



CONTEMPORARY PROBLEMS OF PHYSICAL CULTURE AND MASS SPORTS

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Abstract: The article examines the development of physical culture and sports in Uzbekistan in the years of independence. It analyzes state policy measures aimed at popularizing sports, promoting a healthy lifestyle, physical rehabilitation of people with disabilities, and training talented athletes. Particular attention is paid to regulations and decrees regulating the sphere of physical culture and sports, as well as the importance of a scientific approach in the development of this area. The problems of personnel training, reduction of scientific potential are considered and measures for their solution are proposed.

Key words: physical culture, sport, improvement, development, system, program, research, scientific potential.

СОВРЕМЕННЫЕ ПРОБЛЕМЫ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И МАССОВОГО СПОРТА

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Аннотация: В статье рассматривается развитие физической культуры и спорта в Узбекистане в годы независимости. Анализируются меры государственной политики, направленные на популяризацию спорта, пропаганду здорового образа жизни, физическую реабилитацию людей с ограниченными возможностями, а также на подготовку талантливых спортсменов. Особое внимание уделено постановлениям и указам, регулирующим сферу физической культуры и спорта, а также значению научного подхода в развитии этой области. Рассматриваются проблемы подготовки кадров, снижения научного потенциала и предлагаются меры по их решению.

Ключевые слова: физическая культура, спорт, совершенствование, развитие, система, программа исследования, научный потенциал.

Introduction

During the years of independence, Uzbekistan has paid considerable attention to the development of physical culture and sports as the most important element of state policy. The adopted reforms are aimed at forming a healthy generation, popularizing an active lifestyle and ensuring mass participation of the population in sports activities. State programs and decrees focus on the need for a systematic approach to the development of mass sports, the selection of talented young athletes and the improvement of their training mechanisms.

Particular importance is attached to strengthening the scientific potential of educational institutions and developing innovative programs aimed at modernizing the sports education system. However, despite the successes achieved, there are a number of problems, such as a decrease in the scientific potential of universities, insufficient qualifications of the teaching staff and limited implementation of scientific research in practical activities.



The purpose of the article is to analyze the current achievements and problems in the field of physical culture and sports in Uzbekistan, as well as to develop recommendations for improving this area based on modern scientific approaches.

During the years of independence, practical measures were gradually introduced in our country to ensure mass sports, active forms of organizing leisure time for the population, especially children and schoolchildren. In the state policy of Uzbekistan, the priority direction has become the further development of physical culture and sports in the country, the upbringing of a healthy generation. In recent years, consistent measures have been taken in the republic to popularize physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities and ensure the worthy participation of our country in international sports arenas. In order to further strengthen the passion and desire of young people for sports, the principles of a healthy lifestyle in society, the selection of young talented athletes, the development of their professional skills and abilities, the preparation of a sports reserve for the country's national teams in sports, the continuous involvement of students in sports activities, in accordance with the Decree of the President of the Republic of Uzbekistan dated January 24, 2020 In the Decree of the President of the Republic of Uzbekistan dated June 3, 2017 No. UP-3031 "On measures for the further development of physical culture and mass sports", in the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated March 4, 2020 No. UP-5924 "On measures to further improve the system of selection of athletes for national teams in sports" of the Cabinet of Ministers of the Republic of Uzbekistan "On holding events among schoolchildren and students" In the resolutions of the Cabinet of Ministers of the Republic of Uzbekistan "On further improving the system of republican sports competitions among schoolchildren and students youth" on measures for further improvement and popularization of physical culture and sports in the Republic of Uzbekistan and propaganda in all regions of the country of the importance of mass sports in the life of a person and family, its basis of physical and spiritual health, emphasized the important and urgent tasks of protecting young people who enter life with great hope from bad habits, creating the necessary conditions for the realization of their abilities and talents, selecting talented athletes from them and improving the system of targeted training.

The implementation and continuous reform of these tasks based on the education system will bear fruit.

Our President, according to Sh.M. Mirziyoyev, life itself and the demands of the people pose new and more complex tasks for us, for the solution of which it is necessary to find a practical solution." This makes it necessary to further improve and develop our work, develop and implement measures based on scientifically sound proposals and recommendations.

Although today all legal norms and requirements for training personnel that meet modern requirements have been adopted, practice shows that there are a number of problems in this area. In particular, the decline in scientific potential in higher education institutions, the lack of qualifications of the teaching staff in research work make it necessary to develop systemic programs to overcome such problems and ensure their consistency.

In particular, to bring scientific projects to a new level in content and quality within the framework of fundamental, applied and innovative research, ensure their effectiveness, widespread implementation in practice;

- high-quality renewal of the system of sports and educational work, effective organization of students' free time;
- systematically promote mass sports in preschool institutions, public schools and districts;

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- formation of a mechanism for the widespread use of sports facilities by schoolchildren and residents of neighborhoods;
- bringing cooperation with public organizations, including the Women's Committee, the Youth Union and local governments to a new level;
- implementing cooperation with sports federations, specialized schools of the Olympic reserve and higher sports skills in sports, specialized boarding schools to select talented young athletes, promote their activities, stimulate and orient them toward higher education;
- expanding the number and scope of foreign grants;
- developing effective mechanisms for working with young researchers;
- creating modern sports laboratories;
- creating scientific schools in national sports and increasing their prestige in the international arena;
- widespread use of foreign methods in scientific research in the field of sports;
- advanced training and retraining of teaching and special personnel with the involvement of foreign specialists;
- comprehensive development and strengthening of the scientific potential of educational institutions, including expanding the scope of scientific research, implementing targeted training of master's and doctoral students;

In these processes, the goal is to educate the younger generation of physically healthy people with a strong will and high intellectual potential. Also, the future of Uzbek sports, the development of mass sports as a basis for increasing its prestige in the international arena will become a nationwide movement.

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