



METHODS AND SKILLS FOR SPORTS DEVELOPMENT IN UZBEKISTAN

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Annotation. The article attempts to show the development of sports in recent years in Uzbekistan. It is noted that the priority direction of state policy is the formation of a physically and morally strong person, for whose development favorable conditions have been created.

Key words: Healthy generation, equipment and re-equipment, achievements in sports, sports schools, the importance of physical education

МЕТОДЫ И НАВЫКИ РАЗВИТИЯ СПОРТА В УЗБЕКИСТАНЕ

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Аннотация. В статье предпринята попытка показать развитие спорта за последние годы в Узбекистане. Отмечается, что приоритетным направлением государственной политики является формирование физического и морально сильного человека, для развития которого созданы благоприятные условия.

Ключевые слова: здорового поколения, оснащение и переоснащение, достижения в спорте, спортивные школы, значимость физической культуры

O'zbekistonda Sportni Rivojlantirish Usullari Va Makoratlari

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Qoraqalpoq davlat universiteti
fakultetlararo jismoniy tarbiya kafedrasida katta o'qituvchisi

Annotatsiya: Maqolada so'nggi yillarda O'zbekistonda sportning rivojlanishini ko'rsatishga harakat qilingan. Ta'kidlanganidek, davlat siyosatining ustuvor yo'nalishi – jismoniy va ma'naviy barkamol shaxsni shakllantirish bo'lib, uning rivojlanishi uchun qulay shart-sharoitlar yaratilgan.

Kalit so'zlar: sog'lom avlod, jihozlash va qayta jihozlash, sportdagi yutuqlar, sport maktablari, jismoniy tarbiyaning ahamiyati

In our society, large-scale work is being carried out aimed at creating a healthy lifestyle, creating conditions for the population, especially the younger generation, that meet modern requirements for regular physical

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education and mass sports, strengthening young people's will, faith in their own strengths and capabilities through sports competitions, development of courage, feelings of patriotism and devotion to the Motherland, systematic organization of work on the selection of talented athletes from among young people, as well as the further development of physical culture and mass sports.

Physical culture is a social phenomenon closely related to the economy, culture, socio-political system, health care, and education of people. Physical culture of an individual is the embodiment in the person himself of the results of the use of material and spiritual values related to physical culture in its broad sense, i.e. in the acquisition by a person of the necessary knowledge, skills, abilities and corresponding mental properties achieved through the use of physical education means, sports training, physical recreation.

Particularly noteworthy are the high achievements of representatives of our country at the Olympic Games, World Championships, Asian Games and Championships, international competitions, the growing authority and sports potential of Uzbekistan in the world, the construction in the regions of the republic of majestic sports facilities that meet international standards, which are becoming increasingly popular among students and student youth three-stage sports games "Umid Nihollari", "Barkamol Avlod" and the Universiade. Today the names of such outstanding and talented athletes as judoist Rishod Sobirov, canoeist Vadim Menkov, wrestler Artur Taymazov, tennis player Denis Istomin, tennis player Nigina Abduraimova, swimmer Sergei Pankov, gymnasts Ulyana Trofimova and Oksana Chusovitina, athlete Svetlana Radzivil, football player Odil Akhmedov, boxer Elshod Rasulov, taekwondo athlete Dmitry Shokin and, of course, FIFA referee Ravshan Irmatov, as well as many others, glorified Uzbekistan far beyond its borders.

The main work on the development of sports in the country is carried out by the Ministry of Sports Development for Culture and Sports.

At the same time, widespread propaganda and explanation in all regions of our country of the importance of mass sports in the life of a person and family, as the basis of physical and spiritual health, protection from bad habits of young people who are entering the path of life with great hopes, creating the necessary conditions for young people to realize their abilities and talents, improving the system of selection and targeted training of gifted athletes from among them remain important and urgent tasks.

Raising a healthy generation is one of the priority areas of state policy in Uzbekistan. In Uzbekistan, great attention is paid to physical culture and sports. As part of the implementation of the Program in 2017-2021, over 995.2 billion soums of funds will be allocated for the further development of physical culture and mass sports in the Republic of Uzbekistan, of which over 706.2 billion soums will be allocated for construction, reconstruction, major repairs, equipping and re-equipping 167 sports facilities, including 90 sports complexes and 77 swimming pools. This is confirmed by high achievements in sports and the presence of world-class sports facilities. Thus, the number of sports facilities in 2017 amounted to 51,306 units, of which 27,573 were in rural areas. The capacity (throughput) of all sports facilities is 2061.3 thousand people per day, in rural areas 1020.7 thousand people per day. The number of physical education groups and physical education and sports clubs was 12,312 units, 7,303 units in rural areas. The total number of children involved in physical education in physical education classes is 6,465,030 people. Of these, 5,179,511 people are in schools, 83,566 in academic lyceums, 1,062,531 in vocational colleges, 139,422 in universities. The number of girls is 3154.5 thousand, the number of boys is 3310.5 thousand. The number of people involved in sports in sports sections and departments during extracurricular and non-working hours in 2017 amounted to 2624.3 thousand people. According to the Law "On State Youth Policy," the organization of sports sections in educational institutions is one of the areas of state support for gifted and talented youth. Sports sections are organized by state education authorities in educational institutions.



Thus, the number of sections in 2017 amounted to 120.7 thousand units. The number of students is 2624.3 thousand people, of which 1031.9 thousand are women, 372.1 thousand are schoolchildren studying in the Youth Sports School, sections of the KFC, FSK. There were 341 sports educational institutions across the country in 2017. Of these, the largest share falls on children's and youth sports schools - 66.3%, 15.5% are specialized children's and youth sports schools, 1.8% are specialized children's and youth sports schools of the Olympic reserve, 3.2% belong to higher education schools. sports excellence, 8.8% - specialized boarding schools for sports and 4.4% Olympic reserve colleges.

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At the same time, today the issues of covering all segments of the population with physical culture and mass sports, widespread propaganda in all regions of our country of the importance of physical culture and mass sports in the life of an individual and family, as the main condition for physical, spiritual health and perfection, creating the necessary conditions for youth to realize their abilities and talents, improving the system of selection and targeted training of gifted athletes from among them, await their systematic solution. The material and technical base of a number of sports institutions does not meet modern requirements; the level of effective use of their sports facilities remains low.

In order to solve the accumulated problems in this area, a resolution of the President of the Republic of Uzbekistan "On measures for the further development of physical culture and mass sports" was adopted. The resolution approved the Program for the further development of physical culture and mass sports in the Republic of Uzbekistan, providing for the implementation of large-scale measures for:

- further improvement of legislation aimed at developing the system of organization and management of the sphere of physical culture and sports;
- strengthening the material and technical base of the sphere of physical culture and sports, building modern sports complexes, equipping them with modern sports equipment and inventory, developing the private sector in this area;
- scientific and methodological support for training institutions, retraining and advanced training of personnel in the field of physical culture and sports, as well as providing sports schools with highly qualified coaches and medical workers;
- organization of recreational, physical education, sports and mass activities among pupils and students of educational institutions, the general population, holding complex sports events, selecting talented athletes among young people and their targeted training;

The implementation of the activities provided for within the framework of the resolution and the Program will further strengthen the role of physical culture and mass sports in the life of our society, the formation of a healthy lifestyle among all segments of the population, instilling in young people a love for mass sports and a healthy lifestyle by creating all the necessary conditions for the realization of one's own sporting talent and abilities, and will also expand the ranks of famous athletes who raise high the banner of our Motherland in prestigious international arenas.

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