

THE CONTENT OF THE SYSTEM OF PHYSICAL EDUCATION AND SPORTS OF OUR REPUBLIC

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Annotatsiya: Physical education and mass sports are recognized as one of the main directions for the organization of a healthy lifestyle for all segments of the population of our republic, and the reforms carried out in this regard in recent years are important for our developing country. This article describes the distribution of the number of sports groups (sections) in physical education, sports in our republic by region Section, their location (city and village) and the analysis of the main statistical indicators of physical education and sports based on the results of the observation of the data on the gender distribution of those who play sports in the sports section, parts.

Key words: sports section (circle), sports sections, physical education, sports, professional sports, mass sports, extreme sports, competition, national championship, sports training, sports facilities, physical health.

Аннотация: Физическое воспитание и массовый спорт признаны одним из основных направлений организации здорового образа жизни для всех слоев населения нашей республики, и реформы, проводимые в этом отношении в последние годы, важны для нашей развивающейся страны. В данной статье описано распределение количества спортивных кружков (секций) по физическому воспитанию, спорту в нашей республике по регионам раздела, их местонахождению (город и село) и проведен анализ основных статистических показателей физического воспитания и спорта на основе результатов наблюдения за данными о гендерном распределении из тех, кто занимается спортом в спортивной секции, части.

Ключевые слова: спортивная секция (кружок), спортивные секции, физическое воспитание, спорт, профессиональный спорт, массовый спорт,

экстремальные виды спорта, соревнования, чемпионат страны, спортивная подготовка, спортивные сооружения, физическое здоровье.

Introduction

Relevance. Currently, in every town, village, Ovul in our country, as well as in every neighborhood in cities, towns, villages and Ovul, there is a large-scale work on popularizing sports among the population, especially children and young people, organizing large-scale work on mass sports and wide involvement in maintaining a healthy lifestyle, attracting them to regularly engage in sports, improving and digitizing, the creation of a reserve of high-performing athletes in sports has been raised to the level of Public Policy. In addition to these, the development of sports infrastructure, including the growth of sports facilities in rural and remote areas, the development of sports marketing, the effective management of sports facilities on the basis of public-private partnerships and the gradual full digitalization of the industry, the expansion of the network of non-state sports facilities and institutions, their state support, the development of professional sports in, the introduction of modern technologies into the process of sports training, increasing the level and quality of national championships in all sports, organizing international and regional competitions, ensuring systematic measures against unhealthy sports are important for our developing state today.

At the moment, the development of professional sports in our country, including Team, winter and extreme sports, the introduction of modern technologies into the process of sports training, improving the level and quality of national championships in all sports, organizing international and regional competitions, ensuring systematic measures against unhealthy sports, The formation of a healthy lifestyle in our republic, the creation of conditions in accordance with the requirements of the time for the regular participation of the population, especially the younger generation in physical education and mass sports, the strengthening of confidence in their will, strength and capabilities in youth through sports competitions, courage and patriotism, the maturation of feelings of loyalty to the motherland, as well, large-scale work is carried out aimed at the systematic organization of the selection of talented athletes among young people and the further development of physical education and mass sports. Especially noteworthy are the high performance of representatives of our country at the Olympic Games, World Championships, Asian Games and championships, international competitions, the growing prestige and sports potential of Uzbekistan in the world, the construction of magnificent sports facilities in accordance with world templates in the regions of the Republic, the growing popularity of three-stage sports games “sprouts of Hope”, “perfect generation”, “Universiade”. At the same time, in all regions of our country, there are important and significant tasks set out to promote the importance of mass sports in the life of a

person and a family, promote physical education, sports are the basis of physical and spiritual health, protect young people who are stepping into the future with high hopes from various harmful habits, provide the necessary conditions for The further development of physical education and mass sports in all regions of the Republic, the involvement of all segments of the population, especially young people, in regular physical education and sports, and the increase in the effectiveness of the effective use of conditions created in this direction in our country are one of the goals set out.

The object of study – people who actively participate in physical education, sports training during extracurricular and extracurricular activities in sports sections and sections operating in different regions of the Republic of Uzbekistan are selected as the object of study.

The subject of the study – The main statistical indicators of physical education and Sports obtained in the sections and sections of Sports operating in different regions of the Republic of Uzbekistan on the gender distribution of those who are engaged in sports at the time of class, off-duty, and the distribution of sports facilities operating in our republic by section of Regions and their location (urban-rural) are the main subjects of the study.

Purpose of the study – Based on the information received about the gender distribution of those who are engaged in sports at the same time in the sports section and sections on physical education and sports training in our republic, in addition to work, as well as the distribution of working sports facilities in the cross-section of Regions and their location(urban-rural), the main statistical indicators of physical education and In addition, in the article, the development of physical education and mass sports and its promotion to the general public, arming all segments of the population, especially the younger generation, with healthy lifestyle skills, improving educational institutions among student-student youth, wide segments of the population, organizing physical education, mass sports activities, conducting complex sports competitions, choosing talented athletes from among young people, , it is emphasized that it is important to develop and develop continuously in this area, expand the coverage of the population living in different regions of the Republic to sports sections in all sports, and improve and ensure the material and technical base of sports facilities for all sports.

The task of the study: Based on the analysis of the data obtained on the gender distribution of those who are engaged in sports outside of class and outside of work in sports sections and departments in our republic, as well as the distribution of working sports facilities in the region and their location (city-rural) to study their attitude to physical education and sports training, to determine to what extent they follow a healthy lifestyle, to critically assess the effectiveness or ineffectiveness of the activities of sports groups in which region of our republic, the number of sports

sections, their location and The main task of the research is to determine the gender distribution of the participants in the sports sections, and to analyze the data based on the results of the observation, and to assess the level of physical development and physical fitness of the population based on this.

Methods of organizing research

The occurrence of the COVID-19 coronavirus pandemic in the world has shown that, among the countries of the world, Uzbekistan has a weak level of health, physical health, healthy living of the population. The COVID-19 coronavirus infection had a negative impact primarily on cardiovascular and respiratory and on the health level of the layer of the population affected by obesity (overweight). As a result of this, citizens in the population were observed to turn a blind eye from the untimely world. In a serious conclusion from all this, it is one of the main issues that it is necessary to constantly engage in mass sports, adhere to the principles of rational eating procedures, in particular, not to consume pastries and sweets, bakery products in excess of the established norm, to live perfectly correctly and turn a healthy lifestyle into everyday life. To ensure the emergence of abilities and strong immunity in each citizen, able to fight various diseases by regularly engaging in physical education and mass sports and the formation of vital knowledge, skills, skills in a healthy lifestyle, to give up various harmful habits existing in the population, to follow the rules and norms of rational nutrition and enrich it with quality products., in order to establish a systematic and effective organization of rehabilitation work and mass physical activity activities, as well as to create appropriate infrastructure and other necessary conditions in this regard, the main directions of effective implementation of a healthy lifestyle in the life of the general public and further development of mass sports are established. Also in our republic, walking, running, mini-football, cycling, streetball, "Workout" (neighborhood and street fitness) are defined as the Priority Sports in the development of physical education and mass sports among the population and the widespread promotion of a healthy lifestyle. In particular, in order to promote the population to increase movement activity, strengthen the level of Health, daily walks and jogging, in 2021 "healthy lifestyle" (www.1hls.uz) platform was created. On this platform, persons whose citizenship belongs to Uzbekistan aged 18 and above who have walked ten thousand or more steps in the territory of Uzbekistan for one day are financially encouraged. In the same year, a statistical analysis of the results of the physical health of the population and their participation in physical activities on the scale of different regions of the Republic can be said as proof of the above points.

Data obtained for January-December 2021 on the gender distribution of sports participants in sports sections operating in our republic (2017-2021) shows that in 2017, the total number of sports participants in sports sections and sections during the

extracurricular and extracurricular period amounted to 2,624.3 thousand. In terms of Gender distribution, 1,592.4 thousand of it were male and 1,031.9 thousand were female. In 2018, this figure reached a total of 2,656.0 thousand. Its share of 1,605.9 thousand is male and 1,050.1 thousand is female. In 2019, the total number of participants in sports sections reached 2727.4 thousand. Of this, 1,653.4 thousand were made up of men and 1,074.0 thousand were made up of women. In 2020, the number of men participating in physical education and sports sections according to gender distribution reached 1486.3 thousand, while in the same year the number of women participating in physical education and sports sections decreased to 874.2 thousand. As of 2021, the total number of people participating in sports in sections and sections during their extracurricular and extracurricular hours has reached 2,478.6 thousand. From it, the share of women was 918.0 thousand, and the share of men was 1560.6 thousand.

Table 1

Gender distribution of those who are engaged in sports at the time of classes and extracurricular activities in sports sections and sections

(for January-December of the corresponding year, thousand units)

	<i>Year</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>
1	2017	1592,4	1032,9	2624,3
2	2018	1605,9	1050,1	2656,0
3	2019	1653,4	1074,0	2727,4
4	2020	1486,3	874,2	2360,5
5	2021	1560,6	918,0	2478,6

Table 2

The distribution of gender distribution of those who play sports in sections and sections during the extracurricular and extracurricular hours by region

(for January-December of the corresponding year, thousand units)

<i>Area</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>
Andijan	113,6	66,3	179,9
Tashkent c	97,1	59,0	156,1
Tashkent	137,2	60,6	197,8
Namangan	116,4	74,0	190,4
Fergana	123,5	77,9	201,4
Syrdarya	49,1	24,1	73,2
Surkhandarya	155,8	106,4	262,2
Kashkadarya	182,9	118,2	301,1
Samarkand	104,2	68,7	172,9
Jizzakh	105,4	58,9	164,3
Bukhara	87,7	43,5	131,2

Khorezm	136,3	85,2	221,5
Navoi	55,0	27,6	82,6
Republic Of Karakalpakstan	96,4	47,6	144,0
TOTAL	1560,6	918	2478,6

Research results and discussion

The results of statistical analysis of the data studied show that the number of participants in sports sections operating in different regions of the Republic varies from region to region. Based on the data given in the table above, an analysis of the gender distribution of those engaged in sports sections shows that the proportion of men in this indicator is higher than that of women.

The analysis of statistical data obtained in the cross section of the regions is a pleasant situation when the conditions for the further development of physical education and mass sports in all regions of the Republic are sufficiently organized and all age groups of the population are able to actively participate in this. However, if the highest of the indicators falls on the territory of the Kashkadarya region (301.1 thousand) in total, then this figure is due to the insufficient number of people engaged in physical education and mass sports, and this is not a significant indicator for the further development of physical education and sports in the country. The area with a total of 73.2 thousand physical education, sports activities is the Syrdarya region, which means that there are not enough sports facilities and sports sections in the area for the population to engage in physical education and mass sports. Or the fact that physical education and sports in the same area are not sufficiently promoted.

Table 3

Distribution of working sports facilities by location (urban-rural) (thousand units)

	Location (%)	2017-y	2018-y	2019-y	2020-y	2021-y
1	Rural	27,6	27,6	27,6	27,9	28,2
2	City	23,7	24	24,1	24,2	24,2
3	Total	51,3	51,6	51,7	52,1	52,4

Table 4

Capacity of working sports facilities (thousand people/day)

	Location (%)	2017-y	2018-y	2019-y	2020-y	2021-y
1	Rural	1020,7	1028,6	1037	1049,2	1101,7
2	City	1040,5	1047,7	1099,8	1105,1	1160,3
3	Total	2061,3	2076,3	2136,8	2154,3	2262

Table 5

Distribution (number) of sports facilities in area cross section and their capacity

N_	Location	Number of working sports facilities (thousand units)	Capacity of working sports facilities (thousand people/day)
1	Andijan	4,3	209,6
2	Tashkent c	2,2	128,4
3	Tashkent	4,6	197,1
4	Namangan	3,7	162,7
5	Fergana	5,8	237,1
6	Syrdarya	1,6	76,7
7	Surkhandarya	4,2	151
8	Kashkadarya	5,2	221
9	Samarkand	5,6	223,3
10	Bukhara	3,5	140,4
11	Khorezm	3,4	144,4
12	Jizzakh	3,2	138,8
13	Republic of Karakalpakstan	3,3	145,4
14	Navoi	1,8	86,1
Total		52,4	2262

The results of statistical analysis of the data show that, according to the results of a study on the different regions of the Republic, the number of currently operating sports facilities and their capacity are higher in the Fergana region than in the rest of the regions, leading in our republic. The smallest indicator in terms of the number and capacity of working sports facilities falls on the territory of the Syrdarya region. (1,6; 76,7) in fact, these indicators are important for our developing state, that is, the number of sports facilities and their adequate service capacity for the population. The reason is that through physical education and sports we prepare the younger generation for homeland protection and labor. It is through physical education that the professional educates and develops the physical qualities that exist in him. To do this, the activities of sports facilities for physical education and sports activities in each area must be sufficiently established and their capacity must be determined based on the population of that area.

Conclusion

As a conclusion, it can be said that strengthening the health of the population of our republic, rational living, increasing the coefficient of longevity, ensuring active participation in physical education training and mass sports, and the effective use of their capabilities and the conditions created are decisive in the development of

physical education and mass sports. These tasks ensure that the reforms and achievements carried out today are sustainable. Increasing the number and capacity of sports facilities for mass physical education and sports activities, physical education and mass sports will help improve the physical health, physical fitness and spiritual life of the population.

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