

DEVELOPMENT OF INCREASING THE NATIONAL SPORT POTENTIAL IN UZBEKISTAN

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Abstract:

The use of national sports in physical education classes develops such as speed and strength, flexibility, endurance and others. One of the important aspects of the training process, its effectiveness is the construction of classes using national sports of Uzbekistan. National sports affect the education of the will, the moral feelings, the development of intelligence, speed of reaction, physically to strengthen the child. It fosters a sense of responsibility to the team, the ability to act in a team. Apparently, such a wide application of folk sports and ensures their preservation and transmission from generation to generation.

Keywords: healthy generation, equipment and re-equipment, achievements in sports, sports schools, the importance of physical education.

Introduction

National sports and folk games of Uzbekistan are an integral part of the cultural heritage of the Republic of Uzbekistan in the field of physical culture and sports, the basis for instilling in the population feelings of patriotism and love for the Motherland, and the desire to increase the country's authority in the international arena. During the years of independence, the Cabinet of Ministers of the Republic adopted more than ten resolutions aimed at the further development of the sports movement through the creation of new societies, the construction of sports facilities, and the development of conditions for the transfer to a professional basis of various groups of athletes. Over the years of sovereign development, the country's representatives at the Olympic Games, Asian Championships and Cups, Asian Games and other major international competitions won 731 gold, 736 silver and 845 bronze medals. In order to actively develop physical culture and sports in the republic, attract all segments of the population, especially youth, to regular physical education and mass sports, widely promote in society the benefits and advantages of a healthy lifestyle, ensure full and effective use, as well as further improvement of the created in the country of physical culture, health and sports infrastructure, the Cabinet of Ministers approved the "Concept for the development of physical culture and mass sports in the Republic of Uzbekistan for the period 2019-2023." For the effective implementation of medium- and long-term strategic tasks facing society, it is necessary to combine all efforts and resources, directing them vectorially towards promoting a healthy lifestyle and the benefits of continuous physical education and mass sports throughout a person's life, ensuring the involvement of all government, non-governmental institutions and economic entities in this process.

There is probably no man in Uzbekistan who has not tried his hand at national wrestling at least once. 2 million people regularly practice this sport in the republic. The Zhar sports complex was built after independence. There are sections of taekwondo, swimming, football, boxing, karate,



and judo. A total of 18 sports are represented. The national wrestling section is no less popular than boxing or karate.

In a short period of time, the department trained a master of sports of international class, champion of the World Universiade Abdulla Tangriev, bronze medalist of the Asian Junior Championship Sherniyoz Salaev, world championship medalist, winner of the Asian Championship Marina Kadyrova, national champions Khasan Eshonkulov, Vladimir Gargun, Tatyana Denisova, Ekaterina Chesnokova, Anisa Kagarmanova, Dilfuza Rakhmatova, Erkin Kadyrov, Zinura Juraeva, Sanzhar Rakhmatov.

The Uzbek people have been famous for many centuries for their palvan wrestlers and legendary riders, who are the founders of the national sports of Uzbekistan such as kurash, belbogli kurash, turon and boykurgan. Thanks to independence, it became possible to present to the world our national sports, which are the cultural heritage of the country. Much attention is paid to the physical education of students, which is one of the main guidelines in structuring modern education, which affects the diversity of all aspects of human capabilities.

Each of the sports included in the curriculum of our university is represented by a number of experienced (with special training, taking into account all the features of university requirements) instructors, coaches, teachers responsible for the theoretical course, without which no student has the right to be admitted to practical activities. Physical education classes are a mandatory component of the curriculum throughout the entire university education.

One of the main features of the physical education program at the university is the presence of additional hours in the curriculum, designed to identify students with the most pronounced abilities for further professional training in the field of sports.

A particularly important role in the systematic development of sports at the university is played by the involvement of students in mass sports events, which ensures that as many students as possible are interested in sports. This is the basis of a complex system aimed at popularizing and establishing physical education as a culture. Every year TSUE takes part in the main national and international sporting events. The university's calendar of sporting events includes events such as: Participation in the qualifying round of the "Talaba" competition with national teams of universities, friendly meetings with national teams and participation in competitions upon invitation from the Federation.

In physical education classes, you can introduce elements of kurash or judo wrestling that require quick reaction. Thus, the use of national sports in physical education classes develops such skills as speed-strength, flexibility, endurance and others. One of the important aspects of the educational and training process and its effectiveness is the construction of classes using the national sports of Uzbekistan.

National sports influence the development of will, moral feelings, development of intelligence, speed of reaction, and physically strengthen the child. Develops a sense of responsibility to the team and the ability to act in a team. Apparently, such widespread use of folk sports ensures their preservation and transmission from generation to generation. Physical education for adolescents should also take into account their needs for self-knowledge and search for meaning. Such a choice can be made only by analyzing adolescents' physical performance and mental states that manifest themselves in the process of testing various methods of physical improvement.

Currently, for the effectiveness of student training, training and education programs for the



younger generation using traditional physical exercises are necessary. One of the important aspects of the educational and training process and its effectiveness is the construction of classes using national sports.

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