



## General Description of the Development of the System of Physical Culture in the Republic of Uzbekistan

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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

The popularization of Physical Culture and sports in our country has been defined as one of the most important areas of social policy. Because Physical Culture and sports decide a healthy lifestyle in society by promoting the health of the population, educating the younger generation in a healthy and harmonious way. attention should be paid to physical education and sports on the scale of state policy, especially the first president of the Republic of Uzbekistan I.A. Karimov's decree dated June 12, 2015 –on measures to further improve the system of retraining and professional development of the head and pedagogical staff of higher educational institutions, was drawn up based on the content of priorities in the decree № ||PD-4732, it aims to improve the content of retraining and advanced training processes on the basis of modern requirements and to regularly increase the professional competence of pedagogical

staff of higher educational institutions, and the government's decision on the gradual implementation of these decrees also puts forward the issues of a completely new approach to children's sports, the creation of schools for In the comprehensive, mental, moral and physical development of the younger generation, physical education occupies one of the main places.

The concept of development of the physical education and sports sector has been developed by introducing the law of the Republic of Uzbekistan –gi||on Physical Education and sports.

In order to further develop the physical education and mass port in Uzbekistan, strengthen its material and technical base, prepare and educate a new generation of athletes, increase the international prestige of the sport of our Motherland, the president of the Republic of Uzbekistan Sh.M. Mirziyoyev. The great attention of Sh.M. Mirziyoyev, the

development and implementation of relevant decisions, decrees and laws are the basis for the development of the system of Physical Culture 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, study guides. Since 2004, the publication of a special scientific and theoretical magazine called " Science to sport" has created an opportunity to get acquainted with 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, and 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 society ensures 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 education of a mature generation, and it became one of the priority directions of state policy, and even today great reforms are being carried out by our country.

Measures for the further development of the field of pedagogical education of the President of the Republic of Uzbekistan regarding raising the education system in our country to a new level, improving the quality of teacher training based on advanced international standards, and increasing the level of coverage with higher pedagogical education. Decision No. PD-4623 dated February 27, 2020, was the opportunity to implement fundamental reforms in this field along new strategic lines. 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 for Further Development of Physical Education and Sports in Uzbekistan", Decisions "On Further Strengthening Public Sports Events" and acceptance of other conceptual documents related to this field, their step-by-step implementation, as well as special emphasis on physical education and sports in the Constitution of Uzbekistan and the Law "On Education" is an expression of our above-mentioned opinion. 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 is directly related to the training of qualified, competitive athletes, and

the cultivation 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. Mirziyoyev on June 3, 2017

In the decision "On measures for the further development of physical education and public sports" in all regions of our country, the important importance of public sports in the life of a person and family, promotion of the fact that it is the basis of physical and spiritual health, He defined the important and urgent tasks of protecting young people from harmful habits, creating the necessary conditions for them to realize their abilities and talents, selecting talented athletes from among them, and improving the targeted training system.

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. Decree of the President of the Republic of Uzbekistan No. PD-5847 dated October 8, 2019 "On approval of the concept of development of the higher education system of the Republic of Uzbekistan until 2030" and No. PD-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. PD-4391 - Introduction of new principles of management in the system of higher and secondary special education The most important aspect of the reforms in the higher education system is the consistent implementation of information and communication technologies in the higher education system, taking into account that it is aimed at increasing the efficiency of the use of information and communication technologies, Internet and multimedia resources in the higher education system. as a result of the implementation, bringing the content of education to the level of world standards, the

content of its international education, the theory and practice of education strengthened the process of game development. From this point of view, as noted by the Honorable President

- 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 ascension.' 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, wealth of information to students, but also He will be the owner of favorable opportunities and conditions for communicating with his colleagues in his field, for scientific cooperation, for improving educational and methodological work, and students will have the opportunity to direct themselves to the acquisition of 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. 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 learning materials of students is accelerated and the opportunities for quality education services are increased, modern needs of the labor market are met. 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. The President of the Republic of Uzbekistan Sh. Mirziyoyev from March 9, 2018 –PD on the preparation of Uzbek athletes for the XXXII Summer Olympic and XVI

Paralympic Games to be held in Tokyo (Japan) in 2020

Decision No. 2821 (1) on the program for the further development of physical education and mass sports in the Republic of Uzbekistan in 2017-2021 PD No. 3031 of June 3, 2017, –On measures for the further development of physical education and mass sports|| (2) decision focused on the issues of further development of physical education and sports in our country, selection of children and teenagers for annual and multi-year preparatory training, and the selection of talented young people and their orientation in the field of history. the priority tasks of highly qualified athletes in our country are defined in these decrees. Of course, the mental maturity of our youth today is due to the high level of physical, psychological and functional 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. In order for the population, especially the youth, to regularly engage in physical education and sports, as well as the creation of a legislative system to improve their health, and through this, the issue of improving the scope of activities has been in the main attention of our state. Including the Law of the Republic of Uzbekistan on September 5, 2015 "On Physical Education and Sports", the President of the Republic of Uzbekistan dated June 3, 2017

Resolution No. 3031 on measures to further develop physical education and mass sports, Resolution No. 5924 on measures to further improve and popularize physical education and sports dated January 24, 2020 The decree is an important factor in the 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, and raising a mature generation is defined as one of the priorities of the state policy. In a short period of time, large-scale practical actions carried out 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 are Olympic Games, could participate in 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 farmers 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 demands on the physical education process established in our society, and as a result of the implementation of these students, the objective characteristics of the physical education system are revealed. The all-round physical fitness and well-developed physical qualities of the people of our country serve as an indicator of their 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 degree 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 society members 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 and people were proud of their wrestlers and physically fit 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, the infrastructure of the field of physical education and sports in our country has fundamentally changed. 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 specialized in many types of sports were opened in all regions. Our athletes are successfully participating in prestigious international competitions, Asian and world championships, Summer Olympics and Paralympics, spreading the fame of our country to the whole world. 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 radically improve state management of physical education and sports" Uzbekistan was transformed into a state university of physical education and sports. The title of "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 on 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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