



IMPLEMENTATION OF PHYSICAL TRAINING AND SPORTS REFORM IN UZBEKISTAN AND ITS MAIN FEATURES

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ABSTRACT

The article analyzes the implementation of reforms in physical culture and sports in Uzbekistan and its main aspects using data from the scientific literature. At the same time, the achievements of athletes in the country and in the international arena are described in detail in the work.

KEY WORDS: *Uzbekistan, physical culture and sports, young generation, National Olympic Committee, sport games, healthy and harmoniously developed generation.*

INTRODUCTION

From the first years of independence, great attention has been paid to the development of physical culture and sports in Uzbekistan as a factor contributing to national development. That is why changes in physical culture and sports have been adapted to the new economic, political, social and cultural conditions of society. Significant reforms have been made to develop and support this sector on a regular basis. Because educating members of society, especially the younger generation, in a healthy and harmonious spirit is one of today's priorities. In a short period of time, the implementation of measures aimed at the modernization of sports, which is an important component of national culture in the country, has risen to the level of state policy. In particular, the adoption of the Law "On Physical Culture and Sports" [1,4] on January 14, 1992 at the IX session of the Oliy Majlis of the Republic of Uzbekistan was the first step in the mass development of the industry. The law consists of 28 articles, which are an integral part of the national culture of the Uzbek people, an important tool for physical and spiritual development, as well as the rights and responsibilities of citizens in the field of physical culture and sports. The law aims to strengthen the health of all segments of the population, to create favorable conditions for their physical culture and sports. The tasks set for the country's athletes have been redesigned and further improved. Therefore, on May 26, 2000, the second edition of the Law "On Physical Culture and Sports" was adopted [2, 9]. It consists of 27 articles, the law recognizes humanity, democracy, continuity and continuity of physical education of citizens, the harmony of state and public administration in the

system of physical culture and sports as the main principles of state policy in the field of physical culture and sports.

RESEARCH METHODS

On September 4, 2015, the Law "On Physical Culture and Sports" [3] was adopted in a new edition. The law consists of 6 chapters and 47 articles, the main purpose of which is to regulate relations in the field of physical culture and sports. This law defines the legal, organizational, economic and social basis of physical culture and sports in the Republic of Uzbekistan, and Article 4 states "The main directions of state policy in the field of physical culture and sports".

RESULTS AND DISCUSSIONS

It should be noted that the main directions of state policy in the field of physical culture and sports include the following: to promote physical culture and sports among the disabled and other persons with disabilities, as well as groups in need of high levels of physical protection, and to create conditions for the promotion of national sports and folk games.

The legal acts adopted in the field of physical culture and sports in the country must comply with the provisions of the Law "On Physical Culture and Sports". This law provides the basis for the development of mass and individual forms of activities related to sports and physical education and health with the participation of all members of society in various organizations and institutions. It is primarily aimed at providing health care, a means of ensuring the diligence of the



individual, educating patriotic citizens, strengthening ties of interethnic friendship and solidarity.

The law reflects the norms of human and civil rights reflected in international instruments. Citizens of the Republic of Uzbekistan, regardless of gender, race, nationality, language, religion, social origin, beliefs, personal and social status, to participate in physical culture and sports, to form public associations of physical culture and sports, to participate in the management of physical culture and sports has the rights. In addition, the principles of equality of citizens of the Republic of Uzbekistan in the field of physical culture and sports are guaranteed for foreign citizens and stateless persons.

The document defines the powers of the National Olympic Committee of the Republic of Uzbekistan, physical culture and sports societies, sports federations, foundations, physical culture and health, sports clubs as the main goal of physical culture and other public associations for the development of sports [4, 3]. The compliance of these organizations with the law and the legal norms of public administration is one of the important tasks in the activities of these organizations.

The legal and regulatory framework for the development of physical culture and sports of the Government of Uzbekistan is created in accordance with the Constitution of the Republic and international law, which aims to strengthen the health of the population, create conditions for their physical culture and sports.

In accordance with the above law, "Pre-school educational institutions and educational institutions are required to inspect the level of physical fitness of preschool children and students at least once a year. In addition, the law provides for physical education exams in secondary schools and other educational institutions" [5]. It is aimed at strengthening the health of students, improving their physical development, educating them to be able to work and defend themselves.

By the Decree of the First President of the Republic of Uzbekistan in March 1993, the Order "For a Healthy Generation" was established. Its charter stipulates that employees, managers and individuals who have made an outstanding contribution to the field of education and medical institutions will be awarded orders of I-III degrees [6, 12].

During the years of independence, physical education teachers, coaches and heads of sports schools, officials of sports organizations in almost all regions of the country were awarded this order. It was during this period that physical education and sports became more active. In particular, football, tennis, Uzbek wrestling, boxing, oriental wrestling (karate, judo, taekwondo, wushu, handball, etc.) have become increasingly popular, especially among young people.

The Decree of the President of the Republic of Uzbekistan dated October 10, 1997 "On radical reform of the system of education and training, upbringing a harmoniously developed generation" became a program for the development of sports. In order to support the industry, the Cabinet of

Ministers of the Republic of Uzbekistan on March 18, 1993 "On measures to further develop football in the Republic of Uzbekistan" decided. According to him, in a short period of time, modern sports facilities in accordance with international standards have been built in all regions of the country. The Uzbekistan Sports and Health Complex in Tashkent is a unique facility. The roof of the indoor tennis court is designed to hold various competitions in the field, while sliding on hot days, providing fresh air access. At the same time, the Jar sports and recreation complex in the capital has been built in a modern form. For example, in Jizzakh, Nukus, Andizhan, Samarkand, Chirchik, Urgench and other cities, large sports complexes have been set up with sufficient conditions for all kinds of sports. The availability of sports facilities, first of all, allows to hold traditional competitions in the country and promotes the development of sports.

On January 17, 1996, a special resolution was adopted "On measures to radically improve the organizational framework and principles of football development in Uzbekistan". The State Program "Healthy Generation" has been developed and widely implemented in the country. In accordance with this program, great attention was paid to the restoration of national values in the field of physical culture and sports. It has become a tradition to hold annual competitions in national games and sports. The main direction of the program is to protect the health of the population in medicine, education, neighborhoods and other areas, to further improve the educational process to improve health, including targeted measures to improve social living conditions in families, neighborhoods and working communities. First of all, it emphasizes that the motto "Healthy mother and healthy child" will be a priority.

On May 27, 1999, the Cabinet of Ministers of the Republic of Uzbekistan adopted a resolution "On measures for further development of physical culture and sports in the Republic of Uzbekistan", which is important for the future of physical culture and sports. The significance of this decision was that the main goal was to adapt the activities of all subjects in the field of physical culture and sports to the new political and socio-economic conditions of the state, on this basis to get rid of the shortcomings of the former Soviet totalitarian regime. The main task of the State Program (Concept) attached to the resolution is to involve the population in sports, to create the necessary conditions for them, in particular, to reconstruct the most modern sports complexes. It was noted that the preparation of athletes of the republic for international sports competitions, the use of all opportunities for their victory, increasing the responsibilities of coaches, heads of relevant sports organizations and government agencies.

In addition, in accordance with this program, measures have been identified to expand the physical culture and sports facilities, especially among rural youth, and to strengthen their material and technical base. In response, over the past year, 184 sports and health clubs have been established in rural areas [7, 602].



May 26, 2000 was an unforgettable event in the life of students of the country. The Universiade competitions among students and graduate students of higher educational institutions of the republic (now basic doctoral students) have started. These competitions are traditionally held every three years.

The Decree of the President of the Republic of Uzbekistan dated October 24, 2002 "On the establishment of the Fund for the Development of Children's Sports in Uzbekistan" emphasizes the promotion of youth sports and their physical training. At the same time, important tasks have been identified in the field of introduction of modern science-based systems, forms and methods of physical education of children.

The resolution of June 3, 2003 "On the organization of a system of continuous sports competitions aimed at attracting schoolchildren and students to sports" also emphasizes the need to pay more attention to maintaining and strengthening the health of all segments of the population, starting from preschool. On the basis of a long-term three-stage state sports program, the country plans to hold competitions "Umid Nihollari" (for high school students), "Barkamol Avlod" (for students of secondary special education) and "Universiade" (for students of higher education) [8, 4].

The name of 2010 in the country as the "Year of harmoniously developed generation" and the development of a special state program in this area has helped young people to grow physically and spiritually, acquire the most modern intellectual knowledge and become harmoniously developed people. The program also pays great attention to the physical development of young people. The implementation of this task has placed great responsibilities on physical education organizations, especially in higher and secondary special education institutions in this field. Therefore, the leadership of the process of physical culture and sports, the training of qualified personnel for the field, their training, retraining are among the most important tasks.

In June 2010, Andizhan hosted the Universiade-2010 sports competitions. At the republican final stage, the team of Andizhan region took the honorary 2nd place in the competitions. Representatives of Andizhan region won 4 gold, 4 silver and 3 bronze medals in the team event. In the individual championships, he won a total of 81 medals, including 29 gold, 23 silver and 29 bronze.

The Decree of the President of Uzbekistan dated February 25, 2013 is aimed at preparing the country's athletes for the XXXI Summer Olympic Games and XV Paralympic Games in Rio de Janeiro (Brazil) and finding talented, promising students and directing them to long-term training cycles.

Higher educational institutions of Andizhan region took an active part in the republican final stage of the Universiade-2013, which was held on June 6-9, 2013 in Bukhara. Young athletes from Andizhan won 76 medals and took the third place after the representatives of Tashkent and

Samarkand region. At both Universiades, the regional team was awarded the President's gift - a car "Damas". The awarding ceremony of the winners of the Universiade was held at Andizhan State University. It was attended by parents and coaches of young athletes. The winners of the competition were awarded by the governor of the region Sh. Abdurahmanov. Most of the medalists in these competitions, including swimmers, won 48 medals. In particular, university students R. Omonova (3 gold, 3 silver), S. Amilov (3 gold, 2 silver, 1 bronze) and D. Abdumuminov (2 gold, 2 silver, 1 bronze) have reported such high results. Students of Andizhan Agricultural Institute (now Andizhan Institute of Agriculture and Agrotechnology) - M. Iskandarov and H. Ruziev won gold medals at the Universiade-2013, beating all rivals in belt wrestling.

The Decree of the President of the Republic of Uzbekistan dated February 15, 2017 "On measures to further improve the management system in the field of culture and sports" was adopted. According to the decree, the Ministry of Culture and the Ministry of Physical Culture and Sports were established on the basis of the Ministry of Culture and Sports. At the same time, the executive body of the Children's Sports Development Fund, 256 sports schools and boarding schools in the field of sports were transferred from the Ministry of Public Education to the Ministry of Physical Culture and Sports. It should be noted that a mechanism has been introduced for Olympic and world champions to open their own individual sports schools, and appropriate conditions have been created for them. In 2017, Uzbek athletes participated in 235 international competitions and won a total of 1,413 medals [9, 52]. In 2018, decisions were made on the further development of football, physical culture and sports, swimming, the Uzbek State University of Physical Culture and Sports was established [9, 116].

CONCLUSION

In short, during the years of independence, physical culture and sports have developed in the Republic of Uzbekistan, many sports have become popular, that is, the field has been enriched with new meaning and further improved, joined world sports and played a significant role in the international arena. This, in turn, has had a positive impact on the country's sporting face in the world. At the same time, one of the important achievements was the recognition of the Uzbek national wrestling as an international sport.

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