

# The Role of Sport in the Physical Education of Youth in Uzbekistan

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## ABSTRACT

This article provides information about the role of sports in the education of the younger generation in Uzbekistan and reforms in the field of physical culture and sports.

**KEYWORDS:** "President's Cup", the concept, "Umid Nihollari", "Harmonious generation", "Universiade", Olympia, session

In order to raise the popularization of physical culture and sports in the republic to a higher level, the development of the movement of physical culture, the revival of national people's games, the formation of a healthy lifestyle, the training of talented athletes in modern sports and improving their sports skills, the First President of our country Islam Karimov adopted numerous decrees and resolutions aimed at popularizing sports in our country. Since the first days of independence, our country has formed a certain legal framework for carrying out specific reforms in this area.

In particular, the resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On the organization of the activities of the Fund for the Development of Children's Sports of Uzbekistan", the order of the Ministry of Public Education of the Republic of Uzbekistan "On improving the staffing of children's and youth sports schools", the Decree of the President of the Republic of Uzbekistan "On approval of the budget of the Fund for the Development of Children's Sports and the targeted program for the construction of children's sports facilities" for 2007 Ministry of Physical Culture and Sports of the Republic of Uzbekistan. Adoption of official regulatory documents, such as the resolution of the Cabinet of Ministers "On the organization of the activities of the Fund for the Development of Physical Culture and Sports under the President of the Republic of Uzbekistan", the resolution of the President of the Republic of Uzbekistan "On measures for the further development of physical culture and mass sports", led to the education of young people in mahallas and on the streets in all regions of the country, Uzbek national sports games and the formation.

One of the first works of the First President of the Republic of Uzbekistan Islam Karimov in the first years of independence to popularize Uzbekistan and Uzbek sports in the world was the opening of the international tournament "President's Cup" in Tashkent on August 29, 1995.

On March 5, 2018, the Decree of the President of our country Shavkat Mirziyoyev "On measures to radically improve the system of public administration in the field of physical culture and sports" was adopted. In accordance with the decree, the Ministry of Physical Culture and Sports of the Republic of Uzbekistan was established on the basis of the previously existing State Committee and its territorial divisions, its functions and powers were expanded. On September 20, 2018, the Head of state held a meeting

dedicated to the development of the sphere of physical culture and sports. It was noted that the introduction of a new system to improve the selection and selection of athletes gave its first results.

We are proud of our athletes who have made a great contribution to increasing the authority and authority of Uzbekistan in the international sports arena. At the same time, not limited to achievements in higher sports, we must pay great attention to mass sports, [1] - President of the Republic of Uzbekistan Shavkat Mirziyoyev said at this meeting.

Before independence, Uzbekistan was closed to the international sports community. There were practically no international competitions in our country, with the exception of football and tennis tournaments among young men with the participation of athletes from former socialist countries.

The oppressive policy also left its complications in the field of physical culture and sports, which were especially manifested in:

1. In Uzbekistan, physical culture and sports work is established at a low level compared to the central republics, the local population was not massively involved in the sports movement, there was no clear and purposeful work to train highly qualified athletes from them.
2. Works on the development of sports networks, construction of sports facilities, expansion and financing of the material and technical base of sports in general were carried out only with the consent of the center, to a limited extent.
3. Despite the fact that training of personnel with higher and secondary education was established for the industry, national sports personnel were forced to pass various artificial barriers and qualifications at competitions.

Immediately after independence, in January 1992, the law "On physical culture and sports" was adopted, which became the legal basis for the development of physical culture and sports in the country.

In the short term:

- improved organizational foundations of physical culture and sports management;
- The National Olympic Committee of Uzbekistan, Sports Federations have been established; physical education, recreational, mass sports work and National sports have been developed;
- the material and technical base of physical culture and sports has been strengthened; training and retraining of personnel in the field of physical culture and sports is carried out according to the national educational program[2].

In order to ensure the physical and spiritual perfection of the younger generation, develop the desire for a healthy lifestyle and love of sports, create a material base for children's sports in the field, create a material base for children's sports in settlements, as well as further intensify work on providing sports equipment and inventory, the Fund for the Development of Children's Sports of Uzbekistan was established in 2002. The President of the Republic of Uzbekistan was elected Chairman of the Board of Trustees of the Foundation. The chairmen of the boards of trustees of regional branches were appointed Chairman of the Zhukori Kenes of the Republic of Karakalpakstan, the khokims of the regions and the city of Tashkent.

In order to organize mass, continuous involvement of students in sports, a resolution of the Cabinet of Ministers of the Republic of Uzbekistan "on the organization of a system of continuous sports competitions aimed at attracting students and students to sports" was adopted in 2003. Based on this resolution, the country has defined a plan for holding the final stages of competitions in the regions for students of secondary schools, academic lyceums and professional colleges, as well as students of higher educational institutions "Umid Nihollari", "Barkamol Avlod", "Universiade".

Given that regular physical education and sports play an important role in improving the health of the population, especially the younger generation, special attention is paid to this area.

President of the Republic of Uzbekistan Shavkat Mirziyoyev is taking a number of measures to develop the sports sphere in our country, as a result of which the Uzbek national sports team takes high places in Asian and world competitions. In this regard, on February 15, 2017, it was decided to create a management system in the field of culture and sports.

The Decree of the President of the Republic of Uzbekistan On measures for further improvement has been published.

In accordance with paragraph one of this Decree, abolish the Ministry of Culture and Sports of the Republic of Uzbekistan and on its basis:

- Ministry of Culture of the Republic of Uzbekistan;
- To form the State Committee of the Republic of Uzbekistan on Physical Culture and Sports[3].

The Decree of the President of the Republic of Uzbekistan defines the main tasks and activities of the State Committee of the Republic of Uzbekistan on Physical Culture and Sports.

On October 31, 2017, under the chairmanship of the President of the Republic of Uzbekistan Shavkat Mirziyoyev, a meeting was held on improving the management system in the field of physical culture and sports, the development of mass sports, the selection and education of talented athletes, strengthening the industry with qualified personnel and the construction of modern sports facilities.

At this meeting, the President of our country Shavkat Mirziyoyev spoke, who in his speeches noted that large-scale work has been carried out in this direction over the years of independence. The necessary conditions have been created for systematic physical culture and mass sports of the population, especially the younger generation. Modern sports complexes have been built in cities and villages. Competitions "Umid nihollari", "Barkamol avlod" and

"Universiade" have become a means of introducing young people to mass sports, a healthy lifestyle.

An uninterrupted system of selecting talented children and training professional athletes has been created. Boys and girls who have distinguished themselves in classes in secondary schools and children's sports complexes are accepted into children's and youth sports schools, sports colleges and are brought up on the basis of professional approaches. As a result, athletes of our country win high victories at prestigious international competitions, demonstrating the potential of our people to the whole world. In particular, in 2016, our athletes won 13 medals at the Olympic Games in Brazil and 31 medals at the Paralympic Games, which is the highest result in the history of domestic sports [4].

The Decree of the President of the Republic of Uzbekistan "On measures for the further development of physical culture and mass sports" dated June 3, 2017[5] has become another important document in this area. This resolution adopted a program for the further development of physical culture and mass sports in the Republic of Uzbekistan. The program provides that more than 995.2 billion soums will be allocated for the further development of physical culture and mass sports in 2017-2021, and 167 sports schools will be allocated to strengthen the material and technical base of sports schools, construction, reconstruction, overhaul, equipping and re-equipment of 90 sports complexes and 77 swimming pools.

Within the framework of the program, 153 playgrounds have been repaired this year, 232 modern playgrounds, a sports complex specializing in Olympic and national sports in the city of Nukus have been put into operation. The meeting also noted the shortcomings made in this direction. In particular, the delay in the construction and reconstruction of 39 sports facilities at the expense of the Children's Sports Development Fund, the delay in equipping swimming pools with modern equipment was criticized. Instructions have been given to eliminate these shortcomings and complete construction work by the end of the year.

The necessity of increasing the efficiency of the use of sports complexes, wider involvement of young people in them was noted. The cooperation of sports schools, republican schools of higher sports skills and sports federations to identify talented youth, the establishment of breeding work at the proper level was criticized. Instructions are given to create a transparent mechanism and cover all regions.

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