must not be shaped completely according to their model characteristics, since they must preserve their excellence, on the basis of which they achieve the top results.

#### **14. The methodology of learning motor skills and the methodology of correcting motor errors has been significantly improved**

The method of motor skills learning was neglected for some time, but it has been re-actualized. The success of adult athletes depends on young athletes preparation, therefore an increasing attention has been paid to working with young athletes, in particular to working on adopting techniques and early elimination of training errors. Many sports branches create a system of work with young athletes which includes a stage of basic preparation, its phases, objectives and tasks per phases, norms and standards of preparedness, relationship between training and competition activity, rational number of competitions, etc. The creation of the system is sometimes based on the extremely successful practice and results that are reflected in a great number of elite athletes who have been formed through such work in younger categories (e.g. Serbian water polo) or which is a result of the reorganization of work in younger categories, because the elite athletes from this system do not meet modern sports requirements. A good example of setting up a new system of working with young athletes is German football and a new football players' education project defined for a 23-year period which improved the training. Germany has become the world champion with the players trained in a different way.

The right way of the methods of motor skills learning has been hindered by arbitrary and unjustified theses. One of them is a pattern statement indicating that 10,000 repetitions are required to learn a movement correctly. This thesis denies individual ability and the diversity regarding the difficulty of performing an exercise, but it has been increasingly mentioned in the professional literature. In addition, there is a theory of sinless learning based on the stance that it is possible to learn without making mistakes, if the applied methods are based on gradual learning of simple movements and their merging into a more complex whole. It is

clear that the well-learned elements, combined in a whole, represent a new movement which requires harmonization and interconnection of the movement elements, and this is not possible without the initial motor errors. Therefore, the theory of sinless learning is illogical, practically unproven and thus unsustainable.

### **15. The selection of athletes at all levels is increasingly valuable, it starts earlier and is getting better**

The selection of athletes, has been relevant ever since the very beginning when it is necessary to determine their eligibility for sport, a specific sports branch or discipline, up to the selection for the largest international competitions. The analysis of the best careers in sports, the creation of different model characteristics, more accurate determination of success factors, better diagnostics, the development of genetics and the discovery of the processes of ability and traits inheritance, etc. have improved the selection process. However, the initial level of ability, the speed of progress under the influence of training and competitions, and the skills to exploit own potentials have remained the key selection criteria.

### **16. The control of competitive and training loads is becoming more accurate and more informative for coaches**

At a time of rapid technological progress, there is an increasing number of technical possibilities to control training and competitive loads. A coach is provided quick information, often from the field and during the activity itself, so he can correct the activity if necessary. The equipment used is more complex, on the one hand, and provides a lot of information about sports activity, and, on the other hand, it is smaller in size and better adapted to the body of athletes, so it rarely disturbs training or competition, if at all. In the near future, technology will enable the analysis not only of the quantitative indicators of the athletes' activities, but it will also help the qualitative analysis of training and competition in the time related to the events in the sports field.

### **17. New technologies, devices, equipment, apparatuses, recovery devices are being applied as well as new specialized sports facilities...**

In addition to technological innovations of different types and purposes, new and better-quality devices, new equipment designed for a sports branch or some kind of sports activity are constantly emerging in sports. New training devices are particularly interesting, because they often enable the training that is not possible in real conditions, thus either significantly contributing to increasing

the athletes' coordination skills or providing the activity in controlled conditions. Recovery means (i.e. the apparatuses) are available to athletes immediately after the sports activity. Sports facilities have been increasingly athlete-oriented, adapted to their training and competitions, but also to spectators. They are often multifunctional and can quickly be converted into a facility designed for a different activity.

### **18. The athletes' preparation system has been (unfortunately) increasingly applied in working with younger categories of athletes**

This tendency is becoming more pronounced, as it may be seen by a constant increase in the number of young athletes' competitions that are organized at the national and international levels and modeled after the adult competitions. The main problem that entail negative consequences is that the preparation of young athletes has been increasingly carried out according to the principles of adult athletes' training. Young athletes endure inadequately heavy loads of a specific character, preparing for their participation in competitions. The preparation is result-oriented, neglecting thus both natural and sports development. Work with young athletes, often fails to include the components that are significant at adult age or they are insufficiently and untimely developed. Creating a functional foundation at the stages of introductory and specialized preparation must be focused on the components that ensure success in the stage of the maximum sports achievements<sup>7</sup>. The mistakes made in working with young athletes are difficult to correct at a later stage.

### **19. The team work of the experts of various profiles has become a regularity of elite sport**

The tendency to include greater number of expert staff is not novel, but it is constant. A coach has many experts of various profiles at his disposal, and in addition to the coach assistants, one or more specialists for scouting, physical preparation, medicine (doctor, nutritionist, physiotherapist), psychology, analytics and diagnostics are often appointed. It has become increasingly common that the number of members of the professional staff exceeds the number of

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<sup>7</sup> Платонов, Владимир Н. *Система подготовки спортсменов в олимпийском спорте*. Олимпийская литература. Киев, 2015.

athletes. Consequently, the coach's managerial function has become more complex, which should be taken into account in coach education system.

## **20. Implementation of the sports system has been continued and it has become more successful**

In the world of sport, the system of its overall organization has been constantly improving. Large and most successful sports countries have developed sports systems, but they keep an eye on its effectiveness as a whole, and per individual sports branches as well. A failure in the biggest competitions triggers the system review or upgrade, as it was once very successfully done by the French, after the failure at the Olympic Games, or by the Russians in the whole field of winter sports branches, several years before the Winter Olympics in Sochi.

In Serbia, the sports system has become more stable both in terms of organization and financing and the results evaluation. The existing system would probably function even better in a materially more stable situation. Serbia has an enviable sporting tradition, outstanding and even best coaching staff in many sporting branches globally, great passion and love for sports and athletes is cherished, sport is very well supported in the media and legally regulated and organized, etc. The Serbian sports system is most jeopardized by human factors, and this is to become the biggest problem in the near future. If we set aside the problems from sports fields, it is necessary to objectively review other, very important, negative facts of our present.

The above is by no means an exhaustive list of tendencies in modern sport. We should also focus on the issues of doping in sport, training methods aimed at extending individual sports careers, dramatic increase in sports injuries, changes in the coaching staff education system. Increasing attention should be also paid to the sports of people with disabilities, change in the rules with the aim to make sport more attractive, subordinating sports and sports competitions to the media requirements and the like.

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## ТЕНДЕНЦИЈЕ У САВРЕМЕНОМ СПОРТУ

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### САЖЕТАК

Спорт је веома динамична друштвена појава која се нарочито брзо развија после Другог светског рата. Изучавање историје спорта и његове садашњости може помоћи да се открију тенденције савременог спорта и предвиди како ће спорт изгледати у будућности. У стручној литератури овај проблем, који је веома значајан, није обимније третиран. Откривање тенденција развоја спорта основа је припреме младих спортиста-будућих успешних сениора, али и темељ организације спорта у друштву, унапређења система припреме и такмичења спортиста.

Основне тенденције савременог спорта су: спорт је све значајнији у друштву; информације о спорту су све обимније и лако доступне; повећава се број научних радова о спорту; стално ничу нове спортске гране; повећава се број спортских грана на Олимпијским играма; повећава се обим тренажног рада и такмичарске активности; општа припрема се смањује у тренингу сениора и користи се као активни одмор; све је израженија оријентација ка вишегодишњем планирању припреме и такмичења; трага се за балансом тренажне и такмичарске активности; све више се користе нетрадиционална средства припреме; моделне карактеристике спортиста, тренажног пута и такмичарске активности су оријентир у селекцији спортиста и њиховој припреми; усавршава се методика учења моторичких вештина; селекција спортиста је све боља; боља је контрола спортске активности; све више се у спорту примењују савремене технологије; рад у спорту је све више тимски, а у тиму учествује већи број специјалиста различитих струка; усавршава се систем спорта.

**Кључне речи:** спорт, тенденције, спортске гране, тренинг, такмичење

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## ТЕНДЕНЦИИ В СОВРЕМЕННОМ СПОРТЕ

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### АННОТАЦИЯ

Спорт является очень динамичным социальным явлением, которое быстро развивается, особенно после Второй Мировой Войны. Изучение истории спорта и его настоящего может помочь определить тенденции

современного спорта и предсказать, как спорт будет выглядеть в будущем. Этот очень важный вопрос еще не был подробно рассмотрен в профессиональной литературе. Определение тенденций развития спорта является основой подготовки молодых спортсменов - будущих успешных мастеров, а также основой организации спорта в обществе, совершенствования системы подготовки и соревнований спортсменов. К основным современным тенденциям спорта относятся следующие: спорт становится все более значимым в обществе; спортивная информация становится все более обширной и легкодоступной; увеличилось количество научных работ по спорту; постоянно появляются новые спортивные отрасли; увеличивается количество видов спорта, включенных в Олимпийские игры; увеличивается объем тренировочной работы и соревновательной деятельности; снижается нагрузка для пожилых людей и все больше она ориентирована на активный отдых; подчеркнута ориентация на многолетнее планирование подготовки и проведения соревнований; идет поиск путей согласования тренировочных и соревновательных мероприятий; все шире используются нетрадиционные средства подготовки; модели характеристик спортсменов, этапов подготовки и соревновательной деятельности являются важнейшими ориентирами в тренировке спортсменов; совершенствуется методология обучения двигательным навыкам; улучшается отбор спортсменов; улучшается контроль за спортивной деятельностью; в спорте все чаще применяются современные технологии; работа в спорте все больше опирается на команды и увеличивающееся количество специалистов из разных профессий; улучшается в целом система спорта.

**Ключевые слова:** спорт, тенденции, спортивные отрасли, тренировка, соревнование

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