

Problems and Perspectives of Development of Physical Culture and Sports

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ABSTRACT: This article describes physical culture and sports as factors that play a very important role in the development of society. There is also considered the development of sports and physical culture in Uzbekistan, consistent work to improve the material and technical base necessary for the formation of future champions.

KEYWORD: sport, physical culture, talented athletes, three-stage system, sports traditions.

Introduction

Much attention is paid to the development of sports and physical culture in Uzbekistan. During the years of independence, an effective system of training professional athletes, coaches and judges has been created in the country. The implementation of these goals in every possible way contributes to the widespread promotion of a healthy lifestyle, the upbringing of comprehensively developed youth, the further development of physical culture and sports in the republic.

The sports squad of the Republic of Uzbekistan every year expands its numerical strength, gaining more and more strong and high positions in the international arena. The achievements of the country's athletes convincingly contribute to strengthening the authority of the young republic in the international arena. Protecting the colors of the national flag, young men and women, professionals of individual and game disciplines, demonstrating exceptional training and phenomenal skill at representative forums, eloquently confirm that they represent a country with rich sports traditions.

We must agree that serious plans to achieve heights in the field of physical culture and professional sports require truly great efforts, due attitude and considerable material efforts. Only in the presence of these important components, one has to count on the impressive success of athletes at the starts of various ranks, to build calculations on the stability of sports conquests in the future.

The experience of many countries shows that state care for the fate of national sports and physical culture will certainly turn into multiple benefits. After all, the support of these articles of the social sphere first of all creates all the necessary prerequisites for the moral and physical improvement of the youth and youth environment of society.

It is symbolic that Uzbekistan does not fall out of the category of countries where there is an understanding of the importance of this truth. Government structures, public organizations, sports departments of the country always work together in solving such important problems as the progressive development of the material and technical base of the sphere of sports and physical

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culture, achieving mass participation in their organization, strengthening the base of the professional sector and others.

Over the years of independence, the Cabinet of Ministers of the Republic has adopted more than ten resolutions aimed at further developing the sports movement by creating new societies, building sports facilities, developing conditions for the professionalization of various groups of athletes ... Over the years of sovereign development, representatives of the country at the Olympic Games, championships and Asian Cups, Asian Games and other major international competitions won 731 gold, 736 silver and 845 bronze medals. This is undeniably impressive .

Method and materials: The main work on the development of sports in the republic is carried out by the Ministry of Culture and Sports of the Republic of Uzbekistan. Along with it, measures for the further development of the Olympic movement and the participation of the republic's athletes in it are provided by the National Olympic Committee, which since 1993 has become a member of the International Olympic Movement.

Currently, in 32 sports, the national federations of Uzbekistan are members of international federations, having secured the right to participate in international competitions of various kinds.

In recent years, individual sports have been developing at an accelerated pace in the republic, the material and technical base of which is being modernized taking into account the requirements adopted in the world. In this series, the base of Uzbek football is indicative, where the participation of 36 teams is recorded. They have at their disposal 231 stadiums, 5231 football fields, as well as numerous playgrounds for mini-football and futsal. The most popular sport in the republic is the Championship and the Championship of Uzbekistan, the Cup of the Republic.

In terms of mass proportions, tennis is almost equal to the number one sport. The Development of its base, as well as the successes of the tennis players of Uzbekistan, Have become a pattern for many reasons - entertainment, accessibility, international popularity. In addition, tennis is under the patronage of President Islam Karimov, who, by the way, has stable playing skills. Since 1994, international tournaments have been held annually in all major cities of the country with the participation of the world's strongest tennis players. And the main tennis derby of the capital of the republic has been the annual tournament "President's Cup" for several years now. The strongest tennis players of the world, winners and participants of such prestigious international competitions as Challenger, Satellite, Davis Cup, have already become competitors for his main trophy. The winner of the "Big Tashkent" is invariably honored by the head of state himself.

The Open International Women's Tournament "TayaCerep", which also attracts a very representative circle of participants, is gaining more and more popularity.

Uzbekistan periodically becomes the venue for such prestigious competitions and tournaments as the Asian Championship in boxing, the Asian and Oceanian Championship in taekwondo, an international tournament of category "A" in freestyle wrestling and others.

Every two years, the capital of the country hosts international competitions in national wrestling "kurash" in memory of Amir Temur and Hakim at-Termezi. In 1999, the capital hosted the first world championship in this type of national wrestling with the participation of athletes from 50 countries. Nowadays, the International Kurash Association (IAC) is operating, which is conducting purposeful work in the interests of including this type of wrestling in the program of the Olympic Games.

The preparation of the sports reserve, which provides a systematic approach along the "newcomer - professional class athlete" axis, is currently of a systemic nature. It is conducted through the efforts of 522 children and youth sports schools, 63 specialized children and youth sports schools of the

Olympic reserve, 5 schools of the Olympic reserve, 7 schools of higher sportsmanship. About 1500 beginner sports talents from all regions of the republic study in them.

National Olympic teams of the country are formed on the basis of schools of higher sportsmanship, where about 2,000 high-class athletes are trained under the supervision of 150 qualified specialists. They form the backbone of national teams in 32 sports. At the same schools, there are Olympic Training Centers, in which promising and gifted athletes are engaged.

Physical culture occupies a special place in the life of a young country, which employs a huge audience of 6.5 million people. They form the backbone of 145,000 collectives.

In the republic, serious attention is paid to the development of wheelchair sports. Expansion of its base became the subject of directed actions not only for the relevant departments and public structures, but also for the Ministry of Social Security of the Republic of Uzbekistan, as well as the Republican Society of Disabled People, the Regional Office of the International Red Cross.

For many centuries, the Uzbek people have been famous for their wrestlers-palvans and legendary horsemen, who are the founders of the national sports of Uzbekistan such as “kurash, belboglikurash, turon and boykurgan.”

Thanks to independence, it became possible to present our national sports, which are the country's cultural heritage, to the world. If in the sports world, millions of sports fans associate Japan as the homeland of judo, karate, sumo, China - wushu and kung fu, Korea - taekwondo and sitem, England - football, Canada - ice hockey, USA - baseball, basketball, American football etc., now the national sports of Uzbekistan - kurash, belboglikurash, turon, boykurgan and others will associate our state in the international arena of sports.

To date, Kurash wrestling has developed in more than 50 countries of the world, in which, in addition to world championships and world championships, continental competitions are also held. It is gratifying to note that the inclusion of Kurash wrestling in the program of the Asian Games is another of the most important events in the history of the sports movement not only in Uzbekistan, but also in the world. Some of the most famous and active kurash champions are Uzbek wrestlers:

1. Bakhrom Avazov
2. Kamol Muradov
3. Makhtumkuli Makhmudov.

In the near future, it is planned to hold international competitions and world championships in Belboglikurash wrestling and Turon martial arts, which will contribute to even wider recognition of the development of the sports movement of Uzbekistan in the world.

An important legal basis for the reforms carried out in this direction is the Law of the Republic of Uzbekistan "On Physical Culture and Sports" and other regulatory legal acts aimed at attracting citizens, especially youth, women and children, to physical culture and sports.

Result and discussion: Today Uzbekistan is, in the full sense of the word, a sports country. A healthy lifestyle is widely established among young people, and sports are massively promoted. Uzbek athletes, achieving high victories at prestigious international competitions, demonstrate to the whole world the high sports potential of our country. The results achieved by our athletes at the 2016 Olympic and Paralympic Games held in Brazil presented Uzbekistan to the world's sports community as a country where sport is developing at an accelerated pace. We are rightfully proud of this.

Protecting the colors of the national flag, young men and women, professionals of individual and game disciplines, demonstrating exceptional training and phenomenal skill at representative forums, eloquently confirm that they represent a country with rich sports traditions. The results of the measures taken are manifested in an increase in the number of our compatriots going in for sports and winning prizes at various international tournaments.

In order to educate high-class athletes, consistent work continues to improve the material and technical base necessary for the formation of future champions. In particular, the Republican Specialized Children and Youth Sports School of the Olympic Reserve in Rhythmic Gymnastics was established. The Central Asian Judo Center, the Republican Boxing Center and the Taekwondo Association sports complex were built. Thanks to the created sports infrastructure, Uzbekistan has become a venue for major international competitions, including the World and Asian Championships in boxing, taekwondo, freestyle wrestling, fencing and other sports. In the country, serious attention is paid to the selection of young talented athletes from among the pupils of sports clubs and teams and the organization of their training to improve Sportsmanship, create the necessary conditions for strengthening the sports reserve on the basis of the further development of schools of higher sportsmanship and colleges of the Olympic reserve.

In this regard, the policy pursued in Uzbekistan to expand the mass character of children's sports, which is rightfully the basis for the formation of a healthy and harmoniously developed generation, is of particular importance.

The country has created a unique three-stage system of sports competitions among schoolchildren, pupils and students - UmidNihollari, BarkamolAvlod and Universiade, which make an invaluable contribution to the training of gifted and talented athletes who worthily defend the honor of their homeland in international sports tournaments and the Olympic Games. An important step towards the development of children's sports was the creation of the Children's Sports Development Fund in accordance with the Decree of the First President of the Republic of Uzbekistan in 2002. The main task of this fund is to familiarize children and the younger generation with sports from early childhood, awaken interest and love in sports in it, educate the younger generation with physically and spiritually healthy, harmoniously developed individuals.

In June 2016, President of the International Olympic Committee (IOC) Thomas Bach and President of the Association of National Olympic Committees and the Asian Olympic Council (OCA) Sheikh Ahmad al-Fahad al-Sabah visited Uzbekistan. Distinguished guests highly appreciated the quality of sports facilities and the scale of projects in our country. In their opinion, the increasingly significant achievements of Uzbek athletes at the Olympic and Asian Games, world and continental championships are the result of this creative work.

For outstanding services in the development of sports and the Olympic movement, the First President of Uzbekistan, Islam Abduganievich Karimov, was awarded the medal of the International Olympic Committee. Also, for his huge contribution to the development of football in the country and in Asia, Islam Karimov was awarded an award by the Olympic Council of Asia. Thus, thanks to the large-scale transformations carried out in the country, Sports has become one of the most prestigious areas of activity, especially among young people. And the names of talented representatives of Uzbekistan, who have received prestigious international awards, are inscribed in the annals of domestic and world sports.

Thus, sport is the most important and strong factor in the upbringing of a harmoniously developed generation. Sport is, first of all, a healthy generation, a healthy future. "Only a healthy people, a

healthy Nation are capable of great achievements,” said the First President of the Republic of Uzbekistan Islam Karimov.

On September 4, President Shavkat Mirziyoyev held a regular video conference on preparations for international competitions, where he pointed out the main problems in the field of physical education and sports. This was reported by the press service of the President of Uzbekistan.

At the meeting, the amount of work done in this area in recent years was noted, the awards received for the last tournaments were separately mentioned:

“At last year's Asian Games, the country's athletes won 70 awards, including 21 gold, 24 silver and 25 bronze medals, and took fifth place in the team event.

And over the past period of the current year, 442 medals were won at international tournaments, of which 145 were gold, 134 were silver, 163 were bronze medals”.

The issues of preparation for the upcoming tournaments were also discussed, where the head of state criticized the unsatisfactory state of preparation for the 2020 Summer Olympic Games in Tokyo and pointed out the main problems in the field of physical education and sports.

The salary of coaches of children and youth schools, schools of the Olympic reserve and higher sportsmanship is almost two times lower than that of physical education teachers in general education schools. In addition, 51 percent of coaches have secondary specialized education, there is a shortage of more than 2 thousand coaches with higher education.

The sports facilities of higher educational institutions are capable of reaching almost 50 percent of students, but only 21 percent of students are involved in sports in such facilities.

In general, more than 12 thousand sports facilities function throughout the country, their capacity is almost 1.5 million people a day. This means that the provision of the population with sports facilities does not exceed 4.5 percent. In Particular, In the Samarkand region - 3.4 Percent, In The Surkhandarya region - 3.5 percent, in the Andijan region - 3.7 percent.

President Shavkat Mirziyoyev asked how it is possible in such conditions to make sports on a mass scale, ”the press service said.

It is noted that during the meeting, further actions for the development of physical culture and sports were also discussed, in particular, the concept for the development of physical culture and sports for 2019-2023 was approved. A system of special tests "Alpomish" and "Barchinay" has been introduced, which determine the general level of physical fitness and health of the population. In addition, as part of the implementation of five initiatives, the “ObodKishlok” and “Obod Mahalla” programs, sports facilities are being commissioned, 204 athletes who won the Olympic Games, World Championships and Asia are involved in the development of the sphere in regions and cities, some of them have opened personal sports schools.

In addition, during the meeting, they raised the issue of sports pharmacology, noted that in our country there is no work to study the experience of developed countries in the field of sports pharmacology, there is no scientific basis for the creation of new drugs, as well as qualified specialists of this profile. Many athletes do not have information about which substances are allowed to be used and which are doping. Based on this, the relevant ministries were tasked with preparing a draft resolution on the development of sports pharmacology, the organization of complex laboratories in sports federations.

Separately, it is noted that the meeting discussed the construction of sports facilities in educational institutions, the organization of sports tournaments for schoolchildren, the training of sports personnel and the stimulation of youth and physical education teachers:

“Measures have been determined for the construction and repair of sports facilities in educational institutions, equipping them with modern sports equipment, strengthening the material and technical base of specialized boarding schools.”

Conclusion

The issues of organizing sports tournaments and Olympiads in physical culture among schoolchildren, providing their winners with the opportunity to enter universities in this area on a preferential basis, as well as assigning them sports categories. It is proposed to appoint physical education teachers who have prepared the winners, salary increments, to assign them high grades and titles.

Recommendations are given for expanding the training of sports personnel, introducing a platform for intensive training, organizing special correspondence departments for training coaches in the most popular areas.

The need for specialization of higher educational institutions for certain types of sports is indicated based on their capabilities and specifics. This will allow, along with the meaningful organization of students' leisure, to attract talented athletes to professional sports through cooperation with sports federations.

It was instructed to prepare proposals on the specialization of universities and districts (cities) to specific sports, to stimulate youth and physical education teachers who have achieved high sports results.

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