



GENERAL DESCRIPTION OF THE DEVELOPMENT OF THE SYSTEM OF PHYSICAL CULTURE IN THE REPUBLIC OF UZBEKISTAN

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<https://doi.org/10.5281/zenodo.7768907>

ABSTRACT

The following aspects are widely publicized in this work: The purpose and tasks, directions, history of development of the system of physical culture of the Republic of Uzbekistan in the society, as well as the features of development of the system of physical culture in the Republic of Uzbekistan in the former Soviet Union and the years of independence, reforms and their positive effects are widely publicized.

Keywords: Physical culture, system, general concept, law, decree, independence, development.

INTRODUCTION

Popularization of physical education and sports in our country is defined as one of the important directions of social policy. Because physical culture and sports strengthen the health of the population, raise the young generation to be healthy and well-rounded, and determine a healthy way of life in the society. attention to physical education and sports at the level of state policy, especially the First President of the Republic of Uzbekistan LA. PF-4732, which aims to improve the content of retraining and professional development processes based on modern requirements and to regularly increase the professional competence of teaching staff of higher education institutions. and the decision taken by the government on the gradual implementation of these decrees raises the issue of a completely new approach to children's sports, the creation of schools for the training of sports reserves in the education of talented young people based on science-based technologies. Physical education occupies one of the main places in the all-round, mental, moral and physical development of the young generation. The concept of development of physical education and sports was developed by implementing the Law of the Republic of Uzbekistan "On Physical Education and Sports".

In order to further develop physical education and mass port in Uzbekistan, strengthen its material and technical base, train and educate a new generation of athletes, and increase the international prestige of our country's sports, the

Cabinet of Ministers of the Republic of Uzbekistan and the President of the Republic Sh.M. Mirziyoev The fact that attention is being paid, appropriate decisions, decrees and laws are being developed and put into practice is the basis for the development of the physical culture system of Uzbekistan.

LITERATURE ANALYSIS AND METHODOLOGY

In the last decade, the leading scientists of our Republic T.S. Usmonkhodjaev, R.S. Salomov, R.D. Khalmukhamedov, R.I. Nurimov, F.A. Kerimov, E.A. Seytkhalilov, I.A. Koshbakhtiev, Yu.M. Yunusova, Sh.Kh. Khankeldiev and others published the most necessary literature - textbooks, monographs, educational manuals. Since 2004, the publication of the special scientific-theoretical magazine "Fan sportga" has created an opportunity to get acquainted with the scientific-methodical, scientific-research innovations in the field of physical education and sports conducted in our country and abroad.

The role of the physical culture system of the Republic of Uzbekistan in the society, the features of development, the achievements achieved as a result of the ongoing reforms are justified. To reveal the basics of the goals and tasks of the physical culture system of the Republic of Uzbekistan in the field of raising a mature generation.

RESULTS

The years of independence are literally spent with the implementation of large-scale reforms aimed at determining the perspective of the socio-economic and cultural development of the Republic of Uzbekistan, striving to take a worthy place among the countries of the world community. Studying the experiences of the developed countries of the world, taking into account local conditions, economic and intellectual resources, the implementation of fundamental reforms in all spheres of social life ensures the achievement of new achievements [1]. The sphere of physical culture and sports occupies the most important place in the socio-economic and cultural development of our people. As a social sphere, physical culture and sports educate people to be physically, mentally and spiritually mature, perfect individuals, and economically, they are productive entities, that is, by restoring and strengthening the health and high working abilities of people, the production of our country and contributes to the development of the economy. As we know from history, the field of physical education and sports in every society serves the ideology of that society and develops under the influence of that society's ideology. From the first days of independence, our country paid great attention to the field of physical education and sports as the main factor in the upbringing of a mature generation, and it



became one of the priority directions of state policy, and even today huge reforms are being carried out by our country.

In order to raise the educational system in our country to a new level, to improve the quality of teacher training based on advanced international standards, and to increase the coverage level of higher pedagogical education, the President of the Republic of Uzbekistan "Measures for the further development of the field of pedagogical education" Decision No. PQ-4623 dated February 27, 2020, was the opportunity to implement fundamental reforms in this field along new strategic directions. In our country, physical education and sports, like all areas of our country's development, are developing within the priority directions of state policy. Law "On Physical Education and Sports", Decision "On Measures to Further Develop Physical Education and Sports in Uzbekistan", Decisions "On Further Strengthening Public Sports Events" and the adoption of other conceptual documents related to this field, their gradual implementation and special emphasis on physical education and sports in the Law "On Education" of the Constitution of Uzbekistan, "National Personnel Training Program" is an expression of our opinion mentioned above.

The practical result of these documents is that in recent years, Uzbek sports have been glorifying the fame of our country in front of the world community with its high results, the construction of thousands of sports complexes that meet international standards, and the fact that the most prestigious international competitions are held in different regions of our country. . However, not missing out on high results, training of qualified, competitive athletes is directly related to training of young talented reserves. Due to independence, physical education and sports, like all areas of development of our country, are developing within the priority directions of state policy. President of the Republic of Uzbekistan Sh. Mirziyoev, in the decision "On measures for the further development of physical education and public sports" dated June 3, 2017, promoted the importance of public sports in the life of people and families in all regions of our country, and that it is the basis of physical and spiritual health. It is important to encourage, protect young people entering life with high hopes from harmful habits, create the necessary conditions for them to realize their abilities and talents, select talented athletes from among them, and improve the targeted training system. had defined urgent tasks.

In the Strategy of Actions on the five priority directions of the development of the Republic of Uzbekistan in 2017-2021, further improvement of the continuous education system, increasing the possibilities of quality education



services, continuing the policy of training highly qualified personnel in line with the modern needs of the labor market, pedagogy and raising the level of qualifications of specialists is set as a priority task. PF-5847 dated October 8, 2019 of the President of the Republic of Uzbekistan "On approval of the concept of development of the higher education system of the Republic of Uzbekistan until 2030" and PF-5763 dated July 11, 2019 "Higher and o Decree "On measures to reform management in the field of secondary special education" and the President of the Republic of Uzbekistan dated July 11, 2019 No. PQ-4391 "Introduction of new principles of management in the system of higher and secondary special education" taking into account that in the decision on measures" aimed at increasing the efficiency of the use of information and communication technologies, Internet and multimedia resources in the higher education system, the most important aspect of the reforms in the field is that the consistent implementation of information and communication technologies in the higher education system bringing the content of education up to the level of world standards as a result of the strengthened the process of reconciliation. In this regard, as the Honorable President noted, "In order to achieve development, it is necessary and necessary for us to acquire digital knowledge and modern information technologies. This gives us the opportunity to take the shortest path to progress." The analysis of pedagogical processes and experiences in the higher education system shows that , as a result of the effective use of information and communication technologies in educational practice, our professors and teachers not only deliver their knowledge, information, and wealth of information to students, but also communicate with their colleagues abroad and collaborate in their field. , will be the owner of favorable opportunities and conditions for the improvement of educational and methodical work, and will have the opportunity to send students themselves to acquire certain information. Information and communication technology differs from traditional teaching technology in that, while in traditional technology, knowledge, information, and information are presented by professors and teachers, in information and communication technology, students direct it themselves, and the teacher is the teacher. achieves objectivity. Consequence - as a result, students' interest in science and technology increases, social-spiritual needs are satisfied, they have independent and logical thinking, as a result, the process of mastering educational materials of students is accelerated and the opportunities for quality education services are increased, modern needs of the labor market are met. suitable highly qualified personnel are trained. Effective use of information and communication technologies in the educational process



improves the efficiency and quality of the educational process, achieves the goal set for the educational process, and ensures the effectiveness of students' mastery of educational materials at the end of their educational activities.

From March 9, 2018, the President of the Republic of Uzbekistan, Sh. Mirziyoyev, issued the Presidential Decree No. Decision (1) on the program for the further development of physical education and mass sports in the Republic of Uzbekistan in 2017-2021 PQ No. 3031 dated June 3, 2017, "On measures for the further development of physical education and mass sports" (2) in our country. Further development of physical education and sports, selection of children and adolescents for annual and multi-year preparatory training, and attention is paid to the issues of finding talented young people and directing them to narrow specialties. The priority tasks of athletes are defined in these decrees. It is related to the high level of technical training. This is one of the urgent issues of preparing reserve athletes for tomorrow.

DISCUSSION

In our republic, consistent measures are being taken to popularize physical education and sports, to promote a healthy lifestyle among the population, and to ensure the country's proper participation in international sports arenas. The main attention of our state is the creation of a legislative system for the population, especially the youth, to regularly engage in physical education and sports, as well as to improve their health. Including the Law of the Republic of Uzbekistan "On Physical Education and Sports" dated September 5, 2015, the President of the Republic of Uzbekistan "On Measures for the Further Development of Physical Education and Mass Sports" dated June 3, 2017 Resolution No. 3031 of January 24, 2020, Decree No. 5924 "On measures to further improve and popularize physical education and sports" is an important factor in the further popularization of physical education and sports in our country. This improves the educational process and creates a wide opportunity for young people to grow both physically and mentally [1]

In the development of independent Uzbekistan, the development of physical education, physical culture and sports is particularly noteworthy. President Sh. M. Mirziyoyev's great attention serves as the foundation of our achievements. The importance of physical education and sports development in terms of forming a healthy lifestyle, improving the health of the nation's gene pool, raising a mature generation is defined as one of the priority directions of the state policy. In a short period of time, large-scale practical actions in this area began to bear fruit. It is known that the physical culture system of our country was a part of the ruling system of the former Union until 1991, and our country did not have the



right to independently enter the international arena and demonstrate its capabilities in this matter. Only a few athletes of our republic could participate in the Olympic Games, prestigious world and European competitions. The main focus was not on training qualified athletes from the local population, popularizing physical education, but on inviting qualified athletes from other republics to the farm and getting certain results. Therefore, some work was done only in the central cities of the republic, and not enough importance was given to the development of sports in the remote areas. The issue of the defense of our country also imposes a number of requirements on the physical education process established in our society, as a result of which the objective characteristics of the physical education system are revealed. All-round physical training and well-developed physical qualities of the people of our country serve as an indicator of readiness for the defense of the Motherland. Thus, the purpose of physical education in Uzbekistan is to educate the people of Uzbekistan to become physically mature, active builders of the legal state, ready for creative work and defense of the Motherland. This goal is common to all organizations and institutions implementing physical education in the country. The level of development of physical culture in the society is evaluated by the following indicators: - by the level of inculcation of physical culture in the daily life of the members of the society; - with health and physical fitness of society members; - material and technical provision of physical culture training and their quality; - with the permanent composition (staff), qualification and activity and talent of the employees leading the physical culture; - is evaluated by the results of the members of the society in sports.

The independence of our country, the ongoing social and economic reforms in our society demand that the children of our country should be physically mature. Every nation, people were proud of their pakhlavans, physically perfect sons. They dreamed that their children would be physically and mentally shaped like Alpomish, Rustam, Gorogli, and Barchinoy in the folklore.

CONCLUSION

In conclusion, it can be said that:

1. Physical culture The system of Uzbekistan serves to educate people not only physically, but also spiritually, to prepare young people for social work and defense of the Motherland.
2. As a result of the reforms carried out by our state in the field of physical education and sports during the years of independence, physical education in our country



and the infrastructure of the sports field has changed radically. The socio-economic, legal, program-normative, organizational foundations of the physical culture system were strengthened. Modern sports complexes, stadiums, swimming pools, and tennis courts that meet world standards have been built. Boarding schools and colleges specialized in Olympic reserves, special boarding schools specializing in many types of sports were opened in all regions. Our athletes spread the fame of our country to the whole world by successfully participating in prestigious international competitions, Asian and world championships, Summer Olympics and Paralympics. Great practical work on the development of mass sports has been carried out.

3. On March 5, 2018, the State Committee for Physical Education and Sports of the Republic of Uzbekistan was transformed into a ministry, the State Institute of Physical Education of Uzbekistan, based on the Presidential Decree "On Measures to Fundamentally Improve State Administration of Physical Education and Sports" Uzbekistan was transformed into a state university of physical education and sports. The title "Honored physical education worker in the Republic of Uzbekistan" was established. This decision also greatly helps the further development of physical education and sports in our country, and finding our place in the world community.

4. Adoption of programs and concepts about physical education and sports by the state will serve to make physical education and sports more popular in the country, to form a healthy lifestyle, and to increase the international sports prestige of Uzbekistan.

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