

PHYSICAL CULTURE: CURRENT CHANGES

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Annotation

The limit of species diversity in the development of sports is considered. The bifurcation point in the linear development of sports was the Olympic Virtual Series, which marked the creative limit and at the same time the entry into a fundamentally different environment for designing the future in the form of e-sports. A trend towards reducing stress in sports has been noted, in the context of which doping, the introduction of simulators and the increasingly popular gymnastic fitness practices that exclude the strength component of training are considered. It is concluded that the invariant of the new paradigm in the development of world sports is not speed-strength characteristics, but the achievement (as a process and as a result at the same time) of ideal well-being. The new paradigm does not deny previously established sports practices, but creates a motor culture that meets the requirements of modern man and his updated ideas about physical culture.

Key words: aerobic exercise, cardio training, doping, e-sports, fitness, sports simulators

The diversity of sports has reached its limit, because new sports no longer attract the same interest that arose in them throughout the 20th century. Athletes no longer strive for new sports and spectators do not show any significant interest. Both are deterred by marginality. Athletes need a breadth of manifestation of their achievements, which simply does not exist in new sports, while they are little known, and therefore deprived of glorification opportunities, both for the career of athletes and for the formation of the prestige of nations through their victories. In turn, spectators prefer well-known sports because they know the leaders in them, whom they can easily distinguish from outsiders, which allows them to consider themselves advanced. This is exactly what allows bookmakers who compile lots for bets to create correct forecasts.

Determining the limits of sports development

However, the craving for novelty encourages athletes to continue experimenting. In fact, the entire evolution of sports comes down to the variability of crossbreeding existing competitive practices [Eichberg, 1998], which dilutes this term itself and forces us to disparage its use in the context as biologists understand it. In sports, only various relay races from training exercises or the most unexpected all-around events arise, of which the most famous are pentathlon (equestrian, fencing, shooting, running, swimming), triathlon (running, cycling and swimming) and Chess Boxing.

A certain variety is added by technical innovations – competitions using individual vehicles, as well as simulators of both vehicles and the sports themselves (rowing, exercise bikes, treadmills and others). The most striking example of technologization was the Olympic Virtual Series (OVS), the first tournament of which was the Olympic Esports Week, held by the International Olympic Committee on June 22-25, 2023 in Singapore [[Olympic Virtual Series](#)].

The Olympic virtual series can be called an important milestone in the development of world sports, which has gone from individual competitions to the maximum expansion of species diversity. It became a bifurcation point in the linear-historical development of sports, overcoming which opened an exit to the alien space of virtual reality, which marked the creative limit of the previous model of established species diversity, after which the emergence of new sports became possible in a fundamentally different environment – remote access in e-sports competitions.

Despite all the similarities between sports and e-sports, where the same action scenarios are used as in traditional competitions, the physical data and abilities of athletes in the cyber environment fade into the background: it becomes more important not the speed and strength of the muscles of the whole body, but only the mobility of the joint's hands – the ability to accurately move a computer mouse and quickly press the necessary keyboards.

Actually, the same metamorphosis is observed in other areas of the entire modern reality around us: in industrial production, control of the robotic environment of the conveyor is required; in agriculture, it is required to operate combine during harvesting; in the urban economy management of engineering communications is required; military operations require control of drones and missiles; in exchange trading it is necessary to manage financial processes and so on in many other ways. And all this together was poetically called “the art of light touches” of the keyboard by the Russian writer Viktor Pelevin in his novel of the same name [Пелевин, [2019](#)].

The transition of the Olympic movement to a virtual environment and the transformation of athletes into e-sportsmen and gamers using simulators means not just a qualitative change in modern sports, but also a radical change in the paradigm of its development. The virtualization of sports cancels its original identity with strength physical activity. The first signs of this inversion arose with the use of doping, which ensured the removal of excessive stress on the athlete's body.

Reducing loads: doping

Pharmacological modernization of competitions was aggressively rejected by the world sports community, while in other types of activities doping turned out to be in maximum demand and received a powerful impetus for development and diversification, thanks to its widespread use by the military, police, pilots, cosmonauts, high-altitude assemblers and other specialists whose work is related to high physical activity and even planned overloads [Кыласов, [2023](#)].

However, the attitude towards doping in sports remains toxic despite the fact that the social significance of athletes for society is not comparable to representatives of the extreme professions listed above [Редькин, [2020](#)]. It's just that doping has turned out to be one of the most effective tools of manipulation in sports; it's not for nothing that the percentage of redistribution of medals after competitions is rapidly growing (and with increasing total), constantly removing the revision of results in the past. Now Olympic champions become not only during the Olympics, but also decades later – for this you just need to have properly built relationships with doping officers and comply with the vectors of geopolitics.

Reducing loads: simulators

The introduction of simulators has also been more successful than in sports, in those activities where the skill of maximum concentration and the ability to make decisions in the shortest possible time is critical. Simulators have begun to be used for training and modeling emergency situations in transport, energy, rescue services, military technology and many other areas. But sport was at the tail end of these innovations, although gradually the use of sports simulators was nevertheless put on stream, both for use in training and for competitions, first embodied in the Olympic Virtual Series.

Aerobic exercise

So, having recorded the trend towards the abolition of the previously unchanged determinant of the strength component of sports competitions, we cannot ignore the growing interest in postural practices in fitness [Singleton, 2010]. Gymnastic practices that are gaining popularity exclude heavy physical activity, so fitness instructors are increasingly recommending aerobic exercise to clients – low-intensity physical exercise, the purpose of which is to saturate the muscles with oxygen as the main source of energy.

The point of this kind of exercise is to make the heart beat faster, increasing the intensity of blood flow, supplying the entire body with oxygen. Now the main goal of going to the gym is to “get a dose” of health improvement and such exercises are called cardio training, aimed at improving cardiorespiratory endurance.

Unlike sports, aerobic exercise is much closer to Eastern meditation practices, when you need to feel all parts of the body in order to get a surge of strength, and not fall exhausted after a strength workout. Among this type of training, the most popular sets of exercises are yoga, tai chi, pilates, as well as stylized Indian practices reminiscent of Mallakhamb – aerostretching and pole.

Conclusion

The totality of the rejection of the strength component in the virtual environment and aerobic fitness practices allows us to postulate a new paradigm in the development of world sports, the invariant of which is not speed-strength characteristics, but the achievement (as a process and as a result at the same time) of ideal well-being. Defragmentation of new practices launches the process of creativity of new types of physical activity aimed at recovery from stress and stress relief. The new paradigm does not deny previously established sports practices, but creates a motor culture that meets the requirements of modern man and his updated ideas about physical culture.

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