



CENTRAL ASIAN JOURNAL OF LITERATURE, PHILOSOPHY AND CULTURE

eISSN: 2660-6828 | Volume: 03 Issue: 12 Dec 2022
<https://cajlp.ccentralasianstudies.org>

Problems of Development of Physical Culture and Sports after Independence

Xojimurodova Mahliyoxon Kenjavoy qizi, Inomov Faxriddin O'rmonjonovich

*Teacher of Kokan State Pedagogical Institute, Uzbekistan
xojimuratovamaxliyoxon91@gmail.com, faxridininomov72@gmail.com*

Alisherova Mohiraxon Axrorjon qizi

*Student of the Faculty of Physical Culture of the Kokan State Pedagogical Institute
alisherovamohira@gmail.com*

Received 12nd Oct 2022, Accepted 11st Nov 2022, Online 14th Dec 2022

ANNOTATION

This article strengthens knowledge about the history of physical culture and sports in Uzbekistan and provides theoretical and practical knowledge for the next generation of young athletes. Exercise has been shown to prevent many diseases in humans as a result of physical inactivity.

KEYWORDS: Physical Education, Health, Sports, Olympic Games, Education, Movement Skills, Sports Facilities, Stadiums, Playgrounds, Gymnasiums, National Gene Fund, National Olympic Committee.

Physical education - based on its name, it means "I train the body", to improve the human organism morphologically and functionally, to form the basic movement skills, skills, and knowledge related to them, which are important for his life. and is a pedagogical process aimed at improvement. Education means the process of influencing a person with a certain goal and aimed at developing his abilities in accordance with the goal, achieving high dreams in social-political and moral-aesthetic ideals, as when he was brought up. Education is the sphere of cultural activity of people, the method of mastering that culture, improving its achievements and passing it on from generation to generation.

Physical education is also considered a pedagogical system of human physical development. In the process of physical education, a system of physical exercises specially developed and applied in advance is used, with the addition of the health-giving forces of nature and hygienic factors. The use of special knowledge for the formation of movement skills and abilities, the development of movement qualities, and the improvement of a comprehensively morphofunctionally developed organism meets the requirements of society. In other words, physical education takes over the physical development and acquisition of physical knowledge of people as a pedagogical process. Physical education is the main educational process that trains the human body, normalizes the functioning of all organs, corrects the height and weight, and relieves excess weight. In our country, it has been proved in practice and in theory that physical education is a cure for thousands of ailments

and has a strengthening effect on human life and health. The 21st century is the age of technology, and you don't even have to try too hard to turn on the TV. As a result of lack of mobility in people, many diseases began to appear.

All people spend most of their time in mental work. Chronic, excessive work without mental stress and physical training leads to severe functional disorders in the body, decrease in working capacity and early aging. Harmonization of work and rest, normalization of sleep and nutrition, giving up bad habits, systematic physical training increases mental and emotional stability of a person. Any physical exercise increases the activity of metabolic processes. The role of physical education is important at all stages of education, and the joint process of education and physical education ensures educational efficiency as well as work productivity. Promotion of sports in the form of advertising is well underway in large sports facilities, stadiums, playgrounds, sports halls. Promotional work in physical education and sports is becoming the most important and prestigious event in terms of its content, essence and scope. Mahmud Koshgari's work "Devonu Lugotit Turk" contains information about more than 100 folk games. "Alpomish" is an Uzbek folk heroic epic, Alisher Navoi's "Farkhod va Shirin", Zayniddin Vasifi's "Badoye ul-vaqaye" ("Rare events"), Babur's work "Boburnoma" is a story of various examples of physical, martial exercises, and strength debates. will be done. The great encyclopedist Ibn Sina concludes in the final part of the first book "The Laws of Medicine" that the correct use of the following seven aspects preserves and strengthens health.

Of these:

- 1) keeping the client moderate;
- 2) choosing what to eat (food);
- 3) body hair removal;
- 4) make the air drawn into the nose sufficient and good;
- 5) to maintain the correct height;
- 6) make clothes comfortable;
- 7) is to normalize physical and mental movements

The characteristic feature of Ibn Sina's thoughts in the field of physical culture is that he considered this issue not in isolation from other aspects of human activity, but in close connection with all human activities. Because Ibn Sina emphasized that physical education should be carried out in accordance with the age, strength and life experience of the child, that physical exercises not only strengthen the human body, but also greatly help the formation of the human spirit and the growth of mental abilities. The importance of developing a healthy lifestyle, improving the health of the nation's gene pool, and developing a healthy generation of physical education and sports is one of the priorities of the state policy. In a short period of time, large-scale practical efforts in this field began to bear fruit. It is known that the sport of our country was 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 could participate in the Olympic Games, prestigious world and European competitions. The main focus was not on the training of qualified athletes from the local population, on popularizing physical education, but on inviting athletes from other republics and getting specific 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. This opinion is clearly confirmed by the fact that not a single large sports facility meeting the requirements of world standards was built in Uzbekistan until 1991, and even the city of Tashkent did not have a sports complex that met these requirements. Before independence, Uzbekistan was almost closed to the international sports community. With the exception of junior football and tennis tournaments with the participation of athletes from former socialist countries, almost no international competitions were held in our country..

In order to eliminate existing problems in Uzbekistan, from the first days of independence, the organizational foundations of physical education and sports management were improved, the National Olympic Committee of Uzbekistan, sports federations were established; physical training - rehabilitation, mass sports activities and national types of sports were developed, the system of providing funds for physical training and sports was improved, the material and technical base of physical training and sports was strengthened, according to the national educational program, physical education and training and retraining of personnel in the field of sports is being carried out.

On January 14, 1992, the Law "On Physical Education and Sports" was adopted as the legal basis for the development of physical education and sports in the country. As a result of the global expansion of the international Olympic movement, the development of physical education and sports in Uzbekistan, especially as a result of our republic gaining independence and being recognized as a state, the National Olympic Committee of Uzbekistan was established on January 21, 1992, and the same year the International Olympic Committee Officially became a member of the IOC. At the first founding session of the National Olympic Committee of the Republic of Uzbekistan, the Charter of the National Olympic Committee was also adopted, and later it was revised based on the Charter of the International Olympic Committee and the experience of the National Olympic Committee, and it was partially revised. changes have been made.

The Ministry of Physical Education and Sports is a state management body that implements a unified state policy in the field of physical education and sports in the Republic of Uzbekistan and coordinates the activities of state management bodies in the field of physical education and sports. The Ministry was established on March 5, 2018 in accordance with the decision of the President of the Republic of Uzbekistan "On the establishment of the Ministry of Physical Education and Sports of the Republic of Uzbekistan" No. PQ-3583.

In a short period of time, the scope of work carried out in the field of sports, the experience of Uzbekistan in this field was recognized in the world, and the first President of the Republic of Uzbekistan, Islam Karimov, was awarded the International Olympic Games in 1996 for his great contribution to the development of physical education and sports, as well as to the International Olympic Movement. was awarded the highest award of the committee - the Golden Olympic Order. On the initiative of the President of Uzbekistan, the "Olympic Glory" museum was established in Tashkent in 1996, and the President of the International Olympic Committee Kha.A. Samaranch participated in its opening ceremony. One of the biggest achievements of Uzbekistan in the field of sports is related to the promotion of national wrestling to the world level. Currently, wrestling federations have been established in 120 countries of the world.

In Uzbekistan, great attention is paid to the moral and material stimulation of the work of athletes and coaches, and the honorary titles "Honored sports teacher of the Republic of Uzbekistan" and "Honored athlete of the Republic of Uzbekistan" have been established. Also, on the initiative of the President of the Republic of Uzbekistan, the honorary title "Pride of Uzbekistan" was established, which is given to athletes who won prizes in the Olympic Games and world championships. The President of the Republic of Uzbekistan implemented a number of measures to fully support athletes of the country who achieved high results in the

Olympic Games and world championships. 2021 Tokyo 2020 Olympiad champions will be awarded 40,000 US dollars, bronze medalists will be awarded 20,000 US dollars. Also, every athlete participating in the Olympics will be encouraged with a cash prize of 5 thousand US dollars. Earlier, a 4-square-meter, 3-room house and a Tahoe car were handed over to athletes who won a gold medal at the Olympic Games. Also, according to the presidential decree, each of them was given a reward of 200,000 US dollars. Also, the bronze medalists were given a 2-bedroom house and Trailblazer cars. These athletes were awarded a prize of 50,000 US dollars by presidential decree. Through such encouragement, the aim is to educate the young generation in a more healthy and well-rounded manner by popularizing physical education and sports in our country.

In conclusion, it should be said that the rapid development of local sports creates the basis for the regular increase in the number of participants and the organization of various competitions that involve the population in a mass way. In the decision of the President of the Republic of Uzbekistan dated November 5, 2021 "On the program for the development of the activities of sports-educational institutions until 2025", we can see today's attention to Olympic sports. Through these competitions, students and youth, disabled people, workers and employees, representatives of the population belonging to all social strata were attracted to sports. Education of the young generation in the spirit of playing sports, following a healthy lifestyle, striving for spiritual and physical maturity, love for the Motherland, and pride in one's country was defined as the main direction. In order to ensure the development of children's mass sports in Uzbekistan, the establishment of local sports institutions, the establishment of new sports clubs, their provision with appropriate equipment and qualified sports coaches, physical education and sports the number of children and teenagers engaged in is growing year by year. International sports events were not held in Uzbekistan until independence, but in recent years, our republic has gained fame as a country capable of holding the largest international competitions at a high organizational level. "In the conditions of the pandemic, it is in our hands to create immunity against the COVID-19 coronavirus infection, it is our most honorable task to strengthen the health of the citizens of our country by promoting mass training and strengthening their health"¹ Construction of modern sports facilities gives the opportunity to hold the largest international competitions in our country.

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