



INTERNATIONAL COOPERATION OF UZBEKISTAN IN THE DEVELOPMENT OF THE PAROLYMPIC SPORTS GAMES

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Abstract: This article analyzes the international cooperation of the Republic of Uzbekistan in the development of the Paralympic movement. The article examines the work carried out within the framework of cooperation with international sports organizations of Uzbekistan, projects related to the training of athletes, training programs and infrastructure development. The article reveals Uzbekistan's efforts to develop Paralympic sports and its place in the international community.

Key words: Paralympics, international cooperation, sports development, disabled people, Paralympic movement, international sports organizations, international community, sports infrastructure, training of athletes.

Today, athletes with a wide range of disabilities, such as impaired muscle strength, impaired passive range of motion, limb deficiency, leg length difference, short stature, hypertension, ataxia, athetosis, visual impairment, and intellectual disorders may be involved. The Paralympic Games play a crucial role in the development of all mankind. Both disabled and able-bodied people. Today, the traditions of these games are continued in regular competitions in which even wheelchair users participate in one of the Paralympic sports, archery. Women and men were introduced to sports categories in this type of martial arts. The high results achieved by athletes with disabilities in this sport show that this competition has great potential. The International Paralympic Games program includes singles, doubles and team events with refereeing and scoring procedures similar to those used in the Olympic Games.

The track and field program of the Paralympic Games includes the widest range of competitions. In 1960, it was included in the program of the International Paralympic Games. Athletes with various health disorders participate in athletics competitions. Competitions are held between the disabled, prosthetists, and the blind. In addition, the latter acts together with the leader. As a rule, the athletics program includes track, throwing, jumping, pentathlon and marathon. Athletes compete according to their functional classification.

Cycling is one of the newest sports in the history of Paralympics. In the early eighties, for the first time, competitions were held in which visually impaired athletes participated. However, in 1984, paralyzed athletes and amputees participated in the International Paralympic Games. Until 1992, Paralympic competitions were held separately for each of the groups listed in cycling. At the Paralympic Games in Barcelona, cyclists of all three groups competed on a special road, as well as on a track. Competitions of cyclists can be both individual and group (a group of three cyclists from the same country). Athletes with intellectual disabilities compete using standard racing bicycles and, in some classes, tricycles. Visually impaired athletes compete on tandem bicycles paired with a sighted teammate. They also race on the track. Finally, amputees and motorcyclists participate in individual competitions on specially prepared bicycles. Paralyzed, amputated, blind and visually impaired people can also take part in equestrian competitions. This type of competition is held at the summer games. Equestrian competitions are held only in the individual class. Athletes demonstrate their skills in passing a short segment where the speed and direction of movement change. At the Paralympic Games,



athletes are divided into groups according to a separate classification. Among these groups, the winners who showed the best results will be determined.

All athletes compete in floor-mounted wheelchairs. However, these chairs allow fencers considerable freedom of movement and their movements are as fast as in traditional competitions. The founder of wheelchair fencing is Sir Ludwig Guttmann, who developed the concept of this sport in 1953. Fencing was included in the program of the Paralympic Games in 1960. Since then, the rules have been improved - they have been changed to require wheelchairs to be attached to the floor. The only difference between Paralympic judo and traditional judo is the different textures on the mats that indicate the competition area and zones. Paralympic judokas compete for the gold medal, and the rules of the game are the same as those of the International Judo Federation. Judo was included in the program of the 1988 Paralympic Games. Four years later, 53 athletes from 16 countries of the world took part in this type of competition at the Games in Barcelona.

Weightlifting (powerlifting) is the most common type of Paralympic sport, and the starting point for the development of this Paralympic sport is the 1992 Paralympic Games held in Barcelona. Then 25 countries submitted their sports delegations to weightlifting competitions. At the Atlanta Games in 1996, their number doubled. 58 participating countries are registered. Since 1996, the number of participating countries has been steadily increasing, today 109 countries from five continents participate in the program of the Paralympic Weightlifting Games. Today, the program of the Paralympic Games in weightlifting includes the participation of all groups of disabled people who compete in 10 events. weight categories both male and female. For the first time, women took part in these competitions in 2000 at the Paralympic Games in Sydney. At that time, women represented 48 countries of the world.

In the years of independence, multi-level continuous sports competitions were organized instead of the traditional spartakiades of schoolchildren and workers, weekly competitions of students and all-republic spartakiades. These are the desire and desire for sports among young people, to further strengthen the principles of a healthy lifestyle in our country, to attract pupils and students to continuous sports activities in our country, to ensure their physical development through playing sports as a whole, to train talented children. The main goal is to organize a system of sports competitions aimed at attracting sports schools in accordance with the National Personnel Training Program.

We can also see the attention given to physical culture and sports in the country, in the state budget allocated for the development of this sector. Specifically, in 1991, 14,854 rubles, 1,853,105 soums (coupons) in 1994, 880,077 soums in 1998, 2,492,650 soums in 2001, 5,50007,446 soums in 2003, In 2005, 10,245,657 soums were allocated, and by 2006, 11,070,806 soums were allocated.

The National Paralympic Association of Uzbekistan has been operating since 2007. For the first time, our representatives took part in the Paralympic Games held in Beijing in 2008. In 2012, 10 athletes from Uzbekistan took part in the competitions in London. Sharif Khalilov reached the finals in judo in the weight category up to 76 kilograms and won a silver medal. From August 29 to September 9, 2012, 4,200 athletes from 166 countries participated in competitions in 20 sports at the XIV Summer Paralympic Games in London, Great Britain. 10 Paralympic athletes from Uzbekistan participated in 4 sports.

He will be remembered for the great success of the 15th delegation held in Rio de Janeiro, Brazil in 2016. 32 athletes who defended the honor of our country became the winners of 31 medals.

Ensuring the implementation of the decision of February 25, 2016 "On proper preparation of Uzbekistan's athletes for the XXXI Summer Olympics and XV Paralympics to be held in Rio de Janeiro (Brazil) in 2016" activities included in the program were carried out. A total of about 50 objects were put into use across the republic, including 4 new structures, 13 reconstructed and 24 overhauled.

At the Summer Olympic Games held in Rio de Janeiro, 70 athletes from Uzbekistan (22 of them women) won the right to participate in the competitions. 52 medals were won among the Paralympians, 32 athletes with



disabilities won this number. Conditions have been created for athletes with physical disabilities in our country.

Uzbek female athletes took part in the Paralympic Games held in Rio de Janeiro in 2016 and won prizes. In particular, Nozimakhon Qayumova won gold in javelin, Fotimakhon Alimova won gold in 100-meter breaststroke, silver and bronze in butterfly, Muslima Odilova won 2 silver in swimming, Hayitkhan Alimova won silver in judo, Safiya Burkhanova won silver in shot put, Sevinch Salayeva won bronze in judo, Gulrukh Rakhimova won a bronze medal in judo, Tursunposhsha Nurmetova won a bronze medal in judo, and Shokhsanamkhon Toshpolatova won 2 bronze medals in swimming.

It should be noted that Uzbekistan took 21st place among 207 countries at the XXXI Summer Olympic Games, and 16th place at the Paralympic Games. In particular, our athletes won 31 medals at the 2016 Paralympic Games in Brazil, achieving the highest results in the history of our country's sports.

At the 2021 Paralympic Games held in Tokyo, one of Surkhan's daughters from Barchinoy, Guljonoy Naimova, was honored to receive a gold medal in the taekwondo sports competition.

The XVI Paralympics held in Tokyo in 2021 based on the Decree of the President of the Republic of Uzbekistan "On awarding a group of athletes and coaches who achieved high results at the XVI Summer Paralympic Games held in Tokyo" a group of female athletes who successfully participated in the games were also awarded.

So, the athletes of our country took part in the Paralympic Games and showed their abilities despite their limited capabilities.

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