

Eurasian Journal
of Humanities and
Social Sciences



The Development of Sports in the Healthy Upbringing of the Younger Generation

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Abstract

This article provides information on the legal framework for the development of sports in the Republic of Uzbekistan and reforms in the field of physical culture and sports in our country.

Keywords:

"President's Cup", concept, "Umid Nihollari", "Barkamol Avlod", "Universiade", Olympic places, session.

Promotion of physical culture and sports in our country is one of the important directions of social policy. Because sports promote a healthy lifestyle in society by improving the health of the population, educating the younger generation in a healthy and harmonious way. Various diseases prevent harmful habits among young people. Sport also plays an important role in shaping high culture and patriotism. The achievements in this area will introduce the country to the world and make all our compatriots proud.

In order to raise the popularity of physical culture and sports in the country, to develop the movement of physical culture, to revive the national games, to form a healthy lifestyle, to train talented athletes in modern sports and to improve their sports skills. Many decrees and resolutions adopted by the First President of our country Islam Karimov have played an important role in the promotion and development of sports in our country.

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, ministries, departments, the National Olympic Committee (NOC), national sports federations and forms of ownership. and was given the status of a coordinating body for the work of various organizations, regardless of departmental subordination, as well as a supervisory body over all physical education and sports organizations.

The Decree of the President and the Resolution of the Cabinet of Ministers "On measures to encourage students and youth of Uzbekistan" aimed at demonstrating the talents and creative abilities of students in sports were important. In particular, since 1993, talented young athletes have been granted preferential access to the Institute of Physical Education and its faculties.

During the years of independence, a lot of work has been done in this direction. The necessary conditions have been created for the population, especially the younger generation, to engage in regular physical culture and mass sports. Modern sports complexes have been built in cities and villages. The Umid Nihollari, Barkamol Avlod and Universiade competitions have become a means of introducing young people to mass sports and a healthy lifestyle.

A continuous system has been created for the selection of talented children and the training of professional athletes. Boys and girls with outstanding abilities in secondary schools and children's sports complexes are enrolled in children's and youth sports schools and sports colleges and are brought up on the basis of professional approaches. He is improving his skills in universities and training camps.

As a result, our athletes are demonstrating the potential of our people to the world, winning high victories in prestigious competitions around the world. In particular, our athletes won 13 medals at the 2016 Olympic Games in Brazil and 31 medals at the Paralympic Games, achieving the highest results in the history of sports in our country.

The decree of President Shavkat Mirziyoyev dated February 15 this year "On measures to further improve the management system in the field of culture and sports" marked a new era in the development of sports in our country. According to the decree, the State Committee for Physical Culture and Sports of the Republic of Uzbekistan was established. Involvement of the general population in sports, upbringing of a physically healthy generation, development of sports industry and infrastructure, holding of mass sports events and competitions in cities and districts, National Olympic Committee, sports federations and associations. Its main tasks are to select, train and improve the skills of talented athletes, train personnel, introduce modern technologies in the field and expand international relations.

The executive office of the Children's Sports Development Fund of Uzbekistan under the Ministry of Public Education of the Republic

of Uzbekistan, about 300 sports educational institutions have been transferred to the State Committee.

Ensuring the physical and spiritual well-being of the younger generation in our country, striving for a healthy lifestyle and developing a love of sports, creating a material base of children's sports in the field, creating a material base of children's sports in populated areas, as well as providing sports equipment. In order to further intensify its work, in 2002 the Fund for the Development of Children's Sports of Uzbekistan was established. The President of the Republic of Uzbekistan was elected Chairman of the Board of Trustees of the Fund. The Chairman of the Supreme Council of the Republic of Karakalpakstan, khokims of regions and the city of Tashkent have been appointed chairmen of the boards of trustees of regional branches.

The Council for the Development of Physical Culture and Mass Sports was established to study and analyze public opinion on the effectiveness of the development of physical culture and mass sports, to develop proposals for improving the work in this area.

In addition, the first World Championship in Uzbek wrestling, boxing, freestyle wrestling, Greco-Roman wrestling, Asian championships in chess, powerlifting and sambo, tennis, wrestling, karate, freestyle and Greco-Roman wrestling, chess and traditional major international tournaments are held in many other sports.

Great work has been done in our country to develop the material and technical base of physical culture and sports. In particular, a number of sports complexes meeting international standards have been built in Tashkent, Namangan, Jizzakh, Fergana, Bukhara, Khorezm, Andijan, Samarkand, Gulistan and other cities. . By 2000, the number of sports facilities in the country reached 7,407, an increase of 19% compared to 1992. During their construction, especially complex sports facilities – stadiums, swimming pools – increased by 100 or 87%. In addition, the number of football fields increased by 2,114 or 37%. Most importantly, it is

commendable that all sports facilities, newly built or reconstructed, are organized on the basis of modern projects, oriental style and high efficiency, equipped with facilities that allow to acquire technical skills in all sports.

Representatives of physical culture and sports have been established in 201 districts (cities) within the territorial administration. In these areas, the full implementation of state policies, decrees and decisions in the field, plays an important role in the development of sports from the grassroots.

In addition, this year more than 20 other documents in this area - decrees and resolutions of the President, resolutions of the Cabinet of Ministers have been adopted. This is a sign of the state's attention to the development of physical culture and sports.

As a result of the reforms carried out under the leadership of our President, there have been qualitative changes in the industry. So far this year, our athletes have won 483 gold, 394 silver, 536 bronze medals, a total of 1,413 medals at local and international sports competitions.

Our country has successfully hosted international competitions. At the Asian Boxing Championship in Tashkent in May, our athletes won gold medals in nine out of ten weight categories.

The head of our state has carried out certain tasks on training, retraining and advanced training in the field of physical culture and sports.

The Uzbek State Institute of Physical Culture, which is the main educational institution in this area, has been moved to Chirchik. As a result, the institute has the necessary infrastructure for the training and education of qualified athletes and coaches, as well as the opportunity to build a modern sports camp. The institute has also introduced distance learning from the 2017/2018 academic year.

A center for scientific and methodological support, retraining and advanced training of specialists in physical culture and sports has been established at the Uzbek State Institute of

Physical Culture. To date, the center has trained more than 800 employees.

Tasks were also given and implemented to further improve the activities of the institute, the introduction of new innovative technologies in the educational process, the establishment of special laboratories for scientific research. - The need to develop a program for 2018-2020 on the basis of scientific achievements.

The Resolution of the President of the Republic of Uzbekistan dated June 3, 2013 "On measures to further develop physical culture and mass sports" was another important document in this area. With this decision, a program for the further development of physical culture and mass sports in the Republic of Uzbekistan was adopted. The program envisages spending more than 995.2 billion soums for the further development of physical culture and mass sports in 2017-2021, 167 sports facilities, including 90 sports complexes and 77 swimming pools to strengthen the material and technical base of sports schools. construction, reconstruction, overhaul, equipping and re-equipment.

This year, 153 playgrounds have been repaired, 232 modern playgrounds and a sports complex specializing in Olympic and national sports have been commissioned in Nukus.

It was noted that it is necessary to increase the efficiency of the use of sports complexes, to attract more young people to them. The cooperation of sports schools, republican schools of higher sports and sports federations in the discovery of talented young people, as well as the lack of selection work, was criticized. Instructions were given to create a clear and transparent mechanism and cover all areas.

In short, advocacy in the physical culture and sports movement is becoming the most important and influential event in terms of its content, essence and scope.

The power and social-educational significance of propaganda in the deepening of physical culture and sports, national games and tourism in the daily life of the population is felt.

It is a requirement of the time to promote the main directions of physical culture and sports in a more comprehensive and effective way in achieving the physical perfection of future generations. For this reason, young professionals, scientists, educators, especially masters and students must be directly involved in such a large-scale, multifaceted advocacy work, constantly improving their theoretical knowledge and practical skills.

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