



TRENDS IN THE DEVELOPMENT OF SPORTS AND PHYSICAL EDUCATION IN THE REPUBLIC OF UZBEKISTAN

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Abstract: This article discusses the development of sports and physical culture in Uzbekistan, consistent work to improve the material and technical base necessary for the formation of future champions.

Key words: Sport, physical culture, talented athletes, three-stage system.

ТЕНДЕНЦИИ РАЗВИТИЯ СПОРТА И ФИЗИЧЕСКОЙ КУЛЬТУРЫ В РЕСПУБЛИКЕ УЗБЕКИСТАН

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Аннотация: В данной статье рассматриваются развитие спорта и физической культуры в Узбекистане, последовательная работа по улучшению материально-технической базы, необходимой для формирования будущих чемпионов.

Ключевые слова: спорт, физическая культура, талантливые спортсмены, трехступенчатая система.

In Uzbekistan, much attention is paid to the development of sports and physical culture. Over the years of independence, the country has created an effective system for training professional athletes, coaches and judges. The implementation of these goals contributes in every possible way to the widespread promotion of a healthy lifestyle, the education of comprehensively developed youth, and the further development of physical culture and sports in the republic.

An important legal basis for the reforms carried out in this direction is the Law of the Republic of Uzbekistan “On Physical Culture and Sports” and other regulations aimed at attracting citizens, especially youth, women and children, to physical culture and sports.

Today Uzbekistan is a sports country in the full sense of the word. A healthy lifestyle is being widely promoted among young people, and sports are becoming widespread. Uzbek athletes, achieving great victories at prestigious international competitions, demonstrate to the world the high sports potential of our country. The results achieved by our athletes at the 2016 Olympic and Paralympic Games held in Brazil presented Uzbekistan to the sports community of the world as a country where sports are developing at an accelerated pace. We are rightfully proud of this.

Young boys and girls, professionals of individual and game disciplines, defending the colors of the national flag, demonstrating exceptional training and phenomenal skill at representative forums, eloquently confirm



that they represent a country with rich sports traditions. The results of the measures taken are manifested in the growing number of our compatriots involved in sports and winning prizes at various international tournaments.

Many sports are practiced in Uzbekistan. The most popular: athletics, boxing, football, gymnastics, tennis, wrestling, kurash, cycling. Today the names of such outstanding and talented athletes as Ruslana Nuriddinova (weightlifting), Khasanboy Dosmatov (boxing), Shohibiddin Zoirov (boxing), Fazliddin Gaipnazarov (boxing), Shahrom Giyosov (boxing), Bektimir Melikuziev (boxing), Diyorbek Urozboev (judo), Rishod Sobirov (judo), Elmurod Tasmurodov (Greco-Roman wrestling), Rustam Tulaganov (boxing), Ekhtiyor Navruzov (freestyle wrestling), Murodjon Akhmadaliev (boxing), and, of course, FIFA referee Ravshan Irmatov, as well as many others, glorified Uzbekistan is far beyond its borders.

In order to educate high-class athletes, consistent work continues to improve the material and technical base necessary for the formation of future champions. In particular, the Republican Specialized Children and Youth Sports School of Olympic Reserve in Rhythmic Gymnastics was created. The Central Asian Judo Center, the Republican Boxing Center and the sports complex of the Taekwondo Association were built. Thanks to the created sports infrastructure, Uzbekistan has become a venue for major international competitions, including the World and Asian Championships in boxing, Taekwondo, freestyle wrestling, fencing and other sports. The country pays serious attention to the selection of young talented athletes from among the students of sports clubs and teams and the organization of their training to improve sports skills, creating the necessary conditions for strengthening the sports reserve on the basis of the further development of schools of higher sports excellence and colleges of the Olympic reserve. In this regard, the policy pursued in Uzbekistan to expand the mass participation of children's sports, which rightfully is the basis for the formation of a healthy and harmoniously developed generation, is of particular importance.

The country has created a unique three-stage system for holding sports competitions among schoolchildren, pupils and students - "Umid Nihollari", "Barkamol Avlod" and "Universiade", which make an invaluable contribution to the training of gifted and talented athletes who worthily defend the honor of their homeland in international sports tournaments and the Olympic Games. An important step towards the development of children's sports was the creation, in accordance with the Decree of the First President of the Republic of Uzbekistan in 2002, of the Children's Sports Development Fund. The main goal of this foundation is to introduce children and the younger generation to sports from early childhood, to awaken their interest and love for sports, to educate the younger generation as physically and spiritually healthy, harmoniously developed individuals.

In June 2016, Uzbekistan was visited by the President of the International Olympic Committee (IOC), Thomas Bach, and the President of the Association of National Olympic Committees and the Olympic Council of Asia (OCA), Sheikh Ahmad Al-Fahad Al-Sabah. Eminent guests highly appreciated the quality of sports facilities and the scale of projects in our country. In their opinion, the increasingly significant achievements of Uzbek athletes at the Olympic and Asian Games, world and continental championships are the result of this creative work.

For outstanding services in the development of sports and the Olympic movement, the First President of Uzbekistan Islam Abduganievich Karimov was awarded a medal of the International Olympic Committee. Also, for his enormous contribution to the development of football in the country and in Asia, Islam Karimov was presented with an award from the Olympic Council of Asia. Thus, thanks to the large-scale transformations carried out in the country, sports have become one of the prestigious areas of activity, especially among young people. And the names of talented representatives of Uzbekistan, who have received prestigious international awards, are inscribed in the annals of domestic and world sports.



The results of the comprehensive work of the state in the field of physical culture and sports can be seen in the results shown by athletes of Uzbekistan on the world sports arena. Thus, sport is the most important and powerful factor in raising a harmoniously developed generation. Sport is, first of all, a healthy generation, a healthy future. “Only a healthy people, a healthy nation is capable of great achievements.”

The President of the Republic of Uzbekistan Shavkat Mirziyoyev was informed about upcoming major sporting events and plans for the development of the sports sector. Sports in our country are developing dynamically. Such sports as football, volleyball, boxing, kurash, chess, tennis, weightlifting and athletics are widely popular. Organized according to the idea of the head of our state, the “Olympiad of Five Initiatives” promotes sports and physical education among the younger generation. During the presentation, proposals for the development of mass sports, ethnic sports and gymnastics were considered. In particular, it is proposed to expand the “Five Initiatives Olympics” program from 9 to 12 sports and, for the first time, hold it among persons with disabilities in 5 sports. The international equestrian tournament, held annually on the eve of the Navruz holiday in Surkhandarya, is proposed to be organized in other regions of the country. To develop the potential of martial arts, it is planned to open hand-to-hand combat sections in all sports schools.

As you know, on May 25, 2022, the Presidential Decree “On measures to popularize and develop types of ethnic sports” was adopted. In particular, it determines the holding of the International Ethnosports Festival in the city of Khiva every two years. The first festival is scheduled to be held on September 7-10 this year in Ichankala. It will include folk games and sports competitions, craft exhibitions, a melon festival, a pilaf cooking championship and theatrical programs. The head of state gave instructions to carefully prepare for the festival, provide all amenities for participants and tourists, and create an International Ethnic Festival Park in the city of Khiva. In accordance with the Presidential Decree of December 23, 2022, a lot of work is being done to develop gymnastics. In particular, gymnastic training centers are being organized in the cities of Nukus, Samarkand and Fergana. These are specialized sports educational institutions, the graduates of which will be awarded diplomas in the specialty of a coach and breeder. Projects for the construction, reconstruction and equipping of buildings for the centers are currently being developed. These sports institutions will begin operating from the 2024/2025 academic year. The head of state noted the need to introduce in these centers the most advanced methods of training athletes, developing nutrition, and creating the necessary conditions to make it convenient for students to get to classes.

Development and dissemination of national sports in Uzbekistan

National sports in Uzbekistan have a long history and rich heritage. In modern conditions, the state is actively developing and popularizing these sports. Thanks to government support and funding, national sports have become widespread throughout the country. They are held regularly at various competitions and festivals, attracting a huge number of participants and spectators. This process of development of national sports in Uzbekistan continues constantly. The state is actively investing in the construction of sports facilities, the development of training programs and the training of highly qualified specialists. Such measures make it possible to increase the level of competition and achieve significant results in the international arena. The development of national sports in Uzbekistan also contributes to the development of tourism and attracting the attention of the international community. Many tournaments and competitions attract athletes and spectators from different countries, creating a favorable atmosphere for international exchange of experience and cultural interaction.

Horse riding

Horse riding is one of the oldest and most popular national sports in Uzbekistan. The Uzbek people are famous for their legendary riders and their outstanding riding skills. This sport is actively developing and is held at various competitions and festivals, attracting not only athletes, but also a wide audience. Horse riding has deep



roots in the history and culture of Uzbekistan. It is part of the national heritage and traditions of the people. Uzbek riders demonstrate their skill and grace at a high level. They attract attention not only with their technique and skills, but also with the beauty of their outfits and jewelry. Horse riding competitions are held at various levels - from local to international. Horseback riding attracts sports enthusiasts and spectators who enjoy the beauty and elegance of this sport. Uzbekistan is proud of its horse riders and continues to develop and popularize this unique national sport.

Wrestling

Wrestling is one of the most popular national sports in Uzbekistan. This ancient sport has deep historical roots and traditions that are closely connected with Uzbek culture. Wrestling is widely practiced and covers all age categories - from youth to adults. Uzbek wrestlers are known for their skill and achieve significant success in international competitions. A special feature of the national type of wrestling in Uzbekistan is “kurash”, which has its own characteristics and requires certain skills and strategies. Kurash is an important part of the country's sports culture and is considered a national treasure.

Judo

Judo is a popular sport in Uzbekistan. Many sportsmen and sportswomen practice judo and represent the country in various competitions. The government is actively developing this sport and providing support to coaches and athletes. Uzbekistan has many outstanding judo athletes who achieve significant success both at the national and international level. Judo began to actively develop in Uzbekistan after gaining independence. Special schools and training centers were created to train young judo athletes. As a result of intensive development and government support, Uzbekistan has become one of the leading judo countries in Central Asia. Uzbekistan has many outstanding judo athletes who have achieved significant results in the international arena. Uzbek judokas have won medals at the Olympic Games, World Championships and Asian Games. They demonstrate a high level of technique, strength and strategic thinking, making Uzbekistan proud of their sporting achievements in judo.

Football and futsal

Football is one of the most popular sports in Uzbekistan. The country has a national football team that takes part in various international competitions, as well as many clubs playing in national and international leagues. Futsal is also very popular among the population. This fast and dynamic sport is played in many local and national tournaments, attracting both professional athletes and amateurs of the game. Futsal develops coordination, reaction and teamwork skills and is an excellent alternative for those who want to play soccer but prefer to play in smaller teams. There are many football events organized in Uzbekistan, including championships, cups and tournaments at various levels. This helps to popularize football and futsal among young people and the population in general, and also contributes to the development of talented football players and support for their careers.

Futsal

Futsal, a variant of futsal, is an important and popular sport in Uzbekistan. It attracts many sportsmen and sportswomen who practice this sport and represent the country in various competitions. Uzbekistan has strong national futsal teams that achieve success both at the national and international level. Futsal is very popular among the population of Uzbekistan. Local leagues and tournaments are organized regularly, attracting both professionals and amateurs of this dynamic and exciting sport. Futsal develops agility, reaction speed and team spirit in players, and also offers spectators exciting matches and emotional moments. Uzbekistan is actively developing futsal and providing support to sportsmen and women of this sport. The Uzbekistan futsal team demonstrates a high level of play and is deservedly considered one of the strongest teams in the region.



Uzbek futsal players regularly achieve significant success in Asian and international competitions, drawing attention to the skill and talent of Uzbek sportsmen and women.

Boxing

Boxing is one of the most popular sports in Uzbekistan. This sport is of great importance and occupies a special place in the hearts of the Uzbek people. Boxing sportsmen and women achieve outstanding success at the national and international levels, which brings pride and joy to Uzbekistan. The government of Uzbekistan actively supports and develops boxing, providing athletes with all the necessary conditions and resources for training and participation in competitions. Many boxers and boxers from Uzbekistan have become famous and respected figures in world boxing, showing a high level of professionalism and skill. Boxing is not only a sport, but also a path to self-improvement and discipline. It develops strength, endurance and courage, and also develops moral values such as respect for one's opponent and discipline. Thanks to boxing, Uzbekistan is enriched with talented and successful athletes who are the pride of the country and the embodiment of its sports spirit.

Tennis

Tennis is one of the developing sports in Uzbekistan. The country is proud of many talented sportsmen and women who achieve high results in national and international competitions. The development of tennis is actively supported by the government, which provides the necessary infrastructure and funding for athletes to train and participate in tournaments. Uzbekistan hosts many tennis competitions at various levels - from national tournaments to international championships. Tennis clubs and academies are developing throughout the country, providing opportunities for young talent to develop and improve their skills. Tennis is also very popular among the population of Uzbekistan. Many people take up tennis as a hobby, playing on public courts and clubs. This sport promotes physical development, improves coordination and concentration abilities.

Chess

Chess is a popular intellectual game in Uzbekistan. The country hosts many chess tournaments and competitions, attracting both professionals and amateurs of the game. Chess is widely cultivated in educational institutions and contributes to the development of mental abilities and logical thinking among the population. Uzbekistan is proud of its chess masters who achieve high results and represent the country at international competitions. Chess also plays an important role in youth development. The country has created conditions for young talents to develop their skills and achieve success in this exciting game. Due to its popularity and accessibility, chess is not only a sport, but also a tool for developing mental abilities and increasing general erudition. Playing chess helps improve concentration, analytical and strategic skills, develop logic and rational decision making. It also promotes the development of patience, perseverance and the ability to predict.

Conclusion

National sports play an important role in the culture and sports of Uzbekistan. They have a rich history and are closely connected with national traditions. The development and popularization of these sports helps strengthen the spiritual and physical health of the nation and brings joy and satisfaction to athletes and spectators. The physical activity offered by national sports has a positive effect on public health. Participation in sports activities helps maintain physical fitness, develop strength and endurance. The sports traditions of Uzbekistan are passed down from generation to generation and are an inextricable part of the national culture. National sports not only represent the country on the international stage, but also serve as a symbol of national pride and unity.



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