

The Role of Physical Education and Sports in Youth Policy

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Annotation: This article deals with the formation of aspirations for a healthy lifestyle among young people, as well as the conditions created for the meaningful organization of youth leisure and the mass development of youth sports. At the same time, educating young people in physical fitness, improving the skills of talented athletes in accordance with modern requirements and international standards, as well as increasing the working capacity and productivity of the working population, intellectuals, and most importantly, prolonging life through a healthy lifestyle. and the importance of physical education.

Keywords: "New Uzbekistan", action strategy, physical culture and sports, healthy generation, mass sports, Olympics, healthy lifestyle, sports selection, 5 important initiatives.

In the first years of independence, the country underwent serious reforms in economic, political and cultural processes, and new directions of historical significance in the field of physical culture and sports emerged. Particular attention is paid to improving the health of the population, educating the physical fitness of young people and students, developing the skills of talented young people, as well as increasing the productivity of their abilities, and most importantly, educating young people through a healthy lifestyle. In order to further develop physical culture and mass sports among young people in the regions of the Republic of Uzbekistan, to involve all segments of the population, especially young people in regular physical culture and sports, to increase the effectiveness of effective use of conditions created in our country: The main goal of popularization of physical culture and sports is to keep people healthy, to accustom them to physical culture from childhood, to mobilize young people in sports, the participation of athletes in world sports arenas and the achievements of Uzbekistan in the world. aimed at spreading. On the other hand, as a result of modern technology, many people are less able to work and create. The contribution of the first President of the Republic of Uzbekistan I. Karimov in this direction is enormous. "The culture of personal care should be instilled in young people through school, community, health care, physical education and sports," he said. `has a attention [1].

It must be acknowledged that the most important measures are being taken to further develop the culture and sports of independent Uzbekistan. The Law of the Republic of Uzbekistan "On Physical Culture and Sports" guarantees the strengthening of health of the entire population, the creation of conditions for their physical culture. At the same time, the law stipulates that "Preschool educational institutions and educational institutions shall inspect the level of readiness of preschool children and youth at least once a year. In general education schools and other educational institutions exams will be held," he said. It is aimed at strengthening the health of young people, increasing their physical maturity, educating them to be able to work and defend themselves. Every young person should understand these opportunities and events with their own minds, do their best to contribute to the future of independent Uzbekistan and fulfill their duties. The education of young people and their constant health should be interpreted as the protection of state laws, ensuring a bright future for future professionals. As a result, all young people, no matter where they study, will need to use the benefits provided to them, to ensure their physical development, and thus raise the social and historical significance of physical education, to make it as high as possible in human life. Life experience and practice are the basis for inheriting the future.

Due to the independence of Uzbekistan, as in other areas, he was one of the first in the field of physical culture and sports to develop a bill and approve it on January 4, 1982 at a session of

the Oliy Majlis of the Republic. The Law on Physical Culture and Sports defines the duties, tasks and rights of state and public organizations. The law was passed in January 1992, revised in May 2000, and re-enacted in the Oliy Majlis in a new edition.^[2]In addition to guaranteeing the status of the physical culture and sports movement, the law imposes enormous tasks and responsibilities on governmental and non-governmental organizations, public organizations, especially sports organizations, associations, and ministries with educational institutions. Taking into account the socio-educational, cultural and historical significance of physical culture, sports, travel and tourism, serious efforts have been made to popularize them, to build new sports facilities and to create the necessary conditions. Special attention was paid to the national games in the promotion of physical culture and sports in all segments of the population, the development of football, wrestling, tennis and other sports. In this regard, a number of decisions of the Cabinet of Ministers of the Republic of Uzbekistan aimed at the development of football, wrestling and other sports are important.^[3] The Resolution of the Government of the Republic "On measures to further develop physical culture and sports in Uzbekistan" has historically had a special place as a basic program of the movement of physical culture and sports.

The development and popularization of physical culture and sports in our country and its transformation into a nationwide movement is an important factor in strengthening the health of citizens, the harmonious development of young people. Therefore, in our country, special attention is paid to physical culture and sports as one of the important areas of state policy. One of the important factors in the success of Uzbek athletes in the international arena is the special attention paid to mass sports among these young people. Independent Uzbekistan, which has gained a reputation in the international arena in a historically short period of time, is known to the world community not only as a country of ancient culture, great thinkers, scientists, poets and commanders, but also as a country that has achieved great success in the international sports movement. There is no continent or any major sports conference in the world without the national anthem of Uzbekistan and the raising of our flag in honor of our athletes. Now we can safely say that Uzbekistan has become a major sports power and has passed the path that other countries need for many years in a historically short period of time. Today, sports and physical youth have become an integral part of the lifestyle. It is important to create wide opportunities and conditions for young people, to guide them in the right direction, to bring them up spiritually, to help them become mature people in all respects. Our young people should be not only well-educated and spiritually beautiful, but also healthy, fit and physically strong. To do this, it is necessary to pay attention to the popularity of the sports movement, to develop physical education, to strengthen the willpower of young people, to prepare young men and women for physical labor and defense. One of the important directions in the development of sports in our country is the involvement of girls in sports, the creation of the necessary conditions for their regular participation in mass sports. The most important thing in ensuring the popularity of sports in the country, the development of children's sports, in particular, women's sports, is the goal of a healthy birth, growth, education and, ultimately, the improvement of the nation's gene pool.

In his speech at the solemn ceremony dedicated to the 30th anniversary of state independence of the Republic of Uzbekistan, President Shavkat Mirziyoyev noted that in modern times, when the glorious power of our people is in full swing, Uzbekistan is laying the foundation for a new revival - the Third Renaissance. The fact that the Third Renaissance in Uzbekistan is also aimed at improving physical culture and sports is explained by the fact that the goal is to increase this "vital ability". It is no coincidence that President Shavkat Mirziyoyev also stressed that "we will continue to attach great importance to the accelerated development of sports, encouragement and support of athletes who have achieved high results in international competitions."^[4] On March 19, 2019, the second of 5 important initiatives put forward by the President of the Republic of Uzbekistan Sh. Mirziyoyev to establish work in the social, spiritual and educational spheres in the country on the basis of a new system is physical training of youth. This is evidenced by the fact that it is aimed at creating the necessary conditions for them to demonstrate their abilities in the field of sports. This is the basis for a healthy lifestyle in society - physical activity, physical activity, regular sports.

The greatest happiness for human health. Because to enjoy the blessings of nature that a person must be healthy, strong and intelligent. Much of four healthy people to work, always ready to learn. It is said that young people with the physical aspects of the development of mental abilities times a par rosmana urgent task today is to bring the healthy. The man's inner and apparent his knowledge of science to be careful is not enough, the seizure of its regular enforcement is needed. Must be spiritually healthy to be physically strong. Abdullah Avloniy about the work of his Turkish roses or moral upbringing, he says: "Physical education also receive the aid. Both the spirit with the body like the skin of the right garment. If the body freshness adornment, to avoid clothes that are bad, slowly rolled onto the busy kabiturki, pushes it into the laundry on time. " Dome, a healthy body healthy mind "as we speak. So far, mature, perfect for the man to be, first and foremost, you need to be healthy. A healthy person with common sense, the idea is born healthy. Tiredness, he will be engaged in sports, the human mind is weak, weak. On the contrary, all the good works of the young athletes, with the effective and efficient use of time. Saving time, more efficient use of human, that you want to go quickly to find their place in life and lack of purpose. Sports physical development, physical training and interest in addition to the activities outside the system. Sports person's self-confidence increases and the implementation of the set goals. Persons engaged in the most difficult situations in sports, such as friends and relatives to help out the common characteristics are educated^[5] .

At prestigious gatherings, the head of our state emphasizes that today sport has become an integral part of the education system of our country. Consistent development of sports in proportion to education has been identified as one of the priorities of state policy for the independent development of our country. In particular, the most important task is to involve young people in sports, to create the necessary conditions for their regular participation in mass sports. A special place in the implementation of the target program "Healthy mother - healthy child", initiated by the first President of our country, is the growing interest of young people, especially girls, in sports . The results of attracting girls to sports in Khorezm, Bukhara, Andijan regions, the Republic of Karakalpakstan and the city of Tashkent are noteworthy. It should be noted that physical education and sports serve not only to train talented athletes, but also to ensure a healthy gene pool and nurture a harmoniously developed generation. In the words of the head of state, "Sport is an important factor not only in physical but also in spiritual and enlightenment." Resolution of April 1, 2010 "On measures to encourage the work of female sports teachers engaged in children's sports facilities in rural areas" Active involvement of girls in sports, especially in rural areas , the training of highly qualified, professional female teachers for children's sports facilities has become an important factor in financially stimulating their work. As a result of these practical efforts to fill sports facilities with coaching staff, especially coaches, we can see an increase in the number of female sports coaches. Taking into account the socio-educational, cultural and historical significance of physical culture, sports, travel (tourism) and national games, serious efforts have been made to promote them, build new sports facilities and create the necessary conditions. Special attention was paid to the national games in the promotion of physical culture and sports in all segments of the population, the development of football, wrestling, tennis and other sports. In this regard, a number of decisions of the Cabinet of Ministers of the Republic of Uzbekistan aimed at the development of football, wrestling and other sports among young people are important. The Resolution of the Government of the Republic "On measures for further development of physical culture and sports in Uzbekistan" has historically had a special place as a basic program of the movement of physical culture and sports ^[6] .

In conclusion, it should be noted that today in "New Uzbekistan" the attention paid to physical culture and sports, the conditions created for our youth to engage in regular physical culture and sports, all this is the spiritual maturity of our youth. It helps them to grow up physically healthy, not to succumb to various foreign ideas, and to raise the Uzbek flag in the world. The role of youth sports development in the deeper and global implementation of state programs reflected in the documents on education, health, physical culture and sports, in educating today's and future youth to be spiritually and physically healthy and its importance is incomparable. The fact that sports are becoming more deeply ingrained in the lives of young

people, that thousands of young men and women have made sports a daily task, has a positive impact on their physical condition and health.

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