

TYPES OF SPORTS SCHOOLS AND THEIR REGULATIONS

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Abstract:

This comprehensive overview details the types of sports schools in Uzbekistan and their regulations. It highlights five primary categories: Children's and Youth Sports Schools (DYuSSh), Specialized Children's and Youth Sports Schools of Olympic Reserve (SDYuShOR), Sports Internats (Boarding Schools), Higher Schools of Sports Excellence (VySSH), and Olympic Reserve Colleges. Each type of school serves a specific purpose, ranging from introducing young children to sports to preparing elite athletes for international competitions. The regulatory framework, governed by the Ministry of Physical Culture and Sports, includes criteria for admission, training programs, facilities, coaching standards, competition participation, support services, and funding. These regulations ensure high standards of training, safety, and athlete development, aiming to produce top-tier athletes capable of competing at the highest levels.

Keywords: sports school, sports internats, Olympic reserve colleges, regulations, coaching, competition, support services.

Introduction

In Uzbekistan, sports schools are integral to the country's efforts to develop athletic talent and promote physical education. These schools are categorized based on their focus and the level of training they provide. The primary types of sports schools in Uzbekistan include:

1. Children's and Youth Sports Schools (DYuSSh):

- These schools cater to young athletes, usually between the ages of 7 and 18.
- They focus on a wide range of sports disciplines, providing foundational training and identifying promising talents.
- The curriculum includes general physical education alongside specialized sports training.

2. Specialized Children's and Youth Sports Schools of Olympic Reserve (SDYuShOR):

- These schools are designed for young athletes who have shown significant potential in their respective sports.
- The focus is on preparing athletes for national and international competitions, including the Olympics.
- Training is more intensive and specialized compared to general children's sports schools.

3. Sports Internats (Boarding Schools):

- These institutions combine regular academic education with intensive sports training.
- Athletes live on campus, allowing for a more immersive training environment.
- They are often geared towards athletes who require a higher level of commitment and support.



4. Higher Schools of Sports Excellence (VySSH):

- These schools target older athletes, often those who have already competed at high levels.
- The aim is to refine skills and prepare athletes for elite competition.
- Training is highly specialized, with a focus on achieving peak performance.

5. Olympic Reserve Colleges:

- These colleges serve as a bridge between youth sports schools and professional sports careers.
- They provide advanced training and education, focusing on producing athletes who can compete at the highest levels.

Regulations

Sports schools in Uzbekistan operate under regulations set by the Ministry of Physical Culture and Sports. Key regulatory aspects include:

1. Admission Criteria:

- Prospective students are often required to pass physical and skill assessments.
- The selection process is competitive, especially for specialized schools and Olympic reserve programs.

2. Training Programs:

- Programs are designed in accordance with national standards, emphasizing both general physical education and sport-specific skills.
- The curriculum is regularly updated to reflect best practices and new developments in sports science.

3. Facilities and Equipment:

- Schools must meet certain standards regarding facilities and equipment to ensure a safe and effective training environment.
- Regular inspections and certifications are conducted to maintain these standards.

4. Coaching Staff:

- Coaches and trainers are required to have appropriate qualifications and certifications.
- Continuous professional development is encouraged to keep coaching methods current.

5. Competition and Performance:

- Schools participate in local, national, and international competitions.
- Performance in these competitions often influences funding and support from the government and sports federations.

6. Support Services:

- Comprehensive support services, including medical care, nutritional advice, and psychological counseling, are provided to athletes.
- Emphasis is placed on the overall well-being of athletes to ensure long-term success.



7. Funding:

- Funding comes from government sources, sponsorships, and sometimes private contributions.
- Allocation of funds is based on the performance and needs of each institution.

Sure, here's more detailed information on each type of sports school in Uzbekistan, along with their regulations and how they contribute to the sports ecosystem.

1. Children's and Youth Sports Schools (DYuSSh)

- Purpose: These schools aim to introduce children and youth to various sports and develop their basic skills.
- Age Group: Typically caters to children aged 7-18.
- Sports Offered: A wide range of sports such as athletics, football, gymnastics, swimming, wrestling, and more.
- Curriculum: Combines physical education with academic studies. Regular physical training sessions are integrated into the school schedule.
- Competitions: Students participate in local and regional competitions to gain experience and exposure.

2. Specialized Children's and Youth Sports Schools of Olympic Reserve (SDYuShOR)

- Purpose: To train young athletes with high potential to compete at national and international levels, including the Olympics.
- Selection: More rigorous selection process based on talent and performance in specific sports.
- Training Intensity: Higher training intensity with a focus on sports-specific skills, tactics, and techniques.
- Coaching: Coaches are often former professional athletes or highly qualified specialists.
- Competitions: Athletes regularly participate in national and international competitions, representing the school and the country.

3. Sports Internats (Boarding Schools)

- Purpose: Provide a balanced environment for both academic education and intensive sports training.
- Living Arrangements: Athletes live on campus, allowing them to focus entirely on their training and studies.
- Daily Schedule: Structured daily routines with designated times for training, schooling, rest, and recovery.
- Facilities: Comprehensive facilities including training grounds, gyms, medical centers, and dormitories.

4. Higher Schools of Sports Excellence (VySSH)

- Purpose: To refine the skills of older athletes, often those who are already competing at high levels.
- Athlete Age: Typically caters to athletes aged 18 and above.
- Training: Highly specialized training focusing on maximizing athletic performance.
- Support: Offers extensive support services such as advanced medical care, psychological



counseling, and nutritional guidance.

- Outcome: Aims to produce athletes who can compete professionally and internationally.

5. Olympic Reserve Colleges

- Purpose: Serve as a transition phase between youth sports schools and professional sports careers.
- Curriculum: Includes both academic education and advanced sports training.
- Development: Focuses on developing both the physical and mental aspects of athletes.
- Career Path: Prepares athletes for careers in professional sports, coaching, or sports management.

Regulations and Governance

The regulations governing these sports schools are comprehensive and aim to ensure high standards of training, safety, and development. Key aspects include:

Admission Criteria

- Assessments: Prospective students undergo physical and skill assessments.
- Selection: Based on talent identification programs and performance in local competitions.

Training Programs

- Standardization: Training programs are standardized to ensure consistency across different schools.
- Customization: Programs can be customized to address the needs of individual athletes, particularly in specialized schools.

Facilities and Equipment

- Standards: Facilities and equipment must meet specific safety and quality standards set by the Ministry of Physical Culture and Sports.
- Inspections: Regular inspections are conducted to ensure compliance with these standards.

Coaching Staff

- Qualifications: Coaches must hold relevant qualifications and certifications.
- Professional Development: Continuous professional development programs are in place to keep coaches updated on the latest training methodologies.

Competition and Performance

- Regular Competitions: Schools regularly compete in various competitions to gauge the progress and performance of their athletes.
- Performance Monitoring: Performance in competitions influences the allocation of resources and support from the government and sports federations.

Support Services

- Medical Care: Access to comprehensive medical services, including injury prevention and rehabilitation.
- Psychological Support: Psychological counseling and mental health support are provided to



ensure the well-being of athletes.

- Nutrition: Nutritional guidance and support to optimize athletes' diets for peak performance.

Funding

- Sources: Funding is primarily from the government, but also includes sponsorships and private contributions.

- Allocation: Funds are allocated based on the performance, needs, and strategic importance of each institution.

By fostering a robust infrastructure for sports training and development, Uzbekistan aims to nurture future sports stars who can compete on the global stage and bring honor to the country.

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