



IMPORTANT PROBLEMS OF DEVELOPMENT SPORTS IN THE REPUBLIC OF UZBEKISTAN

Arslon Makhmudovich Yakubov

Urganch State Pedagogical Institute
Faculty of Exact and Applied Sciences
Teacher of the Department of Physical Culture

Ruzmat Radjapovich Sapayev

Urganch State Pedagogical Institute
Faculty of Exact and Applied Sciences
Teacher of the Department of Physical Culture

Abstract. We all know that educating the young generation has risen to the level of state policy. A number of decrees and decisions have been adopted in this regard. Unparalleled work is being done to develop children's sports. The article discusses the large-scale work being carried out in our country that imposes a huge responsibility on physical education teachers and children's sports coaches.

Key words: young generation, perfect upbringing, state policy, decree, decisions, sport, physical education, teacher, children's sports coaches.

MAMLAKATIMIZDA SPORT SOHASINI RIVOJLANTIRISHNING DOLZARB MUAMMOLARI

Arslon Maxmudovich Yaqubov

Urganch Davlat pedagogika instituti
Aniq va amaliy fanlar fakulteti
Jismoniy madaniyat kafedrası o'qituvchisi

Ruzmat Radjapovich Sapayev

Urganch Davlat pedagogika instituti
Aniq va amaliy fanlar fakulteti
Jismoniy madaniyat kafedrası o'qituvchisi

Annotatsiya. Yosh avlodni barkamol qilib tarbiyalash davlat siyosati darajasiga ko'tarilgani hammamizga ma'lum. Bu borada qator farmon va qarorlar qabul qilingan. Bolalar sportini rivojlantirish bo'yicha mislsiz ishlar amalga oshirilmoqda. Maqolada Mamlakatimizda olib borilayotgan keng ko'lamli ishlar jismoniy tarbiya o'qituvchilari, bolalar sport murabbiylari zimmasiga ulkan mas'uliyat yuklashi borasida fikrlar yuritilgan.

Kalit so'zlar: yosh avlod, barkamol qilib tarbiyalash, davlat siyosati, farmon, qarorlar, sport, jismoniy tarbiya, o'qituvchi, bolalar sport murabbiylari.



Since the day Uzbekistan gained its independence, it has been paying great attention to the development of physical culture and sports, promotion of a healthy lifestyle. It is known to all of us that the education of the young generation has risen to the level of state policy. A number of decrees and decisions have been adopted in this regard. Unparalleled work is being done to develop children's sports. The large-scale work being carried out in our country places great responsibility on physical education teachers and children's sports coaches.

It's no secret that the theoretical preparation of students in physical education classes and sports training remains a somewhat weak area. It is normal that a student who comes to sports training is not interested in listening to a lecture, but is eager to perform various exercises on the sports ground or in the gym. Teachers and coaches mainly emphasized physical, technical and tactical training, and the fulfillment of sports norms. Theoretical preparation is the process of acquiring knowledge about game techniques and tactics, hygiene, physiology, self-control, training, and the laws of training structure. These knowledge are the basis of creative thinking, they help the pupil to boldly follow the chosen path in sports training, to show his strengths. Theoretical preparation gives confidence to the pupil-student to participate in the training process planned by him, provides an opportunity to competently analyze his preparation and competition results together with the coach. For such preparation, such forms as lectures, interviews, study of films, viewing and analysis of the played game, discussion and analysis of the theoretical training are used.

In the Decree of the President of the Republic of Uzbekistan on the development of sports dated February 7, 2017 No. PF-4947 "Strategy of actions on the five priority areas of development of the Republic of Uzbekistan in 2017-2021", Uzbekistan In the Resolution of the President of the Republic of June 3, 2017 No. PQ-3031 "On Measures for the Further Development of Physical Education and Mass Sports" dated June 15, 2017 "Measures for the Further Development of Horse Breeding and Equestrian Sports in the Republic of Uzbekistan "on" as defined in the Decree of the President of the Republic of Uzbekistan No. PF-5368 of March 5, 2018 "On measures to fundamentally improve the state management system in the field of physical education and sports" problem solving is emphasized.

Today, in economically developed countries, physical education and sports are not only a means of strengthening the health of the nation and introducing the country to the whole world, but have also become a significant profitable sector of the economy, as well as the sports industry. The modern sports industry is a "living" and multifaceted organism, which creates extensive opportunities for the implementation of various plans, including entrepreneurial activities. The existing serious competition for customers' time and funds requires competent marketing thinking from sports managers, which allows them to objectively assess the complex multi-factor market and social environment, set strategic goals, choose strategies and develop effective means of their implementation. will give.



In order to positively solve these problems in the development of sports organizations of our country, the formation of a strategic management concept and an innovative mechanism for the full formation and development of the market of services in the field of physical education and sports within the framework of sports management will allow us to find solutions to the following urgent issues:

1. Making optimal management decisions in sports organizations;
2. Strengthening the brand in the market and increasing its recognition;
3. Search for sources of independent income;
4. Increase the effectiveness of advertising activities;
5. Implementation of a special approach to customers;

In conclusion, it should be noted that it is important to improve the role of sports management in raising the sport to the level of industry in our country. The implementation of the development model of sports management in the field of physical education and sports in Uzbekistan is the basis for comprehensively solving the existing problems and current issues in the field. Its target core is to create an innovative model aimed at ensuring the financial independence of sports organizations related to the development of mass sports in the regions of our country and creating appropriate conditions for their prospective development, based on the formation of a methodology for evaluating the development of the field of physical education and sports. "Sports Management for Physical Education and Sports Development" aimed at determining the strategies of corporate target sports management, developing an innovative methodology for determining the demand for young talented athletes, creating an economic model for meeting the demand for sports services and ensuring competitiveness in world markets strategic concept".

Theoretical training is very important in the preparation of students. After all, in these trainings, pupils and students are trained not only in sports techniques and tactics, but also in high human qualities.

In the course of sports training, it is not so true that theoretical training is devoted only to the techniques and tactics of a specific sport. We believe that in these trainings it is necessary to pay special attention to the glorious path of our sport, the life and work of our famous athletes, and the great attention paid to sports and wellness in our country.



In particular, the development of a mechanism for the development of mass sports among women in the field of physical education and sports in Uzbekistan reflects specific objects and relationships such as sports business and healthy lifestyle. One of the main tasks of the mechanism for the development of mass sports among women is the positive formation of sports organizations. Advertising activities of sports organizations are aimed at increasing brand awareness and improving their image. The activities of mass sports development among women and girls in physical education include the following:

- informing and financing the use of services;
- promoting a healthy lifestyle among the population, actively using the possibilities of mass media and the Internet
- carrying out extensive information-explanation work on the content and essence of the program and the process of its implementation.
- Establishing the activities of physical education and mass sports promoters on the basis of the community in the neighborhoods located in the territories of the republic.

Based on the above thoughts and considerations, it should be noted that currently sports organizations of our country are facing the following serious problems in their development:

- Lack of effective competitive environment at the world level regarding mass sports services (special program, application, etc.) among women and girls in Uzbekistan;
- the low level of interest in public sports among women, the lack of pedagogic personnel for the wide promotion of public sports, the introduction of a healthy lifestyle among women and girls and the provision of reproductive health, improving family living conditions, lack of interest reduction concepts on ruling issues;
- financial resources are mainly concentrated in professional sports;
- the fact that most sports organizations do not have the opportunity to cover their budget at the expense of their activities;
- non-existence of the association of pedagogues-trainers, sports managers, referees and other subjects of sports organizations for the promotion of mass sports among women and girls;
- in most types of mass sports, women and girls do not fully meet the requirements of pedagogues-trainers and programs for the development of mass sports, etc.

The organization and conduct of physical education events, sports events is established in the law of the Republic of Uzbekistan "on Physical Education and sports". Training of specialists for conducting mass physical education and sports events is carried out by universities of physical education in the direction of "Organization of mass sports events".

When conducting physical education and sports events, the following tasks are solved:

- 1) promote physical education and sports, a healthy lifestyle. This is ensured by attracting as many participants and spectators as possible, providing extensive information about the visibility of physical education and sports events, the correct design of the fields, preparation for competitions, their course, essence, results. Thus, the holding of various international competitions and championships in the city of Tashkent helped to activate physical education and sports activities among the population of our country;
- 2) popularization of new forms and types of physical education and recreational activities. In competitions that are held in order to popularize physical education and sports, to promote a healthy lifestyle and, of course, to obtain economic benefits, demonstration demonstrations are often shown;
- 3) summing up the results of educational, educational and educational work for a certain period;
- 4) identify the strongest participants and teams, attract United teams of district, city, province and others;
- 5) encourage the work of physical education and sports teams, schools, organizations, determine the best of them. For example, among the educational institutions of the school, All-American sports games for



schoolchildren "presidential sports games" and "presidential competitions" for schoolchildren are held all over the world, which are designed to increase children's interest in physical education and sports, a healthy lifestyle;

6) identify promising young people to engage in various sports;

7) to fulfill the requirements for passing and releasing the standards of health tests "Alpomish and Barchinoy". It is assumed that the restoration of health tests "Alpomish and Barchinoy" will help to regularly involve the population in physical education and sports;

8) when conducting physical education and sports events in National Sports - increasing national self-awareness and dignity, international physical education and sports activities - strengthening friendship and mutual understanding between peoples, mutual enrichment of cultures;

9) physical education and sports events dedicated to memorable dates, as well as patriotic education, which is carried out during Memorial competitions for the trophies of Heroes Of War and sports;

10) improve people's communication skills;

11) to involve the population in socially useful activities as volunteers (volunteers and supervisor-managers). When defining and deciding physical education and sports activities, the following principles should be followed:

* compliance with the goals of physical education and sports events. If such a task is to promote physical education and sports, to pass the norms of health tests»Alpomish and Barchinoy», then it is necessary to ensure the mass volume of such an event;

- availability of physical education and sports activities by time and place, while the hours of work or study of participants, availability of vehicles, weather conditions, etc.k.it is necessary to take into account;

- feasibility of competition exercises for participants. When determining the competition program, it is necessary to include exercises that can be performed for all participants in terms of load, complexity, duration and intensity;

- safety of participants, spectators and judges. For running, it is necessary to carefully select and control the tracks, throwing and jumping sectors, playgrounds, distances of the tourist relay, etc. Pre-marking the fence of danger zones, checking the equipment used, assigning pickets and ensuring the location of participants and judges;

* surprising, visible, aesthetic, character-nurturing. This principle should be manifested in opening and closing ceremonies, attributes, culture of designing physical education and sporting events, etiquette of relations between participants, spectators and judges.

In the preparation of physical education and sports activities, it is necessary to draw up a plan for the preparation and conduct of physical education and sports activities. Specify the deadline and responsible persons and enter it:

- development of regulations on physical education and sports activities;

- drawing up a cost estimate;

- development of the script and organization of the solemn opening and closing ceremony;

- preparation of competition venues, inventory and equipment;

- providing information on physical education and sporting events in the media;

- meals for participants and spectators;

- sale of sports equipment, items, newspapers, literature on physical education and sports topics;

- Organization of medical support of participants and spectators;

- Organization of order and safety; - fire safety.



The plan for carrying out physical education and sports activities must be approved at a meeting of the organizing committee headed by one of the leaders of the city (district).

Physical education and sports activities should be held, if possible, at work and extracurricular times, strictly following the rules on weekends and holidays. Individuals who have undergone a medical examination and have received the permission of a doctor to participate in them are allowed to physical education and sports activities. All activities must be carried out with medical personnel on duty. Provide qualified arbitration, it should be objective. Prevent possible roughness. Ensure the safety of participants.

As an important component of physical education and sports activities when conducting physical education and sports events, it is necessary to solemnly ensure the opening and closing ceremonies for them. A good organization of ceremonies and procedures for conducting physical education and sports events helps to mobilize participants, leaders and judges, attracts the attention of the media, audience, public, creates a festive mood, has great educational value. At the same time, it is necessary to exclude excess rituals, stretching, high prices, unnecessary rituals. In the program of mass physical education and sports events, along with national sports and folk games, it is advisable to include specific, interesting competitions (running in bags, "walking in arms", "bear races", etc.).

Considering that the vast majority of people, especially the elderly, do not strive to compete, but want to know their physical condition and health level, various tests are organized for them during physical education and sports events, including with the help of computers. Also, how and in what volume their physical activity should be, what components of the physical culture should be used (hardening, breathing exercises, self-massage, autos, etc.).

It is necessary to provide information and propaganda of physical education and sports activities, which should be aimed primarily at attracting the maximum number of people participating in them, promoting a healthy lifestyle and disseminating knowledge in the field of physical education.

To solve these problems, develop a clear program that includes the comprehensive use of all media, taking into account their features: television and print publications - for quick information about the conditions and content of events; posters and posters - to highlight methodological and organizational and technological issues of physical education and sports events, etc.

Dissemination of propaganda and methodological materials among all segments of the population through communication, trade, household and medical services, educational institutions, cultural and entertainment institutions.

In order to positively solve these problems in the development of sports organizations of our country, it is planned to implement the following within the framework of the project:

Identifying its problems and future target strategies based on the methodology of assessing the development of mass sports among women in the field of physical education and sports in Uzbekistan. To develop a methodology for determining the demand for mass sports for women and girls in the field, to create an economic model for meeting the demand for it;

Development of a mechanism for the development of mass sports among women and girls in Uzbekistan for the creation of competitive methods aimed at improving health with an inter-layer analytical analysis;

Creating an electronic mobile program for women and girls in order to widely promote mass sports among women and girls in the field and in accordance with the needs of the times.

In conclusion, it should be noted that the development of ways to develop mass sports among women and girls, its implementation and further improvement of reproductive health of women and girls, establishment of a healthy lifestyle, healthy it is necessary to educate the next generation, in turn, to form a mechanism that serves to ensure a healthy environment in society.



By inviting well-known athletes and coaches to theoretical trainings, using film and video materials, it is possible to achieve great results not only in improving the knowledge of young people about sports, but also in educating their personal qualities. An athlete needs willpower as well as physical strength. Bright examples from the lives of sports masters of our country encourage the young generation to perseverely overcome difficulties and step towards the intended goal.

It is necessary to take into account the moral education of young people in sports training. Honesty, friendship, respect for one's opponent, as well as loyalty to one's country and people are among the tasks to be solved during theoretical training.



While preparing for the theoretical training, the teacher-trainer should carefully develop the topic, clearly distinguish between the main and non-main positions in it, and think carefully about the integrity and content of the training. There is no doubt that examples taken from life, opinions of famous people enrich the content of the training, and increase the interest of young people in the topic. Therefore, a teacher-trainer should express every opinion with reasonable, logical consistency, pay special attention to the correctness, accuracy, fluency and effectiveness of his speech. In a word, it should always be remembered that in sports training, theoretical training is as important as physical training.

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