

Development and Popularization of Sports and Physical Education in Uzbekistan

Rahimov Abdumalik Abdusattorovich

Associate Professor of the Department of "Physical Culture and Sports Activities" of the Tashkent Financial Institute

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ABSTRACT

Great attention is paid to the development and popularization of sports and physical education in Uzbekistan. In the years of independence, an effective system of training professional athletes, coaches and referees was established in our country. The implementation of these tasks serves in every way to establish a healthy lifestyle in our country, educate well-rounded young people, and further develop physical education and sports.

The Law of the Republic of Uzbekistan on "Physical education and sports" and other laws and regulations aimed at wide involvement of the population, especially young people, women and children in physical education and sports are an important legal basis for the reforms being implemented in this regard. In the

Young boys and girls who are specialists in individual and game directions show their unique preparation and excellent skills at representative forums and clearly confirm that they represent a country with a rich sports tradition. The effect of the implemented measures can be seen in the growing number of our compatriots who are engaged in sports and win prizes in various international tournaments.

From the 1996 Atlanta and 2012 London Olympics, from the 1994 Winter Olympics in Lillehammer to the 2014 Winter Olympics in Sochi, our athletes won 6 gold, 5 silver and 10 bronze medals.

In 2014, our athletes adequately defended the country's honor at the 17th Summer Asian and II Para-Asian Games held in Incheon, South Korea. At the 2014 Asian Games, 61 Uzbek athletes were among the prize winners, and at the Para-Asian Games, our compatriots climbed to the top of the podium 22 times. In addition, 15 of our Paralympic athletes received a license for the 15th Paralympic Games to be held in Rio de Janeiro in 2016.

Today, the names of such well-known and talented athletes as judoka Rishod Sobirov, canoeist Vadim Menkov, wrestler Artur Taymazov, tennis players Denis Istomin and Nigina Abduraimova, swimmer Sergey Pankov, gymnast Ulyana Trofimova, Oksana Chusovitina, athlete Akhdilovil, boxer Elshod Rasulov, taekwondo player Dmitry Shokin, of course, FIFA referee Ravshan Ermatov and others glorified Uzbekistan beyond their borders.

The main work on the development of sports in our country is carried out by the Ministry of Culture and Sports Affairs. The National Olympic Committee of Uzbekistan (NOC) is carrying out extensive work to further develop the Olympic movement and ensure the participation of local athletes in international competitions. In 1993, NOC became a member of the International Olympic Committee.

Training of physical education teachers and coaches has been started at the State Institute of Physical Education of Uzbekistan. About 2,000 students study every year.

In order to train high-class athletes, the work of improving the material and technical base necessary for the formation of future champions is being continued consistently. In particular, on the basis of the "Universal" sports palace, the Republican specialized Olympic reserve children's and youth sports school for rhythmic gymnastics was established. The Central Asian Judo Center, the National Boxing Center and the sports complex of the Taekwondo Association were built. The established sports infrastructure of Uzbekistan has become a venue for major international competitions such as boxing, taekwondo, wrestling, fencing and other sports on a global and Asian scale.

In our country, great attention is being paid to the selection of talented young athletes from among the trainees of sports clubs and teams and the creation of necessary conditions for strengthening the sports reserve on the basis of the organization of trainings for improving sports skills, further development of the general education school. Sports and Olympic reserve colleges.

In this regard, Uzbekistan's policy of wide involvement of children in sports is of particular importance. It is rightly accepted as the basis of a healthy and mature generation. In our country, a unique system of three-stage sports competitions - "Sprouts of Hope", "Barkamol Avlod" and "Universiada" - has been created among pupils and students, which make an incomparable contribution to the education of talented and talented athletes. the name of his country in international sports competitions and the Olympic Games.

In 2002, in accordance with the Presidential Decree, the establishment of the children's sports development fund was an important step in the development of children's sports. The main task is to support the implementation of the state policy in the field of physical education and sports among children, to arouse interest in sports in the younger generation, to protect young people from various harmful effects, and to educate them in the spirit of patriotism.

Since the establishment of the fund, more than 1,700 children's sports facilities have been built and commissioned in the capital and regions. All of them are equipped with modern sports facilities. 95300 sports sections continue to operate. In 2014, 9,500 sports events were held in the country, about 7,000 of them in rural areas. 1.8 million teenagers participate in them.

The development of children's sports in Uzbekistan is giving decent results. In particular, in 2010, the U-16 national football team won the silver medal of the Asian Championship, and a year later they entered the top eight teams of the U-17 World Championship held in Mexico. In 2012, the U-16 national team of Uzbekistan achieved great success after winning the Asian Championship.

Our girls won 4 gold, 1 silver and 2 bronze medals at the synchronized swimming competitions held in Malaysia in 2012. Boys' and girls' teams of Namangan region won the first place in the international water polo competition held in Malaysia.

Shahida Zohidova, Sevara Bobokulova and Gulsanam Yoldosheva won the silver medal in synchronized swimming at the Asian Championship held in Indonesia.

Nine-year-old chess player Nodirbek Abdusattorov won the World Rapid Chess Championship in Maribor (Slovenia), where 126 players from 2,600 countries participated.

In 2013, Nafisa Mominova became the first female chess player from Uzbekistan to receive the title of International FIDE Grandmaster. His amazing success entered the history of national sports.

Dilshod Choriev and Ramziddin Saidov won gold medals at the Asian Judo Championship.

2014 was the most successful year. In August, the II Summer Youth Olympic Games were held in Nanjing, China, in which more than 200 athletes from more than 3500 countries took part. Our athletes won 4 gold, 3 silver and 3 bronze medals.

Three athletes from Uzbekistan won gold medals at the World Championship in universal wrestling held in Russia in September. Davron Salimov became the winner of the World Championship in hand-to-hand combat. The men's and women's national teams of Uzbekistan in water polo became the strongest in the international tournament held in Thailand. Nine-year-old Javahir Sindarov became the world chess champion in Brazil. Eight-year-old Zarguna Ahrorkulova won the World Karate Championship in Minsk. The list of "gold" can be continued.

In general, the number of medals won by young athletes has been steadily increasing in recent years. In 2005, young athletes from Uzbekistan won 18 medals (5 gold, 6 silver, and 7 bronze), and in 2010, 155 (82 gold, 41 silver, and 32 bronze) medals. last year they were awarded 391 medals (126 gold, 105 silver and 160 bronze).

From March 28 to April 7, 2015, an international football tournament among children's teams was held in Sochi, in which the teams of Uzbekistan took the first two places.

More than 1,800 representatives from 53 countries took part in the VI Karate-do World Championship held in Georgia on May 1-3, 2015. Our karatekas won 8 different medals.

From June 25 to July 2, an international rhythmic gymnastics competition was held in Abruzzi, Italy, and representatives of Uzbekistan were awarded 8 medals.

Young athletes achieved great victories thanks to the significant contribution of their coaches. In Uzbekistan, efforts are being made to train trainers, especially among women. An effective system of promoting their work has been created. In 2015, the number of coaches increased by almost 1.8 times compared to 2003, including the number of female coaches by almost 6 times. At the same time, the composition of professional coaches and teachers has changed in terms of quality - about half of them have specialized higher education.

The work being carried out on the development of sports in Uzbekistan is recognized in the world. Heads and representatives of the Asian Olympic Council, Asian Paralympic Committee, weightlifting, boxing, fencing, athletics and gymnastics international federations, International Wrestling Union, Asian Taekwondo Union, World Anti-Doping Agency visited our country in 2013-2014. highly appreciated the measures implemented for the development of games. Movement in Uzbekistan.

The President of Uzbekistan was awarded a medal of the International Olympic Committee for his great achievements in the development of sports and the Olympic movement. Islam Karimov was also awarded by the Olympic Council of Asia for his great contribution to the development of football in our country and in Asia.

Athletes from 200 countries participated in the 2016 Rio Olympics. At the Olympics, representatives of only 87 countries won medals, athletes from 59 countries won gold medals. Uzbek athletes who won 13 medals took 21st place in terms of the total number of medals. The sports delegation of Uzbekistan finished the competition fourth in Asia, second in the CIS, and first in Central Asia.

Our boxers have won 3 gold, 2 silver and 2 bronze medals, surpassing countries with developed boxing culture such as Cuba, the USA, Great Britain, and Russia, and have taken the lead in the boxing medal table.

Thus, thanks to the large-scale changes implemented in our country, sport has become one of the most influential spheres of activity, especially among young people. The name of the talented representatives of Uzbekistan, who won prestigious international awards, is etched in the history of national and world sports.

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