



DEVELOPMENT OF WOMEN'S SPORTS IN UZBEKISTAN

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ANNOTATION

This article provides important information on the development of women's sports and a healthy lifestyle. The article also discusses a number of measures currently being taken to promote women's sports and a healthy lifestyle. During the years of independence of Uzbekistan, the development of sports and the formation of a healthy lifestyle has become one of the main directions of state policy. In particular, during this period, great efforts were made to develop women's sports. As a result, Uzbek girls occupy high positions in world sports arenas.

KEYWORDS: *intellectual capacity, abilities and potential, exercise, healthy living, gymnastics exercises, sports development, physical education and sports.*

DISCUSSION

At present, the competition between the countries of the world, the demonstration of strength is reflected in the demonstration of sports and intellectual potential. In particular, in all developed countries of the world, attention and love for women are paramount. The cultural level of any society on earth is determined by its attitude towards women.

Therefore, from the first days of independence, the issue of ensuring the rights and interests of women, creating decent working and living conditions for them, the realization of their abilities and potential has risen to the level of state policy in our country.

It is known that the role of women in our social life and cultural life is incomparable and of great importance. In order to commemorate the culture of ancient ancestors, to celebrate the "Year of Women" in 1999 in Jizzakh, in 2001 in Shakhrisabz (Kashkadarya region) was organized Republican Festival "Tomaris Games". It has become a tradition to hold the annual Women's Sports Decade, dedicated to the Women's Day on March 8. More than 1 million women are actively involved in table tennis, badminton, chess, checkers, rhythmic gymnastics and athletics. In 2004, at the initiative of the Republican Women's Committee and the National Olympic Committee, the Commission on Women and Sports

was established. Its main goal is to promote and develop women's sports. In order to popularize and promote women's sports, the commission held a competition "Queen of Sports", which promotes youth, beauty and a healthy lifestyle. Athlete girls have shown that they are not only strong and strong-willed athletes, but can be gentle and agile housewives.

In recent years, the state pays great attention to the development of women's sports. Sports that only women can do include rhythmic gymnastics and synchronized swimming. In 2004-2005, for the first time in the history of rhythmic gymnastics, the Sharq Guzali World Cup was held at a high level. The strongest athletes of the world, Olympic and world champions Alina Kabaeva, Olga Kapranova, Vera Sesina took part in it. Along with them, Uzbek gymnasts O.Ashaeva and Z.Muhitdinova took honorable places. Since 1998, the international competition in synchronized swimming "Mermaid" has been held at a high level. In recent years, many women athletes have achieved good results in international competitions. Such a process serves to enrich our national sports culture. At the initiative of the Women's Committee of Uzbekistan in cooperation with the Ministry of Defense of Uzbekistan and a number of other ministries, a "Women's Military Competition" was held on the



occasion of Defender of the Fatherland Day. Iroda Tulaganova, who has achieved great success in tennis, should be remembered. He was the winner of the 1999 Wimbledon Junior Tournament, a 7-time Grand Slam WTA champion in doubles.

In November 2005, the Asian Women's Football Championship was held in Malaysia, where the national team of Uzbekistan won. Young talented girls are also growing up in wrestling, football, rhythmic gymnastics, sports games and especially in oriental singles. In 2005, gymnastics began to work in our country. Its main activity is mass gymnastics performances for women of all ages, combining rhythmic sports and general gymnastics exercises and movements. The active participation of our women in all sports testifies to the fact that our women are equal members of our society.

Men's sports such as wrestling, oriental singles wrestling, kickboxing, football, and even weightlifting (rock climbing, barbell lifting) are evolving.

In 2006, in order to develop women's sports, by the decision of the Cabinet of Ministers of the Republic of Uzbekistan, 221 additional places for women were created in the UzSWLI, which were distributed by regions (91 state grants, 130 contracts). This, in turn, requires the strengthening of measures to strengthen women's health and create better living conditions for them. Significant changes in the world and the deterioration of the environment are also having a serious impact on women's health. An analysis of women's health statistics in recent years has shown that the number of diseases such as overweight (obesity), osteochondrosis (salt accumulation), osteoarthritis and arthritis (inflammation of the joints) is increasing among women. One of the main factors in this is the inactivity of women, the lack of attention to exercise. Affects women's reproductive health. In both cases, the content of exercise, various games (dances) rather than drugs has been proven in practice. For this reason, the use of physical education and treatment centers in the treatment of various diseases in the central cities is increasing day by day. "We must do everything possible to create decent conditions for more than 17 million sisters, daughters, mothers and grandmothers living in our country," said President of Uzbekistan Shavkat Mirziyoyev in his December 29, 2020 Address to the Oliy Majlis.

Continuing his speech, the President noted that the number of grants for girls from needy families for admission to higher education institutions should be doubled to 2000, and special scholarships should be introduced for girls with excellent grades and in need of social protection. The main reason for this is the need for women with higher education for all regions of the country.

In conclusion, it should be noted that the development of physical culture and sports among women, especially in the training of highly qualified specialists from local women RA Kozieva (history of physical education), O. Sobirova (swimming, deceased), K.T. The contribution of such scientists as Rakhimjanova (athletics), RA Kasimova (handball), GB Abdurasulova (fencing) is great. It is very important to increase the number of such talented scientists in the future.

Many sports federations organize special courses for women and train instructors on the ground to develop the sport. This, in turn, contributes to the development and popularity of girls' sports. In all regions of the country, including remote villages, great attention is paid to the construction of modern sports complexes, further increasing the scale of physical culture and sports among the population, especially the involvement of women, training highly qualified women. In this regard, the Resolution of the President of the Republic of Uzbekistan dated October 2, 2017 No PP-3606 "On measures to further develop the national sport of Kurash" further popularization of the national sport "Kurash" among students and strengthening a sense of national pride and patriotism through competitions, as well as promoting a healthy lifestyle among them, will play an important role in the achievement of high results on the world sports arena by student, student-athletes.

The Action Strategy for the five priority areas of further development of the Republic of Uzbekistan for 2017-2021, developed on the initiative of President Shavkat Mirziyoyev and approved on February 7, 2017, includes ... protection of motherhood and childhood, ... related measures are covered. Decree of the President of the Republic of Uzbekistan dated March 5, 2018 "On measures to radically improve the system of public administration in the field of physical culture and sports" PF-5368 and Presidential Decree dated March 16, 2018 "On measures to further develop football" Resolution 3610 has created great opportunities for physical culture and sports in our country, including football officials. In pursuance of these decisions and decrees, promising changes are taking place in the sports of our country, especially in football.

One of the urgent tasks is to acquaint our children and young generation with sports from an early age, to awaken in them a passion and love for sports, to bring them up physically and spiritually.

LITERATURES

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