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## Achievements in Physical Education and Sports

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**Abstract:** *This article provides information on achievements in the field of physical education and sports. Achievements in the field of physical education are the heart of today's independent Uzbekistan. Like all the industry, the sports industry has developed enough.*

**Keywords:** *Sport sciences, chairmanship of the president, physical culture and sports, strengthening preparations for international competition.*

On September 4, under the chairmanship of the president of the Republic of Uzbekistan Shavkat Mirziyoyev, a video selector meeting was held on the issues of developing physical culture and sports, strengthening preparations for international competitions.

As noted, in subsequent years, a lot of work was also carried out on this issue. In order to improve the management of the industry, the Ministry of Physical Culture and sports was created. In 2019-2023, the concept of the development of physical education and mass sports was approved. A system for conducting special tests “Alpomish” and “Barchinoy” has been introduced, which determine the level of physical fitness and health of the population.

Within the framework of five initiatives and programs “prosperous village” and “prosperous neighborhood”, sports facilities are launched and young people are actively involved in sports. 204 athletes who won the Olympic Games, world and Asian Championships were attached to districts and cities, some of them opened sports schools.

Representatives of our country had won a total of 70 medals, including 21 gold, 24 silver and 25 bronze medals at last year's Asian Games, finishing 5th overall.

And over the past period of this year, a total of 442 medals were won at international competitions, including 145 gold, 134 silver and 163 bronze medals.

At the meeting, the issues of thorough preparation for further competitions, creating the necessary conditions for this in places were discussed.

It was criticized that the state of preparation for the XXXII Summer Olympics in Tokyo in 2020 is not satisfactory, and a number of sports federations and authorities do not pay enough attention to creating conditions for athletes who provide high results.

The National Olympic Committee, the Ministry of Physical Education and sports, was instructed to create more extensive conditions for qualified athletes to win a license for the Olympics, taking a high place in international competitions held in the coming months.

Of course, the material and technical base is important. But the result is provided by a talented athlete. And in order to find such young people, a powerful selection system is needed.

But the number and level of competitions organized on the ground are not in demand at the moment. For example, in 131 cities and districts in Andijan, Bukhara, Navoi, Namangan, Tashkent, Khorezm, Fergana and Kashkadarya regions, funds from the local budget were not allocated to finance the current year's competitions. Or some city and regional teams did not participate at all in 230 competitions held at the Republican level. This negatively affects the selection of skilled athletes to the composition of the national teams.

Therefore, it was noted at the meeting that it is necessary to conduct sports facilities in each region, to establish a system of formation of Sports Reserves, selection and selection of talented athletes.

It is known that pharmacological support is necessary for athletes to recover quickly. But no scientific research has been carried out on the study of the experience of developed countries in sports pharmacology in our country, the creation of new drugs. There are no qualified specialists in this area either. Many do not know what substances in which athletes are not doping can be used.

None of the sports federations has a comprehensive laboratory for the preparation of members of the national team for the competition and monitoring the recovery process.

Based on this, the relevant ministries were tasked with developing a draft resolution on the development of sports pharmacology, the creation of scientific and complex laboratories in sports federations.

Based on the experience of foreign countries, a proposal was put forward to establish a single Center for preparing for the Olympic Games.

Tasks were given to improve the activities of the Center for scientific and methodological support, retraining and professional development of specialists in physical education and sports, as well as the Republican Center for sports medicine, to update the training programs and methodology in this regard, to introduce innovative technologies into the training process of athletes.

In videoconference, special attention was paid to issues of widespread involvement of the population, especially young people, in mass sports.

First of all, a large place in this is occupied by the conditions and environment in secondary schools. But in schools, students are not fully involved in team sports games. More than 2 thousand schools do not have gyms, and more than 3 thousand have repairs.

Boarding schools specializing in sports also have disadvantages. For example, such schools in the cities of Taylak, Jizzakh, Bukhara, Uchkurgan, Denov districts, Namangan, Karshi and Andijan do not have enough gyms, dormitories, educational buildings.

The monthly salary of trainers of schools of children-adolescents, Olympic reserves and higher sports skills is almost 2 times lower than that of physical education teachers of secondary schools. In turn, 51%

of trainers have a secondary special education; there is a need for more than 2 thousand coaches with higher education.

Although sports facilities in higher education institutions are able to cover about 50% of students, in practice 21% of students and young people participate in sports activities.

In total, there are more than 12 thousand sports facilities in our country, the capacity of which per day is about 1.5 million people. That is, the level of provision of sports facilities in relation to the population does not exceed 4.5 percent. In particular, this figure is 3.4 percent in Samarkand region, 3.5 percent in Surkhandarya region, 3.7 percent in Andijan region.

How to popularize sports in such a situation, the president asked the question.

At the meeting, issues of gradual elimination of similar problems, the orientation of the necessary funds and resources for this were discussed.

Sport and physical activity are important in maintaining a healthy existence, and for many individuals sport is the focus of much of their leisure time.

There are many reasons why you should study Sport or Exercise Science. For example, you may be a sportsman, sportswoman or coach interested in improving individual and team performance, or you may seek to become a healthcare professional concerned with the fitness, health and rehabilitation of general or specific populations. Within a good Sport or Exercise Science degree you will find the disciplines of exercise physiology, biomechanics, motor control and sports psychology, all of which address many participant, coach or healthcare professional.

The exercise physiologist studies how the body functions during exercise, and how it responds to long term exercise training.

The bio mechanist applies the principles of Newtonian mechanics to human movement and the muscular and skeletal systems; from which the bio mechanist will seek to understand the reason for failure.

Motor control is the study of movement, and the techniques used to study this have much in common with those used in biomechanics. The student of motor control will examine the mechanisms that enable movements to be produced, and the processes that underlie control, skill acquisition and retention.

The sports psychologist is concerned with the thoughts, feelings and emotions of individuals and how these influence human behavior in sport and exercise settings. Together, all of these disciplines develop your understanding of how the mind and body work, which can then be applied to a sporting or rehabilitation context.

## CONCLUSION

However, studying Sport and Exercise Sciences is also an exciting way to develop your understanding of the biological sciences and the interaction of the individual with the environment. A good scientific education will act as a springboard for your future career, whether within sport and exercise or another graduate profession.

"Sport defines us as a nation. It teaches us about life. We learn self- discipline and teamwork from it. We learn how to win with grace and lose with dignity. It gets us fit. It keeps US healthy" (Tessa Jowell, Secretary of State for Culture, Media and Sport,

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