

Achievements and Reforms in the Field of Physical Training and Sport in Uzbekistan

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ANNOTATION: In our country, modern conditions are being created for the regular participation of the population, especially the younger generation, who are the future heirs, in physical culture and mass sports. At the same time, it is important to strengthen the confidence of our youth in their will, strength and capabilities through sports competitions, to develop courage and patriotism, devotion to the motherland, to select talented athletes and systematically organize targeted training.

KEYWORD: adolescence, Olympic, sports, swimming pool, sambo, wrestling, boxing, judo, taekwondo, athletes, physical culture, muscles, educational, society, arenas.

Introduction

Much attention is paid to the implementation of reforms in the field of physical culture and sports, the protection and strengthening of the health of the younger generation, the improvement of the educational process in all areas. Therefore, physical education and sports have an important foundation in educational institutions since childhood and adolescence.

Discussion

In his proclamation to the Oliy Majlis, President of the Republic of Uzbekistan Shavkat Mirziyoyev said, "Extensive work is planned next year to strengthen the material and technical base of physical culture and sports. In particular, a high school of sports specializing in Olympic and national sports in Nukus, a sports complex "Yoshlik" in Urgench, Tashkent, Andijan, Samarkand,

Universal sports complexes will be built in Bukhara, a sports and recreation complex in Karshi, and a multi-purpose indoor swimming pool.

Among the urgent tasks today is to radically develop the field of physical culture and sports, to ensure the employment of young people in physical culture and sports through the effective and optimal usage of the existing potential of sports facilities built in all regions of the country and to win prizes at international tournaments and world competitions are one of the priorities.

In 2017, Uzbek athletes achieved significant success in various international competitions in boxing, judo, taekwondo, weightlifting, freestyle wrestling, sambo. 2017 was a particularly bright year in the history of the Uzbek national wrestling. In September, the General Assembly of the Olympic Council of Asia in Turkmenistan decided to include this national sport in the program of the Asian Games.

In other words, at the 18th Asian Games in Indonesia in 2018, athletes from our continent will also compete in Uzbek national wrestling. Now the words “halal”, “girrom”, “chala”, “yonbosh” are heard on the world's sports arenas, and the Uzbek name and the name of Uzbekistan are sung to the world.

As a result of reforms implemented in the field of physical culture and sports under the leadership of the President of the Republic of Uzbekistan Shavkat Mirziyoyev, qualitative changes have been felt in the field. In 2017, our athletes won 483 gold, 394 silver, 536 bronze medals, a total of 1,413 medals at local and international sports competitions. International competitions which are successful in our country was held. At the Asian Boxing Championship in Tashkent in May, our athletes won gold medals in nine out of ten weight categories.

Indeed, if we look at 2017, a number of decrees and resolutions have been passed over the past years to reform the physical education and sports sector. The Republic of Uzbekistan has laid an important foundation for radical reform in the field of physical culture and sports, in order to improve the management system in the field of culture and sports. Presidential Decree on the abolition of the Ministry was adopted. In particular, the decree states that “... systematic and targeted measures have been taken to develop physical culture and mass sports. An effective system of training talented athletes capable of defending the honor of Uzbekistan at prestigious international competitions and achieving high results has been created.”

According to the decree, the State Committee for Physical Culture and Sports of the Republic of Uzbekistan was established. Involvement of the general population in sports, upbringing of a physically healthy generation, development of sports industry and infrastructure, holding of mass sports events and competitions in cities and districts, National Olympic Committee, sports federations and associations Its main tasks are to select, train and improve the skills of talented athletes, train personnel, introduce modern technologies in the field and expand international relations.

It was also noted that the further popularization of physical culture and sports in Uzbekistan is an important factor in ensuring the health of the population. In fact, exercise has a positive effect on health. Because regular exercise strengthens the human body, increases its immunity, and, consequently, increases its resistance to disease. There is also a “healthy body - a healthy mind.” Sport also heals the character of young people, strengthens their willpower, strengthens self-confidence, teaches text discipline. Finally, sports are a means of introducing our country to the world, and famous athletes who are raising the flag of our country in prestigious international arenas are contributing to this. In this regard, the promotion of physical culture and sports not only among young people, but also among all segments of the population, acquainting them with a healthy lifestyle will serve to strengthen the health of our people.

Results

In fact, President Shavkat Mirziyoyev said that the main direction and result of our work should be the involvement of the population in physical culture and a healthy lifestyle, thereby preventing diseases and prolonging people's lives. The head of state also signed a decree on measures to implement a healthy lifestyle and further develop mass sports. The platform “Healthy lifestyle” (www.ihls.uz) will be created. 3,000 sums to the e-wallet of an Uzbek citizen aged 18 and over who walk 10,000 or more steps a day, once a month in the district (city) 300 thousand sums for the most frequent walkers, 500 thousand sums for the most frequented people in the regions, 1 million sums more for the most frequented people in the country was transferred to the electronic wallet on the platform.

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Our great ancestor Abu Ali ibn Sino also wrote in his works about the place and role of exercise in the practice of cure and healing. He described exercise as a free movement that leads to uninterrupted, deep breathing. If person do exercises every day, he never needs drugs as well as if he stops the exercise, he dies. “Exercise strengthens muscles, joints and nerves.”

Conclusion

In short, the country specializes in the selection of talented young people for physical culture and sports, the acceleration of selection work in this regard, the organization of republican and regional councils for the systematic organization and control of targeted training of selected talented athletes, specializing in physical culture and sports 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, to increase the share of achievements of our athletes in international competitions, team games, in particular, football, volleyball, basketball, handball and others and so, with regard to develop this fields, creating state programs for the development of sports and improvement of the work of sports federations in this area, for the constant technical and tactical efforts of players in the development of team games creating and conducting special tests by federations to strengthen the role of physical culture and mass sports in the life of our society, establishing a healthy lifestyle among all segments of the population, all the conditions for young people to realize their abilities and talents. By creating conditions for their mass acquaintance with sports and a healthy lifestyle, it will serve to expand the ranks of our famous athletes, who are raising the flag of our country in prestigious international arenas.

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