

ATTENTION TO PHYSICAL EDUCATION AND SPORTS IN THE YEARS OF INDEPENDENCE

Ergashev Firdavs
Independent Researcher

Abstract:

In this article, the issue of promoting a healthy lifestyle among the population and the role of sports in this has become the most active part of state policy. Over the years of independence, Uzbek wrestling has entered a completely new stage of development. On this basis, practical measures were initiated not only to develop Uzbek wrestling in our country, but also to include it in the category of international sports competitions.

Keywords: International Olympic Committee, Olympic and Paralympic Games, "Ideal Generation", sports competitions, State Committee for Physical Culture and Sports, gymnastics, trampolining, athletics, taekwondo.

Introduction

At the heart of a number of reforms implemented in our country today is the idea of improving people's lifestyle, creating a mentally and physically healthy environment for all layers of the population, and strengthening health. Therefore, at the same time, attention to physical education and sports has become an important socio-political task of state importance.

On a global scale, the issue of promotion of a healthy lifestyle among the population and the role of sports in it has become the most active part of state policy. In this regard, international strategies and state programs are adopted and implemented in life. A number of organizations such as the International Sports Organization (FIFA) and the International Olympic Committee (IOC) operate in the world, and they consistently take measures to establish and develop various sports in all regions of the world. went and achieved certain positive results. In particular, women's sports also developed rapidly in the following years. From this point of view, it is important to objectively and comprehensively study the sports field, which is considered an important factor in the development of society today, and the historical processes taking place in it.

Main Part

Medals won by Uzbek athletes in international competitions are limited to boxing, judo, weightlifting and sports wrestling, and other potential sports such as gymnastics, trampoline, athletics, taekwondo, kayaking and canoeing, cycling. and more progress has been made[1].

"Barkamol Avlod" sports competitions were of great importance in the development of sports in the field of secondary special education in the republic. These sports games were held every two years. From April 30 to May 6, 2001, the sports competition "Barkamol Avlod" was held for the first time in the city of Jizzakh with the participation of students of secondary special education institutions[2]. In 2005, 2170 students took part in the final stage of these competitions, of which 798 were girls [3].



During the years of independence, Uzbek wrestling entered a completely new stage of development. On this basis, practical measures were initiated not only to develop Uzbek wrestling in our country, but also to include it in the category of international sports competitions. Since 1993, international wrestling competitions for the President's prize have been organized in Shahrisabz in memory of Amir Temur, and in Termiz in memory of Al Hakim at Termizi. In order to ensure the interesting passing of this international competition, a number of organizational activities were also carried out in Surkhandarya region. In particular, according to the decision of the regional government, in 1993, in connection with the traditional tournament dedicated to the Al Hakim at Termizi Khotara of the Bukhara type of national wrestling, the "Alpomish" (former "Spartak") stadium was full of people. It was surrounded by oriental-style walls, a room for commentators, and a magnificent gate were built. From this year, international commemorative competitions dedicated to al-Hakim at Termizi are held every two years[4].

Results and Discussions

Rustam the wrestler took part in national and international competitions dedicated to the memory of the great champion Amir Temur in Shahrisabz, our grandfather al-Hakim al-Tirmizi in Termiz, and Hoja Bahaiddin Naqshband in Bukhara Sharif. Especially the meeting in Termiz left an unforgettable mark on his memory[5].

This historic event, in turn, is recognized by the international sports community as a great achievement of the multinational state of Uzbekistan. In other words, the introduction of our eternal value - wrestling into the system of a prestigious sports game - is a great achievement of the independence of our dear Motherland.

Mashhura Rozikulova, from Kungirov, is a student of the second stage of the Muzrabod Economy and Service Vocational College. He made significant progress during 10 months of doing taekwondo and ITF type of sports. 2nd place in the Surkhandarya Championship dedicated to the "Year of Healthy Mother and Child" in Zharkurgan district in March 2016, 3rd place in the competition dedicated to the "Day of Remembrance and Appreciation on May 9" 1st place in the competition dedicated to "June 1st International Children's Protection Day" in Termiz, 1st place in the championship between Kashkadar and Surhandarya regions in Karshi city, 1st place in Samarkand took 1st place in the Independence Cup and became the champion of Uzbekistan [6]. Students of academic lyceums and vocational colleges of the region won 56 gold, 79 silver, 92 bronze medals in various sports fields in the 2015-2016 academic year at the international and national levels [7].

With the honor of independence, boys and girls growing up in remote villages are participating in international competitions and defending the honor of our country.

On December 10-16, 2010, Shahnoza took part in the 6th World Championship in wrestling among children and teenagers in Delhi, India, in the weight of 52 kg, and won the bronze medal of the competition [8].

In 2012, the 7th World Wrestling Championship in London brought more luck to Shahnoza. He took part in the competition at the weight of 63 kg, and in the first minute of the final match, he won the gold medal of the competition with a pure victory (honest) over his Mongolian opponent. After that, Shahnoza decided to try her luck in this competition in absolute weight. He went on the carpet five more times, first defeating wrestlers from England, Austria, and Chinese Taipei,



and reached the semi-finals. In the semi-final, he won the gold medal in the absolute weight of the competition, defeating his Mongolian rival and his 90 kg teammate in the final with two side-by-side methods. Thus, in this competition, Shahnoza Akbotayeva won 2 gold medals (63 kg and absolute weight) and showed that she is a real master [9].

In 2017, on the occasion of the 100th birthday of Ergash Chotpolatov, a memorial tournament was held among young people in the "Neftchilar" tennis court in Zharkurgan district. At the tournament, amateur tennis players from the Zhargorgon district and the city of Termiz competed against each other. 35 tennis players demonstrated their skills during the two-day tournament. At the competition, Shahnoza Kurbanova and Nargiza Gudratova made a good impression on the audience. For 12 years, Khoshbok Boymurodov taught the secrets of tennis to young people in Zharkurgan district, and about 20 young people learned the secrets of tennis [10].

Conclusion

During the Soviet Union, it was very difficult for the representatives of Uzbekistan to participate in the Asian and world championships. During the past seventy years of independence, only Rufat Risqiyev won the honorary title of world champion in boxing[11]. Today, Asian and world champions are emerging even from the remotest villages of our country.

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