



## ON THE DEVELOPMENT OF PHYSICAL CULTURE AND SPORTS IN UZBEKISTAN

Tashlanov Elerbek Ergashboy ugli

Doctoral Student of Andijan State University, Uzbekistan, Andijan city

Nasyrov Batyr Munirovich

Supervisor, Candidate of Pedagogical Sciences, Professor of the Department of Theories and Methods of Physical Education, Andijan State University. Uzbekistan. City of Andijan.

### Annotation

The article highlights the tasks of the development of physical culture and sports in the Republic of Uzbekistan, which consists in organizing a purposeful process of educating the younger generation of the necessary social qualities through the knowledge of the phenomena of the emergence and development of the international Olympic movement, its ideological and theoretical foundations and principles.

**Keywords:** Sports, physical culture, children's sports, mass sports, Umid nihollari, Barkamol avlod, Universiade, Tumaris, Alpomish, Barchinoy.

### Actuality

At the international forum "Youth - Science - Olympism" the most complete social significance of Olympic education was developed, which includes organizing a purposeful process of educating the younger generation of the necessary social qualities through knowledge of the phenomena of the emergence and development of the international Olympic movement, its ideological and theoretical foundations and principles.

This direction fully coincides with the goals and objectives in the implementation of youth policy in the country. The first President of the Republic of Uzbekistan I. Karimov notes that the flourishing of each nation, its place in human history, authority and glory directly depend on the intellectual and physical perfection of its sons and daughters.

### Implementation of Solutions

A comprehensive program "Soglom avlod uchun" ("For healthy generation") has been developed and is being implemented in the republic, the legal basis for the development of physical culture and sports is being strengthened and improved, and its systemic organization is being created by improving the health of the population, starting with the parents of the unborn child, during the mother's pregnancy. In preschool institutions, in secondary schools, in the army at work, in makhallas (at the place of residence), classes are organized with children, with people of middle and old age, with the disabled. In order to successfully implement this program to improve the health of the population and develop mass sports, the Cabinet of Ministers of the Republic of Uzbekistan adopted a number of resolutions



on the development of football, kurash, tennis, gymnastics, “On measures for the further development of physical culture and sports in Uzbekistan” and others.

### **Legal Bases of Physical Culture and Sports**

Of great importance is the adoption of the resolution of the Cabinet of Ministers of the Republic of Uzbekistan “On the organization of historical value for the implementation of the harmonious development of the younger generation of the country. The implementation of this resolution is under the direct control of the President of the Republic, since he is the Chairman of the Board of Trustees of the Children's Sports Development Fund in Uzbekistan. Based on the Regulations on the Fund for the Development of Children's Sports in the Field, the heads of the funds are khokims of regions, cities and districts, which is of no small importance in organizing the activities of the fund. By this resolution, special facilities are introduced into the staffs of local government bodies (khokimiyats) that meet modern international standards, as well as improving the training of personnel for the development of children's sports.

In terms of implementing the resolutions on the development of mass sports, a partial reorganization is being carried out in the system of the State Committee for Sports of the Republic, a 3-link system for organizing mass sports covering all student youth (“Umid nihollari”, “Barkamol avlod”, “Universiade”) has been created, the physical education program includes program of festival games “Tumaris and Alpomish”.

Thus, the timely implementation of government documents in practice enriches sports life with more and more new types of competitions borrowed from folk games, competitions and holidays, which in turn contributes to the development of physical culture and sports in the republic.

In order to implement government decrees on the development of mass sports, a certain reorganization was carried out in the system of the State Committee of the Republic of Uzbekistan for Physical Culture and Sports. So, instead of the department for “physical education of the population and student youth”, a department of mass sports and sports science was created, attention is being paid to the organization of propaganda work among the population of the republic together with the media, issues of improving the quality of training personnel are being studied, taking into account regional characteristics.

The national training program and the system of organizing mass sports in lifelong education have become a fundamental factor in the formation of the country's intellectual and physical resources. The unity and mutual determination of these two components became the basis for holding regular mass sports competitions covering all young students divided into three parts: games of “Umid Nihollari” are among students of secondary schools; games of “Barkamol avlod” are among students of academic lyceums and vocational colleges; games of “Universiade” are among students of higher institutions.

The creation of such a coherent system of physical education of students made it possible to ensure the continuity of physical education between the links of students and students, to strengthen the importance of physical culture and sports in health management, to determine the system for selecting talented youth for national teams in sports and the growth of their sportsmanship, to systematize control over efficiency of sports organizations within the framework of a single management system.



Special tests "Alpomish" and "Barchinoy" have been developed, implemented and improved, which determine the level of physical fitness and health of the population. Work on the preparation and passing of standards "Alpomish" and "Barchinoy" is considered as the most important factor in the further physical development of the nation, especially the younger generation. These special tests have taken their rightful place as normative bases in the system of physical education of the population.

Specific means of development of physical culture and sports. In ensuring the mass character of physical culture and sports, national and folk games are of great importance as a means of physical education.

During the period of independence, scientists of the republic launched a large-scale activity to study, collect and classify national games. In a relatively short time, by interviewing residents of cities and villages, studying historical materials, local folklore, national traditions, they described more than 1000 games that are included in the state program of physical education of the population.

As noted at the joint republican seminar dedicated to the 10th anniversary of the Tumaris and Alpomish festival games, undoubted success has been achieved in the study, development and dissemination of national games in the republic, along with this, new tasks have been identified to popularize national games up to the conclusion them to the international arena.

These festival games "Alpomish" for the male population and "Tumaris" for the female population (as they are named after the national heroes of the epic) are held alternately once every 2 years ("Alpomish" in even years, "Tumaris" in odd years). Games are alternately held in 12 regions, in the Republic of Karakalpakstan and in the city of Tashkent.

The program of the festivals is competitive in nature, that is, elements of the Olympic culture are included in the national games, which naturally increases the interest of young people in the festival games.

It should be noted a significant example, when the national sport "Kurash" entered the international sports arena and became popular among the youth of all continents, wrestlers from more than 50 countries take part in international competitions and cups of the President of the Republic of Uzbekistan, but kurash.

Thus, on the one hand, sports, striving for the highest achievements provide unlimited opportunities for the day of accumulation of the Olympic culture as examples of manifestations of the phenomenal capabilities of the physical and spiritual forces of a person, on the other hand, the implementation of the Olympic idea in practice, enriching sports life with more and more new types of competitions, borrowed from folk games, competitions and holidays, which, in turn, contributes to the development of physical culture and sports in the republic.

## Reference

1. Decree of the President of the Republic of Uzbekistan dated October 24, 2002 No. PD-3154 "On the establishment of the Fund for the Development of Children's Sports in Uzbekistan".
2. Decree of the Cabinet of Ministers of the Republic of Uzbekistan dated May 27, 1999 No. 271 "On measures for the further development of physical culture and sports in Uzbekistan"



3. Oliy Majlis of the Republic of Uzbekistan 29.08.1997 "National program of personnel training".
4. Yunusov T T. et al. On the implementation of special tests "Alpomish" and "Barchinoy" // V Republican Scientific-Practical Conference Proceedings. -T., 2000. S.225-229.
5. Yunusov T.T. et al. Spirituality, the ideology of national independence, physical culture and sports, Olympism // V Republican Scientific-Practical Conference Proceedings. -T., 2000. S.279-282.
6. Yunusov T.T. et al. "Alpomish" and "Barchina" in the system of a healthy lifestyle // Republican scientific-practical conference "The role of physical education and sports in the upbringing of harmoniously developed generation" Jizzakh, 2001.
7. Yunusov T.T. et.al. Some questions of the organization of physical culture and sports in the independent Republic of Uzbekistan // Olympic movement and social processes. II International Forum "Youth-Science-Olympism". -M., 2002. S.252-255.