



DEVELOPMENT OF PHYSICAL TRAINING AND MASS SPORTS IN OUR COUNTRY

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Abstract: *This article describes the ongoing reforms in the country, the reforms, laws and decrees implemented in the Republic since the independence of the Republic of Uzbekistan to further develop physical culture and mass sports among the public.*

Keywords: *Healthy lifestyle, gene pool, youth development, physical education, mass sports, events,*

INTRODUCTION

Creating a healthy lifestyle in our country, creating modern conditions for regular physical culture and mass sports of the population, especially the younger generation, strengthening confidence in the will, strength and capabilities of young people through sports competitions, courage and patriotism, devotion to the motherland Extensive work is being done to develop the feelings of the people, as well as to systematically organize the selection of talented athletes among young people, as well as to further develop physical culture and mass sports. As the Republic of Uzbekistan consolidates its independence in the world every year, its future depends on the development of today's generation into educated, spiritually and physically fit people. In this regard, physical culture and sports play a special role in the development of physical fitness and business skills of the population of the Republic. The development of physical culture, physical culture and sports in Uzbekistan is particularly noteworthy. The great attention paid by President Sh.M.Mirziyoyev to the development of the theoretical and practical foundations of this field serves as the basis for our achievements.

LITERATURE ANALYSIS AND METHODOLOGY

In the last decade, the leading scientists of the Republic T.S. Usmonxodjaev, R.S.Salomov, R.D.Xalmuxamedov, Nurimov R.I., F.A. Kerimov, E.A. Seytxalilov, I.A. Koshbakhtiev, Yu.M.Yunusova, SH.X. Hankeldiev The most necessary literature - textbooks, monographs, textbooks published. Since 2004 he has been working on a scientific-theoretical program called Science Sports The publication of a special journal is carried out in our country, abroad scientific-methodical in the field of education and sports, the research provided an opportunity to get up



close and personal with the news. The role of the system of physical culture of the Republic of Uzbekistan in society, development features, achieved as a result of ongoing reforms based on the achievements made. The Republic of Uzbekistan is physical goals and objectives of the cultural system in the field of educating a harmoniously developed generation explain the basics.

RESULTS

The importance of the development of physical culture and sports in the formation of a healthy lifestyle, further strengthening the gene pool of the nation, the upbringing of a harmoniously developed generation has been identified as one of the priorities of state policy. In a short period of time, large-scale practical efforts in this area began to bear result. Representatives of our country are achieving high results at the Olympic Games, World Championships, Asian Games and championships, as well as international competitions. It is noteworthy that the “Umid nihollari”, “Barkamol avlod” and “Universiada” sports games are gaining popularity. At the same time, in all regions of the country it is necessary to promote the importance of mass sports in human and family life, that it is the basis of physical and mental health, to protect young people from harmful habits, to realize their abilities and talents. There are important and urgent tasks to create conditions, select talented athletes and improve the system of targeted training. In order to further develop physical culture and mass sports in the regions of the Republic of Uzbekistan, to involve all segments of the population, especially young people in regular physical culture and sports, to increase the effectiveness of effective use of conditions created in our country:

1. The Program for the Further Development of Physical Culture and Mass Sports in the Republic of Uzbekistan (hereinafter referred to as the Program) was approved.

The following are the main directions of the Program:

- further improvement of the legislation aimed at developing the system of organization and management of physical culture and sports;
- strengthening the material and technical base of physical culture and sports, construction of modern sports complexes, equipping them with modern sports equipment and facilities, development of the private sector in this area;
- scientific and methodological support of training, retraining and advanced training institutions in the field of physical culture and sports, as well as the provision of sports schools with highly qualified coaches and medical staff;
- health, physical education, organization of mass sports, organization of complex sports competitions, selection and targeted training of talented athletes



among young people, pupils and students of educational institutions, the general population;

- to promote a healthy lifestyle among the population through the active use of the media and the Internet;

Extensive advocacy work on the content of the program and the implementation process. Many similar decisions are being made

On January 14, 1992, the Law "On Physical Culture and Sports" was adopted as the legal basis for the development of physical culture and sports in the country. On amendments and additions to the Law of the Republic of Uzbekistan "On Physical Culture and Sports". September 5, 2015

In order to coordinate the system of physical culture and sports management in the country, the Ministry of Culture and Sports is responsible for the implementation of state policy in the field of sports, within its competence, ministries, departments, the National Olympic Committee regardless of the coordination of the work of various organizations, as well as the status of the supervisory body over all physical education and sports organizations. Thanks to the initiative of the President of the Republic, tennis, which developed only in developed countries, along with sports, has grown rapidly in all regions of the country. Over the years, tennis palaces and courts that meet international standards have been built in the Republic of Karakalpakstan, the city of Tashkent and the regions, on the basis of which international competitions of various levels are held. The President's Cup international tournament, the Tashkent Open international women's tournament, as well as the Challenger, Futures and Satellite international tennis tournaments in Fergana, Samarkand, Gulistan, Bukhara, Karshi and other cities have been held in Tashkent since 1994 tournaments are being held. In 1997, a special fund was established in our country to develop and support tennis. In order to promote and attract tennis among the population of the country, to create appropriate conditions for practitioners, the Cabinet of Ministers adopted a resolution "On measures to further develop tennis in the Republic of Uzbekistan" (1998). According to him, tennis federations and clubs have been established in the regions, and this sport has been brought to a higher level. Ensuring the physical and spiritual well-being of the younger generation in the country, promoting a healthy lifestyle and developing a love for sports, creating a material base for children's sports in the field, creating a material base for children's sports in populated areas, as well as providing sports equipment and facilities. In 2002, the Children's Sports Development Fund of Uzbekistan was established.



The laws, decrees and resolutions of President Mirziyoyev on the development of physical culture and sports have led to the rapid development of this field, increasing the prestige and prestige of Uzbekistan in the international arena, as well as changing the attitude of the population and youth to sports. Including:

- "Establishment of the Council for the Development of Physical Culture and Mass Sports in our country from 2017, approval of its Charter and the establishment of its activities",

- Development and approval of normative and legal documents on the establishment of community-based physical culture and sports promoters in city block located in the regions of the Republic (2017)

- Introduce a system of sports clubs in general secondary schools, vocational colleges and academic lyceums, higher education institutions, agencies and organizations, as well as in the community. (2017)

- Critical and analytical discussion of the issues of scientific and methodological support of training, retraining and advanced training institutions in the field of physical culture and sports, as well as the provision of sports schools with highly qualified coaches and medical staff at quarterly meetings of the Council for Physical Culture and Sports (2017)

- Conducting "Cheerful Starts" sports competitions among secondary school students, identifying the winners and awarding them:

- Stage 1 - at the level of the educational institution;

- Phase 2 - at the district (city) level;

- Phase 3 - regionally;

- Phase 4 - nationwide (2017 -2021)

- In order to provide financial support to members of the national teams of Uzbekistan, to introduce the position of "Athlete" in the staffing of the Republican schools of higher sports, specialized children's and youth sports schools and sports schools of the Republic and to define job responsibilities (2018)

The implementation of the measures outlined in the resolution and the program will strengthen the role of physical culture and mass sports in the life of our society, create a healthy lifestyle among all segments of the population, create all conditions for young people to realize their abilities and talents to get acquainted with a healthy lifestyle, as well as to expand the ranks of our famous athletes, who are raising the flag of our country in prestigious international arenas. Health work in the country has been revived in all social and industrial spheres, and the work of primary sports teams has become more active. The rapid



development of local sports is leading to a steady increase in the number of participants and the organization of various public competitions. Through these competitions, students, people with disabilities, workers and employees, and people from all walks of life were involved in sports. Every year, the "Kamolot's Cup" in basketball and volleyball among students of secondary schools, vocational colleges, academic lyceums, students, workers and employees, law enforcement and defense workers. "Military sports competitions", "Courage is the will, victory" competitions among the disabled, as well as women's and village women's spartakiads and others are regularly held. Establishment of local sports facilities to ensure the development of children's mass sports in Uzbekistan.

CONCLUSION

The establishment of clubs in new sports, the provision of them with appropriate equipment and qualified sports coaches, the number of children and adolescents engaged in physical culture and sports is growing from year to year. There is no doubt that such practical work in the field of physical culture and sports will yield more results in the near future.

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