European Journal of Innovation in Nonformal Education (EJINE)
Volume 2 | Issue 6 | ISSN: 2795-8612

Strategy for the Promotion of Physical Training and Sport Activity in Uzbekistan

Boltaev Sunnat Baxtiyor o'g'li
A student of Bukhara state university, Faculty of Physical Education, Bukhara, Uzbekistan

A B S T R A C T
The role of physical training and sports in the development of a healthy lifestyle among the population of our country is immeasurable. Also, as a result of the rapid development of physical culture and sports, today our athletes are making a significant contribution to raising the flag of our country in the world arenas and raising the international prestige of our country. With considering that regular physical culture and sports play an important role in improving the health of our population, especially the younger generation, our government is paying special attention to this area. In this regard, the construction of new modern sports facilities and equipping them with sports equipment in accordance with international standards is being carried out as a result of reforms set by the President.

A R T I C L E I N F O
Article history:
Received 05 April 2022
Received in revised form
03 May 2022
Accepted 17 Jun 2022

Keywords: lifestyle, competitions, sport, prizes, education, generation, football, volleyball, basketball, handball.

Hosting by Innovatus Publishing Co. All rights reserved. © 2022

Introduction

Accelerating the development of sports in our country, to continue to attach great importance to the encouragement and support of athletes who have achieved high results in international competitions, to establish sports schools for children and adolescents in the most remote areas, especially among young people was stated as an important task.

The President of the Republic of Uzbekistan Shavkat Mirziyoyev stated the following in the proclamation which was addressed to the Oliy Majlis on December 28, 2018: "...to build a healthy lifestyle in society, to promote physical culture and sports is a foremost task. We will continue to attach great importance to the rapid development of sports, the encouragement and support of athletes who have achieved high results in international competitions. In order to promote sports among our younger generation, we will erect sports schools for children and teenagers in the most remote areas".

Discussion

Indeed, one of the most important tasks today is as a result of reforms which are with regard to develop physical training and sports, through the effective usage of the existing potential of modern sports buildings which are being built in all regions of the country, are being ensured the employment of youngsters regarding physical training and sports and are being won prizes in competitions in the world arenas.

The Muay Thai World Cup among youth and adults was held on November 14-18, 2018 in Antalya, Turkey. In the competitions, which were attended by 1,250 athletes from 36 countries, 18 representatives of our country won 3 gold, 2 silver and 2 bronze medals and took 6th place in the team event. Bobirjon Turumov (44 kg), Mirzabek Mirzayev (48 kg), Firuz Davlyatov (58 kg) rose to the top of the podium.

Physical education and sports have become an integral part of the life and lifestyle of the country's citizens. It is important to create opportunities and conditions for today's youth to bring them up as healthy and spiritually strong people through sports. Our young people should not only be well-educated and spiritual, but also healthy, fit and physically strong. For this, there should be a variety of aspects,

namely they are: to pay attention to the popularity of the sports movement, the development of physical education, the strengthening of the willpower of young people, the physical preparation of boys and girls for labor and defense.

The matters of strengthening the health of the population, the establishing a healthy lifestyle, increasing the physical and spiritual development of students, improving the upbringing of a healthy generation are important foundations of building a prospective great state.

The formation of Uzbekistan as an independent state and its bold going towards the future can require further improvement in the socio-economic, political and cultural spheres. Along the way, profound reforms are being carried out in healthcare, science, culture, technology, economics, education, physical culture and sports, and other areas.

Radical development of physical culture and sports, elimination of problems in the field and arranging as well as developing the system of preparation of personnel of "Strategy of actions on five priority areas of development of the Republic of Uzbekistan in 2017-2021", was approved by the Decree of the President of the Republic of Uzbekistan and confirmed in February 7, 2017 No PF-4947 and it is no exaggeration to say that it was a turning point in the development of the system of regulation and management of the training system.

Results

In the framework of the implementation of the decision of the President to prepare for the XXXII Summer Olympic Games and XVI Paralympic Games in Tokyo (Japan) in cooperation with the Ministry of Physical Culture and Sports of Uzbekistan, the National Olympic Committee and sports organizations A number of measures have been taken to select talented athletes and form national teams, organize local and foreign training camps for athletes, and ensure their worthy participation in prestigious competitions.

Conclusion

In short, it is so crucial to improve the organization of the republican and regional councils for the selection of talented young people in physical culture and sports, to accelerate the selection process, to systematically organize and control the targeted training of talented athletes, to pay special attention to the acceleration of entrepreneurial activity in the organization of production and services in the field of physical culture and sports, and expand the ranks of our famous athletes.

As a result of continuous monitoring of the implementation of measures to ensure transparency and impartiality in the selection and admission of talented athletes to educational institutions and sports clubs specializing in physical culture and sports, to obtain increasing the share of our athletes in international competitions, team games, especially in order to increase football, volleyball, basketball, handball, etc and creating state program which exactly, with regard to this field and imposing the sports concept which is based on 2019-2025 with the potential of the country, as well as making and conducting special tests by federations to determine the technical and tactical actions of players in the development of team games and strengthening the role of physical culture and mass sports in the life of our society, the establishing a healthy lifestyle among all segments of the population. So, also one of the urgent tasks is to direct youngsters to sports and a healthy lifestyle by creating all the conditions for their existing abilities and capacity.

REFERENCES:

1. Address of the President of the Republic of Uzbekistan Shavkat Mirziyoyev to the Oliy Majlis.// "Xalq suzi" newspaper, December 23, 2017
2. The issues of further popularization of sports, training of skilled coaches and athletes were discussed. // Xalq suzi" newspaper, November 1, 2017
3. Decree of the President of the Republic of Uzbekistan "On measures to further improve the management system in the field of culture and sports" February 15, 2017, No. PF-4956. // "Xalq suzi" newspaper, February 17, 2017

4. Turdiyev B. Spiritual Renewal: THE new decree and the strategy of life-inspiring reforms //Центр Научных Публикаций (buxdu. uz). – 2021. – Т. 6. – №. 6.
5. Turdiyev B. YOSHLAR–YANGI O ‘ZBEKISON POYDEVORI //Центр научных публикаций (buxdu. uz). – 2021. – Т. 8. – №. 8.
6. Sobirovich T. B. New Uzbekistan: Socio-Philosophical Analysis of the Strategy of Human Indicators //Available at SSRN 3949264. – 2021.
7. Sobirovich T. B. The criterion of human indicators in development and renewals in Uzbekistan //EPRA International Journal of Multidisciplinary Research (IJMR). – 2020. – Т. 6. – №. 8. – С. 509-511.