



## PROSPECTS AND PRINCIPLES OF DEVELOPMENT OF STUDENT SPORTS IN UZBEKISTAN

**Kamola Muradova**

1st-year Master's student of theory and methodology of physical education and training  
Karakalpak State University

**Abstract:** This article reflects the results of a study on the theoretical and methodological analysis of the problems of managing the development of student sports in modern socio-economic conditions.

**Keywords:** sport, student, student sports, management, student sports management, student sports development, theory, methodological analysis.

### Introduction

One of the important directions of improving the process of managing the development of student sports in Uzbekistan is "The system of priority directions that ensures the physical training, sports and wellness work of higher educational institutions, as well as the development of student sports in Uzbekistan as a whole" is the scientific-theoretical justification. A brief analysis of the regulatory and legal framework for the development of student sports shows that at the current stage, the necessary conditions for the further development of student sports have been created in the state management system.

The purpose of the study.

Theoretical and methodological analysis of the problems of managing the development of student sports in modern socio-economic conditions.

The purpose of the study:

1. defining pedagogical principles, functions and methods of social and personal management of student sports development;
2. justification of the content and organizational-didactic structure of the pedagogical management mechanism;

The improvement of the quality of life of the population of Uzbekistan was also reflected in the indicators of the development of physical education and sports.

In particular, the main indicators describing the field of physical education and sports have improved. Targeted plans and programs aimed at the development of physical culture and sports in various territorial units of Uzbekistan are regularly implemented at the level of the republic, the Republic of Karakalpakstan, regions and the city of Tashkent. has a positive effect, in which the leading countries are actively mobilizing all their capabilities to prepare athletes for high results, thereby demonstrating the superiority of their socio-economic systems, including human and potential indicators. The gold medals won bring a positive reputation in the international arena for any country. According to sports experts, competition will increase even more in national and international official sports competitions, including student sports. In this regard, it is necessary



to be ready to take measures to actively participate in the development of modern tools, for example, digital technologies, aimed at using various innovative achievements during training.

Modern requirements for the organization of an effective training process require the use of innovative tools and methods of the highest level. This makes it possible to maintain leading positions in the world sports movement and ensure early and high-quality training of the sports reserve.

According to local and foreign experts, special attention should be paid to the technological component of the system of development and provision of national and international official sports competitions in higher education institutions. The study of the directions of development of the world sports movement shows that the leading countries, which pay serious attention to the development of sports at the national and international level, have organizationally and technologically created an effective basis for the development of sports based on the use of advanced "digital" technologies of the latest generation. is very actively creating modern products aimed at their use in support.

Currently, effective conditions are being created for students to engage in official national and international sports in Uzbekistan's higher education institutions. Through the efforts of lawyers, scientists and coaches, the legal basis for the development of student sports in Uzbekistan was developed and approved.

According to this document, the following are the leading directions that are relevant for implementation in sports and pedagogical practice:

- Creating conditions for physical education and sports for different categories and groups of the population of Uzbekistan;
- directing physical training and sports to a healthy lifestyle of the population, increasing their movement activity;
- optimization of various forms of professional-practical physical training of students, including in higher professional educational institutions;
- to increase the effectiveness of national and international official sports competitions, to form a competitive system of training high-class athletes and sports reserves;
- creation of an effective structure of insurance and social and legal support for persons participating in sports as athletes and coaches;
- creation of an effective structure of insurance and social and legal support for persons participating in sports as athletes and coaches;
- material, technical and financial development of the physical education and sports base in accordance with the requirements of the time;
- ensuring an effective system of law and order in sports facilities, forms and methods of preventive activities during sports competitions.

When considering the listed and other ways of solving the current problems related to the further improvement of the effectiveness of the student sports management structure, it is necessary to describe the number and quality composition of student youth at the current stage. The results of the analysis of statistical materials show that recently the number of students studying in higher education institutions of Uzbekistan has grown very quickly. According to the available data, the age of young people, who make up about 95% of students, is characterized by a clear uniformity between 17 and 22 years old.



However, based on statistical research, it can be said that, in general, this is almost a third more than the number of students studying in the primary and secondary vocational education system. In fact, students of higher educational institutions are young people whose management of physical education in modern socio-economic conditions is limited by a number of existing problems. All of the above complicates the process of students' creative participation in the life of the young generation and creates the need to dramatically increase the efficiency of the state's efforts. It is for this reason that the pedagogical process of using physical education tools and methods in the education of young students is aimed at scientific justification, and the role of education that solves the important socio-pedagogical and psychological problems of their formation increases significantly. According to the researcher Sh.Z. Hubbiev (2016), the noted problems are primarily caused by:

- the results of a comparative analysis of the views of the sufficient level of scientific and methodological basis of physical education, taking into account the specialization of professional training of students, may be of particular interest, but also as a system of priority directions that ensure the effectiveness of physical education and sports activities in the conditions of higher education institutions one can pay attention to the optimal scope of choosing organizational and management tools, the inaccuracy and inefficient provision of development of regional science-based programs from the subject of "religious education" and introduction into pedagogical practice;

- weak preparation of pedagogical and management specialists of higher education institutions for scientific-analytical solution of management problems of physical education and sports development at the current stage. Physical education is a vital part of a child's development, and the 12 hours devoted to gymnastics help kids improve their strength, endurance, balance, coordination, and flexibility. Gymnastics places a premium on flexibility, which has obvious implications for both health and athletic performance. Gymnastics allows pupils to hone their physical prowess via activities like leaping, twisting, and balancing

Gymnastics not only helps with flexibility, but it also helps with strength, endurance, and balance.

Overall, gymnastics may be a fantastic method for youngsters to increase their flexibility, which has crucial implications for their health and athletic ability. Gymnastics is an excellent addition to any child's physical education programme. Since athletics take up 23.5% of the total time, or 16 hours, the number of PE classes must be about 68 ( $16 \text{ hours} / 0.235 = 68$ ).

There are social and emotional advantages to playing chess as well as the cognitive ones. Students may get valuable life lessons by participating in sports. Students may find that the game of checkers is a great way to socialise and get to know their classmates.



## Time spent studying every year in 8th grade

№	Parts of the Schedule	Total annual hours	I- quarter		II- quarter		III- quarter			IV- quarter	
			IX	X	XI	XII	I	II	III	IV	V
1	Expertise in theory		<i>During the lesson</i>								
2	Gymnastics	12					4	8			
3	Athletics	16	8							8	
4	Competitions in two different sports (determined by availability and popularity)	20		4	6	8	2				
5	Football	12		6						1	5
6	Struggle	6							6		
7	Chess	2									2
8	Control work	We don't set up a whole hour for this every week; instead, we take this time at the conclusion of each unit..									
<b>Total:</b>		<b>68 hours</b>	8	10	6	8	6	8	6	9	7
			<b>18 hours</b>	<b>14 hours</b>	<b>20 hours</b>	<b>16 hours</b>					

Athletes may gain not just physically, but also mentally and socially by participating in sports. Success in other aspects of life is often the result of the concentration, discipline, and drive honed via participation in extracurricular athletics. Students may gain valuable interpersonal and collaborative skills via participation in team sports. Given that 16 of the total hours are devoted to sports (23.53%), we may calculate that there are around 68 hours of physical education classes every year (16 hours / 0.2353). If each track and field practise lasts an hour, that's 16 opportunities for kids to strengthen their muscles and increase their cardiovascular fitness over the course of a year. Ultimately, I will give. Gymnastics not only has physical advantages, but also mental and social ones.

A well-rounded physical education programme is one that encourages students' physical health, social skills, and emotional development while also emphasising the need of a safe and welcoming environment for all participants. should acknowledge the significance of well-being.[28,29] The article provides up-to-date and reliable information regarding the educational advantages of chess. Students who take up the game of chess should expect to see significant gains in areas such as memory, focus, and analytical reasoning. Additionally, chess may help players develop good social skills and emotional well-being by teaching sportsmanship, fair play, and respect for opponents and promoting healthy peer connections. Two hours a year may not seem like much time to devote to chess, but even that little quantity of consistent practise may have a significant impact on cognitive and emotional growth. Adding chess and other games to PE lessons is a great approach to get children interested in the subject while also offering them practise in strategic thinking, problem solving, and teamwork.

Uzbekistan's mandatory K-12 PE curriculum includes a wide variety of sports that may improve kids' health and wellness on several fronts. However, schools and instructors must put a premium on student safety, examine the overall advantages and appropriateness of various sports, and give alternatives for children who may not feel comfortable engaging in contact sports.



As part of solving these research tasks, first of all, it is important to consider the theoretical and methodological aspects of the subject area of the studied problem, because this is the basis and purpose of the work. At the same time, the results of a comparative analysis of the views of different approaches and concepts of the development of student sports of local and foreign experts may be of particular interest for this research, but also the effectiveness of physical education and sports activities in the conditions of higher educational institutions. as a system of providing priorities, it can also focus on the optimal range of selection of its organizational and management tools

## Conclusion

In conclusion, it can be said that the results of the analysis of the research problem indicate that the current state of Uzbekistan's education determines the feasibility of revising the functional role of physical education and sports in the education of the student personality. In this regard, there was a need to clarify the requirements based on the updated content of physical education and sports work in higher education institutions, aimed at solving new problems of effective management of sports training of students, and at the same time to review its status.

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