

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

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Received 12-03-2022	Abstract: In this work, the role of the system of physical culture in society in the Republic of Uzbekistan, goals and objectives, directions, history of development, features of the system of physical culture in the former Soviet Union and the years of independence, reforms in the system of physical culture during independence and their positive results widely explained.	Keywords: physical culture, system, general concept, law, decree, independence, development.
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INTRODUCTION

The popularization of physical culture and sports in our country has been identified as one of the important directions of social 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, in particular, the retraining of managers and teachers of higher education institutions of the First President of the Republic of Uzbekistan IA Karimov on June 12, 2015.

It is based on the content of the priorities of the Decree No. PF-4732 "On measures to further improve the system of advanced training and retraining" and is aimed at improving the content of retraining and advanced training in accordance with modern requirements and higher education.

The decision of the government on the gradual implementation of these decrees raises the issue of a completely new approach to children's sports, the creation of schools to train sports resources in the education of talented youth on the basis of science-based technologies. The younger generation in every way, mentally, morally and physically.

Physical education plays a key role in its development. 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 is 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.Khalmuxamedov, 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, the publication of a special scientific-theoretical journal "Science and Sports" has provided an opportunity to get acquainted with the scientific-methodological, research innovations in the field of physical culture and sports in our country and abroad. 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

During the years of independence, the implementation of large-scale reforms to determine the prospects of socio-economic and

cultural development of the Republic of Uzbekistan, to strive for a worthy place in the world community.

A 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 for the achievement of new heights [1]. Physical culture and sports play an important role in the socio-economic and cultural development of our people. Physical culture and sports as a social sphere educate people to be physically, spiritually and spiritually mature, mature, and economically productive, that is, to restore and strengthen the health and high working capacity of the people. contributes to the development of the economy. We know from history that the field of physical culture and sports in every society serves the ideology of this society and develops under the influence of the ideology of this society. A harmoniously developed generation from the first days of independence by our state.

Great attention has been paid to physical culture and sports as a key factor in the education of the people, and it has become one of the priorities of state policy, and today our state is carrying out huge reforms.

Measures to further develop the field of pedagogical education of the President of the Republic of Uzbekistan Resolution No. PQ-4623 of February 27, 2020 was the basis for the implementation of radical reforms in this area in new strategic directions. In our country, physical culture and sports, as in all areas of development of our country, are developing within the priorities of state policy. Law on Physical Culture and Sports, Resolution on Measures for Further Development of Physical Culture and Sports in Uzbekistan, Resolutions on Further Strengthening Mass Sports Events and Adoption of other conceptual documents in this area, their gradual implementation and the Constitution of Uzbekistan—Education.

The Law on Education and the National Program for Personnel Training emphasize the importance of physical culture and sports. In recent years, Uzbek sports have made our country famous all over the world for its high results.

The practical results of these documents are the fact that thousands of sports complexes are

being built in accordance with international standards, and the most prestigious international competitions are being held in different parts of the country. However, it is important not to lose high results, to train qualified, competitive athletes, and directly to cultivate young talented talents. Due to independence, physical education and sports are the development of our country as in all areas, is developing within the priorities of public policy. President of the Republic of Uzbekistan Sh. Mirziyoyev in his resolution of June 3, 2017 "On measures to further develop physical culture and mass sports" stressed the importance of mass sports in human and family life in all regions of the country, the basis of its physical and mental health. It is important to encourage young people entering life with high hopes, to protect them from harmful habits, to create the necessary conditions for them to realize their abilities and talents, to select talented athletes and to improve the system of targeted training. had identified current tasks.

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. The state pays special attention to the creation of a legislative system for the regular participation of the population, especially young people in physical culture and sports, as well as the improvement of their health. 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 measures to further develop physical culture and mass sports" of June 3, 2017 Resolution No. 5924 of January 24, 2020 "On measures to further improve and popularize physical culture and sports" is important for the further popularization of physical culture and sports in our country.

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 has received a lot of attention is the foundation of our success. Development of physical culture and sports in the formation of a healthy lifestyle, further strengthening of the nation's gene pool,

upbringing of a harmoniously developed generation importance has been identified as one of the priorities of public policy. In a short period of time, large-scale practical efforts in this area began to bear fruit.

It is known that our country's system of physical culture was part of the ruling system of the former Soviet Union until 1991, and our country did not have the right to enter the international arena independently and demonstrate its capabilities. Only a few athletes of our republic could take part in the Olympic Games, prestigious competitions in the world and in Europe. The focus was not on training qualified athletes from the local population and promoting physical education, but on inviting ready athletes from other republics to show off and achieve certain results. Therefore, some work has been done only in the central cities of the country, and not enough attention has been paid to the development of sports in remote areas.

CONCLUSION

In conclusion, we can say:

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.

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 have been 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. Great practical work has been done on the development of mass sports.

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. The title of "Honored Worker of Physical Culture of the Republic of Uzbekistan" was established. This decision also greatly contributes to the further development of physical culture and sports in our country, to find our place in the world community.

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, increasing the international prestige of sports in Uzbekistan.

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