

General Description of The Development of The System of Physical Culture in The Republic of Uzbekistan

Qudiyarov Ikram Maratovich

MD student, Karakalpak state university, Nukus, Uzbekistan

Abstract. The following aspects are widely publicized in this work: The purpose and tasks, directions, history of development of the system of physical culture of the Republic of Uzbekistan in the society, as well as the features of development of the system of physical culture in the Republic of Uzbekistan in the former Soviet Union and the years of independence, reforms and their positive effects are widely publicized.

Keywords: Physical culture, system, general concept, law, decree, independence, development.

Introduction.

Popularization of physical culture and sports in our country is social as one of the important directions of the policy. Because physical culture and sports determine a healthy lifestyle in society by strengthening the health of the population, educating the younger generation in a healthy and harmonious way. Attention to physical culture and sports in the context of state policy, especially the First President of the Republic of Uzbekistan IA Karimov 12 December 2015 Based on the content of the priorities of the Decree of the President of the Republic of Uzbekistan No. PF-4732 "On measures to further improve the system of retraining and advanced training of managers and teachers of higher education institutions" and aims to improve the content of professional development processes and continuously increase the professional competence of teachers in higher education institutions, and the decision of the government to gradually implement these decrees is completely new for children's sports.

The approach raises the issue of creating schools to train sports resources in the education of talented young people on the basis of science-based technologies. Physical education plays a key role in the comprehensive, mental, moral and physical development of the younger generation.

Implementing the Law of the Republic of Uzbekistan "On Physical Culture and Sports", the concept of development of physical culture and sports was developed. In order to further develop physical culture and mass sport in Uzbekistan, strengthen its material and technical base, train and educate a new generation of athletes, increase the international prestige of sports in our country, Uzbekistan The great attention paid by the Cabinet of Ministers of the Republic of Uzbekistan and personally the President of the Republic of Uzbekistan Sh.M. Mirziyoyev, the development and implementation of relevant resolutions, decrees and laws are the basis for the development of physical culture in Uzbekistan.

Literature Analysis and Methodology

In the last decade, the leading scientists of the Republic T.S. Usmonxodjaev, R.S.Salomov, R.D.Xalmuxamedov, Nurimov R.I., F.A. Kerimov, E.A. Seytxalilov, I.A. Koshbakhtiev, Yu.M.Yunusova, SH.X. Khankeldiev and others published the most necessary literature - textbooks, monographs, textbooks. Since 2004 he has been working on a scientific-theoretical program called "Science and Sports" Publication of a special journal in the field of physical culture and sports in our country and abroad, scientific and methodological, the research provided an opportunity to get up close and personal with the news.

The role of the system of physical culture of the Republic of Uzbekistan in society, the features of its development, the achievements made as a result of ongoing reforms are given. To reveal the basis of the goals and objectives of the system of physical culture of the Republic of Uzbekistan in the field of upbringing a harmoniously developed generation.

Results

The years of independence have been marked by the implementation of large-scale reforms aimed at defining the prospects of socio-economic and cultural development of the Republic of Uzbekistan, striving to take a worthy place in the world community. The study of the experience of developed countries, the implementation of radical reforms in all spheres of life, taking into account local conditions, economic and intellectual resources, provides new achievements [1]. Physical culture and sports are the most important in the socio-economic and cultural development of our people takes place. Physical culture and sports as a social sphere educate people to be physically, spiritually and spiritually mature, mature, and economically productive entities, that is, to restore and strengthen human health and high working capacity. contributes to the development of the economy. From history to us it is known that the field of physical culture and sports in every society serves the ideology of that society and develops under the influence of the ideology of that society. From the first days of independence, our state has paid great attention to physical culture and sports as a key factor in educating a harmoniously developed generation and has become one of the priorities of state policy, and today our state is carrying out huge reforms.

The Action Strategy for the five priority areas of development of the Republic of Uzbekistan for 2017-2021 includes further improvement of the system of continuing education, increasing the capacity of quality educational services, continuing the policy of training highly qualified personnel in line with modern needs of the labor market. Improving the skills of specialists has been identified as a priority. PF-5847 of the President of the Republic of Uzbekistan dated October 8, 2019 "On approval of the Concept of development of the higher education system of the Republic of Uzbekistan until 2030" and 11 Decree of the President of the Republic of Uzbekistan No. PF-5763 of July 11, 2019 "On measures to reform governance in the field of higher and secondary special education" and PQ-4391 of July 11, 2019 Given that the resolution on measures to introduce new principles of governance in the special education system is aimed at improving the efficiency of information and communication technologies, Internet and multimedia resources in higher education, the most important aspect of reforms in the field is As a result of the consistent introduction of information and communication technologies in the education system, bringing the content of education to the level of world standards has strengthened the process of its integration into the content of international education, educational theory and practice. In this regard, as noted by the President, it is necessary to acquire digital knowledge and modern information technologies in order to achieve development. This is the shortest of ascents for us allows you to go the other way. Analysis of pedagogical processes and experiences in the system of higher education shows that as a result of effective use of information and communication technologies in educational practice, our professors not only convey their knowledge, information, richness of information to students, but also abroad. will have favorable conditions and conditions for communication with colleagues in their field, scientific cooperation, improvement of educational and methodical work, and will be able to direct students to acquire certain information. ladi. From traditional teaching technology, information - Communication technology differs in that in traditional technology, knowledge, data, and information are expressed by our professors, while in information and communication technology, students themselves focus on it.

the teacher achieves objectivity. As a result, students become more interested in science and technology, their social and spiritual needs are met, they gain independent and logical thinking, and as a result, the process of mastering student learning materials accelerates and opportunities for quality educational services, labor Highly qualified personnel will be trained in accordance with the modern needs of the market.

Discussion

Consistent measures are being taken in our country to promote physical culture and sports, promote a healthy lifestyle among the population, as well as ensure the country's worthy participation in international sports arenas. Encourage people, especially young people, to engage in regular physical activity and sports, and to improve their health.

The issues of creating a legislative system and thus improving the scope of activities are in the focus of our state. In particular, the Law of the Republic of Uzbekistan "On Physical Culture and Sports" of

September 5, 2015, the President of the Republic of Uzbekistan on June 3, 2017 "Measures for further development of physical culture and mass sports" Decree No. 3031 of January 24, 2020 "On measures to further improve and popularize physical culture and sports" Decree No. 5924 is important for the further popularization of physical culture and sports in our country is a factor. This improves the educational process and provides ample opportunities for young people to develop both physically and mentally [1]

The development of physical culture, physical culture and sports is especially noteworthy in the development of independent Uzbekistan. President Sh. M. Mirziyoyev's great attention is the basis of our success. The importance of the development of physical culture and sports in the formation of a healthy lifestyle, the further strengthening of the nation's gene pool, the upbringing of a harmoniously developed generation has been identified as one of the priorities of state policy. In a short period of time, large-scale practical efforts in this area began to bear fruit.

The independence of our country, the ongoing social and economic reforms in our society demand that the children of our country must have reached physical maturity. Every nation is proud of its heroes, its physically fit sons. Alpomish, one of the folklore of his children, Rustam, Gorogly, Barchinoy dreamed of being physically and spiritually formed.

Conclusion

In conclusion, we can say:

1. Physical culture The system of Uzbekistan serves not only to bring up people physically but also spiritually, to prepare young people for social work and defense of the Motherland.

2. As a result of the reforms carried out by the state in the field of physical culture and sports during the years of independence, the infrastructure of physical culture and sports in our country has changed radically. Socio-economic, legal, program-normative, organizational bases of the system of physical culture strengthened. Modern sports complexes, stadiums, swimming pools, tennis courts have been built in accordance with world standards. Boarding schools and colleges specializing in Olympic reserves and special boarding schools specializing in many sports have been opened in all regions.

Our athletes have successfully participated in prestigious international competitions, Asian and world championships, the Summer Olympics and the Paralympic Games, spreading the fame of our country all over the world. Much practical work has been done to develop mass sports.

3. On March 5, 2018, in accordance with the Presidential Decree "On measures to radically improve the public administration of physical culture and sports", the State Committee of the Republic of Uzbekistan for Physical Culture and Sports was transformed into a ministry, the Uzbek State Institute of Physical Culture transformed into a university of physical education and sports. Service in the Republic of Uzbekistan The title of Physical Education Officer was established. That's the decision, too ti greatly contributes to the further development of physical culture and sports in our country and to finding our place in the world community.

4. State program on physical culture and sports and Adoption of the concepts will contribute to the further popularization of physical culture and sports in the country, the formation of a healthy lifestyle, increase the international prestige of sports in Uzbekistan.

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