



THE STRATEGY FOR DEVELOPING MASSIVE SPORTS IN UZBEKISTAN

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Article history:	Abstract:
Received: 11 th October 2022 Accepted: 11 th November 2022 Published: 21 st December 2022	Popularization of physical education and sports in our country is defined as one of the important directions of social policy. Because sport promotes a healthy lifestyle in society by strengthening the health of the population, raising the young generation to be healthy and well-rounded. Prevents various diseases and harmful habits among young people. Sport plays an important role in the formation of high culture and patriotism. Achievements in this field will make the country known to the world and will give pride to all compatriots. The following article is devoted to identifying strategies for developing massive sports in Uzbekistan.
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Forming a healthy lifestyle in our society, creating conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength and capabilities through sports competitions, courage and patriotism, developing feelings of loyalty to the Motherland, as well as systematic organization of selection of talented athletes from among young people, and large-scale work aimed at further development of physical education and mass sports is being carried out. The representatives of our country are achieving high results in the Olympic Games, world championships, Asian Games and championships, and international competitions, the prestige and sports potential of Uzbekistan is increasing in the world, magnificent sports facilities are being built in the territories of our republic that meet world standards, It is especially noteworthy that the three-stage sports games "Sprouts of Hope", "Barkamol Avlod" and Universiade are becoming popular among pupils and students.

At the same time, in all regions of our country, it is important to promote the importance of mass sports in human and family life, that it is the basis of physical and mental health, to protect young people entering life with high hopes from harmful habits, to teach them their abilities and talents. There are important and urgent tasks to create the necessary conditions for their realization, to select talented athletes from among them, and to improve the targeted training system.

In order to further develop physical education and mass sports in the territories of the Republic of Uzbekistan, to attract all layers of the population, especially young people, to regularly engage in physical education and sports, to increase the effectiveness of the effective use of the conditions created in this regard in our country:

1. The program for the further development of physical education and mass sports in the Republic of Uzbekistan (hereinafter referred to as the Program) should be approved in accordance with Appendix 1.

The following are the main directions of the Program:

further improvement of the legislation aimed at the development of the system of organization and management of the field of physical education and sports;

strengthening the material and technical base of the field of physical education and sports, building modern sports complexes, equipping them with modern sports equipment and supplies, developing the private sector in this field;

scientific-methodical support of personnel training, retraining and upgrading institutions in the field of physical education and sports, as well as providing sports schools with highly qualified trainers and medical personnel;

health promotion, physical training, organization of mass sports activities among pupils and students of educational institutions, broad sections of the population, holding complex sports competitions, selecting talented athletes from among young people and training them in a targeted manner;

promoting a healthy lifestyle among the population, actively using the possibilities of the mass media and the Internet, carrying out extensive information-explanation work on the content and essence of the Program and the process of its implementation.

On October 31, under the chairmanship of the President of the Republic of Uzbekistan Shavkat Mirziyoyev, a meeting dedicated to the issues of improving the management system in the field of physical education and sports, developing mass sports, selecting and educating talented athletes, strengthening the industry with qualified personnel, and building modern sports facilities was held. was carried out.

It was attended by the Prime Minister of the Republic of Uzbekistan, State Adviser to the President, heads of relevant ministries and committees.

During the years of independence, extensive work was carried out in this regard. Necessary conditions have been created for the population, especially the young generation, to regularly engage in physical education and mass sports. Modern sports complexes were built in cities and villages. The competitions "Umid Nihollari", "Barkamol Avlod" and Universiade have become a means of introducing young people to mass sports and a healthy lifestyle.

A continuous system for selecting talented children and training professional athletes has been created. Boys and girls who have demonstrated their abilities during training in general education schools and children's sports complexes are taken to children's and teenagers' sports schools and sports colleges and are educated based on professional approaches. He is improving his skills in higher educational institutions and training sessions.

As a result, the athletes of our country have won great victories in prestigious world competitions and are showing the potential of our people to the whole world. In particular, our athletes won 13 medals at the Olympic Games held in Brazil in 2016 and 31 medals at the Paralympic Games, achieving the highest results in the history of our country's sports.

The decree of President Shavkat Mirziyoyev dated February 15 of this year "On measures to further improve the management system in the field of culture and sports" opened a new era in the development of sports in our country. According to the decree, the State Committee for Physical Education and Sports of the Republic of Uzbekistan was established. Attracting a large segment of the population to sports, raising a physically healthy generation, developing the sports industry and infrastructure, holding mass sports events and competitions in cities and districts, the National Olympic Committee, sports federations and associations together with the selection of talented athletes, training and improvement of their skills, personnel training, introduction of modern technologies in the field and expansion of international relations were defined as its main tasks.

The executive department of the Children's Sports Development Fund of Uzbekistan under the Ministry of Public Education of the Republic of Uzbekistan, about 300 sports educational institutions were transferred to the State Committee.

The Council for the Development of Physical Education and Mass Sports was established in order to study and analyze public opinion on improving the effectiveness of physical education and mass sports development, and to develop proposals for improving work in the field.

The activities of physical education and sports representatives have been launched in 201 districts (cities) within the regional administrative bodies. In these places, it is important to fully ensure the implementation of state policies, decrees and decisions, and to develop sports from the lower levels.

In addition, this year more than 20 other documents related to the field were adopted - orders and decisions of the President, decisions of the Cabinet of Ministers. This also shows the attention of our country to the development of physical education and sports.

As a result of the reforms carried out under the leadership of the President, quality changes were felt in the industry. In the past period of this year, our athletes won 483 gold, 394 silver, 536 bronze medals, a total of 1,413 medals at local and international sports competitions.

International level competitions were successfully held in our country. At the Asian Boxing Championship held in Tashkent in May, our athletes won gold medals in nine out of ten weight categories.

At the meeting, special attention was paid to the issues of training qualified personnel and coaches for the sports field. Certain tasks were carried out in connection with the tasks set by the head of state in the field of physical education and sports in the field of personnel training, retraining and upgrading.

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