



SPORTS AND MASS ACTIVITIES ORGANIZED IN HIGHER EDUCATION INSTITUTIONS

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Article history:	Abstract:
Received: 28 th February 2021 Accepted: 7 th March 2021 Published: 30 th March 2021	The article reveals that much attention is paid to the development of mass physical culture and sports. The article also provides examples that well-thought-out and organized training ensures the necessary success of sports events.
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In the Republic of Uzbekistan, much attention is paid to the development of mass physical culture and sports, the revival of national traditions of celebration. Sports events and performances are modern forms of organizing entertainment events, which are a complex of various sports and cultural events.

These can be major events such as Olympiads, festivals, sports parades, demonstrations, sports events and ordinary sports events. It is well known that competitions and sports events are a convincing means of visual agitation and are of great importance in popularizing and promoting physical culture and sports. Well-organized and solemnly held, they are remembered for a long time by participants and spectators. However, only their well thought out and organized preparation ensures the necessary success. At the same time, the scale, contingent of participants, conditions will dictate specific requirements for their organization, in which a specialist in the field of physical culture should be well oriented. In the modern world, sport has become an integral part of the lifestyle and leisure, a means of self-improvement, an excellent way to establish various kinds of social contact among young people.

Physical culture and sports can be considered as the most important social factors contributing to the improvement of the population's health, increase in labor productivity, as well as an effective means of combating antisocial behavior (smoking, drugs, alcohol, etc.). The basis of the social policy of the Government of the Republic of Uzbekistan in the field of physical culture and sports is the creation of the necessary conditions for each person to satisfy their interests and needs in physical culture and sports.

The growing role of sports not only as health promotion, but also as a means of organizing leisure time, increases the interest of students and the general population of the republic in sports competitions, contributing to the satisfaction of certain individual needs in spectacular physical culture and sports services.

Sports competitions provide the opportunity to meet the various aesthetic needs of people by performing an entertainment function. The main factors of the aesthetic impact of sports competitions on the younger generation are the perception of the beautiful, perfect proportions of the physique of athletes, the high culture of their movements, the joy caused by the victories of their favorite athletes, etc. Competitions fulfill the recreational function of rest and entertainment for students, ensuring that their needs for emotional relaxation are satisfied.

The choice of the method for implementing the specific functions of the competition is determined by the traditions of the sport, the purpose of the competition, the number of participants, the time allotted for the competition, and is fixed by the regulation on the competition in accordance with the rules of refereeing in the sport.

All physical culture, health and sports work in our institutions is carried out outside the classroom and includes activities aimed at improving the health and physical development of students.

For this, a plan of mass sports events has been drawn up. In the classroom, classes are carried out according to the curriculum, extracurricular activities are held.

The program for physical culture and sports includes the basics of several types of sports: these are elements of national wrestling, basketball, volleyball, football, athletics, gymnastics. All exercises are aimed at developing physical abilities: speed, strength, coordination, endurance, flexibility.

With the aim of developing and strengthening students' health, a health-saving environment is created for the successful strengthening of students' health. The following tasks are being solved: improving the process of physical education and

promoting a healthy lifestyle; additional education of students in the field of physical culture and sports; formation of skills and development of students' motivation to choose a healthy lifestyle.

The creation of conditions in higher educational institutions that contribute to the preservation and strengthening of the physical and mental health of students is carried out by means of physical culture and sports. Ensuring the interaction of educational and extracurricular educational processes of physical education is mastered with the help of the values of physical culture, meeting the needs of students in physical exercises, sports and tourism.

Formation of physical culture of a student's personality is carried out taking into account his individual abilities, health and motivation. Further development of the system of sports sections is being carried out. Measures are being taken to prevent asocial behavior of students by means of physical culture and sports. The conditions for organizing sports work and equipping the educational and training process with sports equipment and inventory are improving.

The implementation of physical education includes the following functions: education of students to respect their health; teaching students the norms of a healthy lifestyle, development to various sports, the formation and improvement of motor skills; assistance to the physical development of students, health promotion, hardening of the body, prevention of the most common diseases.

Sports and physical culture and health-improving activities are aimed at forming in students, parents, teachers a conscious attitude to their physical and mental health, the most important social skills that contribute to successful social adaptation, as well as the prevention of bad habits, coverage of the maximum number of students with health-improving activities.

Methodology for the preparation and conduct of physical culture and sports events. Competitions and holidays should be started from the first half of October, when students adapt to academic workloads. The preparation and holding of sports competitions provides for a whole range of measures to create an organizing committee, draw up a competition program, develop a scenario (time, place, site marking, preparation of equipment, etc.). Distribution of duties among the members of the organizing committee, preparation of information, training of teams, meeting of the panel of judges, preparation of the results and drawing up a report on the competition.

Physical culture and recreation and sports work. The purpose of physical culture and recreational and sports events is the promotion of physical culture and sports, familiarizing students with systematic physical exercises and various sports, summing up the results of physical culture and sports work, active rest.

The main form of mass sports work is the student Universiade, held annually for all students. Before the start of any event, we draw up the Regulation on the holding of the competition (holiday), which specifies the goals and objectives of the event, the timing and place of the event, the program and those responsible for the event.

The regulation is signed by the rector or director of the institution. All sports events begin with the grand opening, everyone gets acquainted with the conditions of the competition, the refereeing of the competition is assigned to the sports asset of students and physical education teachers. Results and awards are held in a solemn manner.

Analyzing the results of the organization of health-improving and sports-mass events, we can say with confidence that the number of events has increased, aimed at increasing interest in physical education.

Sport, organically included in the educational system, gave its results: students' self-esteem increased, they are more balanced, focused on classes, and maintain a high level of mental activity throughout the school year.

Creating the necessary conditions for sports in institutions is one of the ways to prevent drug addiction, alcoholism, smoking and delinquency among students. Particular attention is paid to the introduction of health-saving technologies into practice, the promotion of a healthy lifestyle.

The principle of the profile orientation of the content of education - the identification of professional intentions and plans of pupils is implemented through the study of a program in physical culture, which is based on basketball, football, volleyball, as well as national sports.

One of the main tasks is health promotion and proper physical development of students. For this purpose, various forms are used: physical education, sports events, health days, sports holidays.

The task of physical culture and sports is the formation of skills through a system of physical culture and recreation activities. The main form is a physical education lesson. Completely and qualitatively to solve 3 main tasks of physical education: educational, upbringing, health-improving only through physical education is not bad, but we also use other forms of work. Therefore, we use the reserves of physical culture and recreational activities, extracurricular, and physical culture and sports work. We do this on our own through extracurricular activities, traditional events.

The health-improving role is achieved by: organizing the educational process, taking into account the state of health of students; ensuring hygienic conditions; prevention of injury.

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