



DEVELOPMENT OF PHYSICAL TRAINING AND SPORTS IN THE REPUBLIC OF UZBEKISTAN

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ANNOTATION

This article provides information on the ways of rapid development of physical culture and sports in the Republic of Uzbekistan, its existing problems, future directions of development.

Keywords: *innovation, competitiveness, economic reform, sports, healthy lifestyle, selection, system, innovative forms, information technology.*

INTRODUCTION

Economic reforms in the Republic of Uzbekistan must be comprehensive and in line with world standards, the development of the country's economy based on well-thought-out and clear facts. One of the most important sectors of the country's economy is the rapid development of physical culture and sports in the country. In recent years, the work on popularization of physical culture and sports in our country is in full swing. Accelerated development of the industry is required in the implementation of such activities as the promotion of healthy lifestyles among the population, the restoration of human health through physical education and the prevention of emerging diseases.

In recent years, the country has been taking consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for physical rehabilitation of people with disabilities and ensure the country's worthy participation in international sports. At the same time, it is necessary to implement specific programs to strengthen the health of the population in the field of physical culture and sports, attract young people to sports and select talented athletes, form national teams with skilled athletes and coaches. There is a need to create conditions [1].

MAIN PART

Consistent measures are being taken to ensure the country's worthy participation in international sports arenas. At the same time, the wide implementation of targeted state programs that help strengthen the health of the population through physical culture and sports, the wide involvement of the younger generation in sports and the selection of truly talented athletes, prevention of localism and familiarity, sports It is necessary to involve talented athletes in the formation of the national team, as well as not to create a basis for the development of a monopoly of talented athletes. In carrying out such work, the industry will need to widely introduce innovative forms and methods. It is necessary to select talented young people, that is, to open a wide way for selection work in the country.

In the concept of development of physical culture and sports in the Republic of Uzbekistan until 2025, a number of practical work on the development of the industry is planned. Increase the total number of people regularly engaged in physical culture and sports in the country to 30%, the total number of young people engaged in sports organizations and institutions to 20%; the quality of coaches and specialists in public sports education institutions, in particular, the number of employees with higher education, should be gradually increased to 80%; Development and implementation of an effective and transparent four-stage system of organization-district (city) -regional-republican selection of talented athletes among young people on the ground;

As a result of identifying talented athletes and creating a reserve for youth national teams by organizing "Children's Sports Games" among students and athletes of sports schools under the Ministry of Physical Culture and Sports of the Republic of Uzbekistan and organizing "Student Sports Games" among students of higher education institutions engagement; In order to popularize physical education among the general population, including high school students, students of professional and higher education institutions, to identify talented people, the festival "Secondary school sports", the competition "Institution with advanced physical training" (district / city, region, republic) and introduce the nomination of the best secondary school, professional and higher education institution with a developed level of physical fitness.

RESULTS AND DISCUSSION

The concept of development of physical culture and sports in the Republic of Uzbekistan until 2025 defines the goals, objectives and main directions of long-term development of state policy in the field of physical culture and sports, including:

- Achieving improved health of the country's population by 2025;
- strengthening the number of children and youth sports schools and the material and technical base of sports education institutions and increasing the effectiveness of their financial support;
- increase the total number of citizens, pupils and students who are regularly engaged in physical culture and sports;
- to increase the weekly movement of the population through the organization of various mass sports events among employees of government agencies, enterprises and organizations and the population;
- Ensuring the successful participation of national sports teams of Uzbekistan in the Olympic and Paralympic Games, world and continental sports competitions;
- Gradual increase in the quality of coaches and specialists in sports education institutions, in particular, the number of employees with higher education;
- Gradual implementation of the system of membership in the education and employment of young people on the principle of "educational institutions - sports school - higher sports" and the process of training and selection of talented young athletes;
- introduction of other modern methods and directions in the field of sports;
- creation of a competitive environment in the system of physical culture and sports through the development of public-private partnership;
- introduction of a sports passport and the application of a system of regular maintenance in order to form a single database of athletes who are regularly engaged in the sport and regularly participate in sports competitions;

implementation of five initiatives, including comprehensive measures aimed at creating additional conditions for youth education;

Gradual increase in the level of remuneration, financial incentives and social protection of specialists and staff of sports educational institutions in order to increase the attractiveness of activities in the field of physical culture and sports [2].

CONCLUSIONS

Gradual implementation of the system of membership in the education and employment of young people on the principle of "educational institutions - sports school - higher sports" and the process of training and selection of talented young athletes;

introduction of other modern methods and directions in the field of sports;

creation of a competitive environment in the system of physical culture and sports through the development of public-private partnership;

introduction of a sports passport and the application of a system of regular maintenance in order to form a single database of athletes who are regularly engaged in the sport and regularly participate in sports competitions;

implementation of five initiatives, including comprehensive measures aimed at creating additional conditions for youth education;

Gradual increase in the level of remuneration, financial incentives and social protection of specialists and staff of sports educational institutions in order to increase the attractiveness of activities in the field of physical culture and sports [2]

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