

Government Reforms in the Field of Physical Culture and Sports in Uzbekistan and Their Effects

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Annotation: The article contains reforms in the field of physical culture and sports during the years of independence, laws and decisions adopted by the state, achievements in the process of their implementation and existing problems, recommendations for their elimination.

Keywords: Independence, reforms, socio-economic and cultural development, law, decision, physical education, sports, mass sports, children's sport, women's sport, physical fitness, health.

Introduction

Relevance: It is no secret that physical culture and sports play the most important role in the socio-economic and cultural development of any country, that is, it contributes to the development of the country's production and economy by restoring and strengthening people's health and high working capacity. From the first days of independence in Uzbekistan, great attention has been paid to physical culture and sports as a key factor in the upbringing of a harmoniously developed generation, and today it is one of the priorities of state policy.

The purpose of the study. The huge reforms were carried out in Uzbekistan during the years of independence in the field of physical culture and sports, the achievements and positive developments as a result of laws and decisions adopted by our state, as well as the challenges we face today, the tasks ahead.

Research methods.

In writing the scientific article, the analysis and generalization of the literature, pedagogical observation, mathematical, statistical recalculation and other research methods were used. Research results and discussion.

In order to create a legal framework for physical culture and sports and the successful implementation of physical culture and sports in various sectors of society, to regulate relations in this area, the first law of the former Soviet Union was adopted in Uzbekistan on January 14, 1992. Article 28).

As a result of major changes and reforms in the process of building a democratic society in our country, as well as the implementation of the experience of other foreign countries in the field of physical culture and sports in our country, new amendments were adopted on May 25, 2000 (Article 27) and September 5, 2015. The final edition was radically different from the previous ones, and Chapter 8 was adopted in an expanded form, consisting of 47 articles. The new version of the adopted law has further strengthened the legal framework and interaction in the field of physical culture and sports in the country.

It is also important to ensure the implementation of this law, to further develop and increase the popularity of physical culture and sports in our country, to restore our national values in the field of physical culture and sports, to strengthen the health of our people, to form a healthy lifestyle, to train world-class athletes. construction of facilities, creation of necessary material bases. In order to ensure the successful participation of our athletes in the Asian and world championships and the Olympic Games, a number of decrees and resolutions of the President of the Republic of Uzbekistan, resolutions of the Cabinet of Ministers of the Republic of Uzbekistan were adopted. From the first years of independence, government decisions have been made in our country on the development of football, tennis, wrestling and other sports, and these sports have rapidly begun to develop in our country. In 1993, 1996 and 2005, government resolutions were adopted on measures in order to develop football in Uzbekistan.

On September 6, 1998, an unforgettable event took place in the history of Uzbek sport. On the same day, the Uzbek national sport of kurash received the status of "international kurash" and the International Kurash Association (IKA) was established. On February 1, 1999, the Decree of the President of the Republic of Uzbekistan "On measures to support the International Wrestling Association" was adopted. This decree laid the foundation for the rapid development of the national sport of wrestling around the world.

Today wrestling is widely developed in more than 140 countries around the world. Prestigious international tournaments, continental championships and world championships are being held among men and women. It is also included in the

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program of the 2018 Asian Games. On October 2, 1917, the Presidential Resolutions "On measures to further develop the national sport of Kurash" and on November 4, 2020 "On measures to further develop the national sport of Kurash and further enhance its international prestige."

Resolution No. 271 of May 27, 1999 "On measures to further develop physical culture and sports in Uzbekistan" marked a turning point in the development of physical culture and sports in our country and became a "historic decision" in the history of sports. On the basis of this decision, "a system of three-stage sports competitions" ("Umid Nihollari", "Barkamol Avlod", "Universiada" sports competitions) were introduced in our country, which has not been organized in any other country.

This system has led to unprecedented results in attracting young people to physical culture and sports, forming a healthy lifestyle among them, improving the sports skills of our young athletes, especially in improving urban planning infrastructure in all regions of the country, construction of modern sports facilities.

On October 24, 2002, the Decree of the President of the Republic of Uzbekistan "On the Establishment of the Children's Sports Development Fund in Uzbekistan" was issued and the "Children's Sports Development Fund of Uzbekistan" was established. This fund has become a key reformer in the development of children's sport in Uzbekistan, the creation of sports facilities for children's sport. Modern children's sport complexes and swimming pools of various types have been built in remote villages, district and city centers of Uzbekistan, and great conditions have been created for millions of young people to go in for sports.

During the years of independence, one of the priorities in our country has been the development of women's sports, making sport a part of everyday life, thereby protecting women's health, strengthening women's responsibility for their own health, ensuring the birth of a healthy generation.

On April 16, 2005, the government adopted a resolution "On measures to develop women's sport in Uzbekistan". According to the resolution, the Uzbek State Institute of Physical Culture has organized a course for the development of women's sport, training highly qualified female coaches and physical education teachers.

Today, there are 27,269 physical education teachers in secondary schools, including 7,763 women, and a total of 10,983 coaches in children's and youth sports schools, including 2,958 female coaches. Another important was the resolution of the Cabinet of Ministers in 2010 "On measures to encourage the work of female sport teachers engaged in children's sport facilities in rural areas."

At the same time, female physical education teachers and coaches working in rural areas will receive 15 percent bonus for their salaries. At the initiative of the Women's Committee of Uzbekistan, sport competitions "Gymnastics for All", sport competitions under the motto "Father, mother and me are an athletic family", "Healthy woman - healthy society" have been organized in the regions of the country since 2005 women are participating.

On June 3, 2017, the Decree of the President of the Republic of Uzbekistan "On measures to further develop physical culture and mass sports in the Republic of Uzbekistan" was adopted. According to the decree, strengthening the material and technical base of physical culture and sports, construction of modern sports complexes, scientific and methodological support of training, retraining and advanced training institutions, organization of mass sports, holding complex sports competitions, selection of athletes and many other tasks were assigned.

On October 30, 2020, the Decree of the President of the Republic of Uzbekistan "On measures for the widespread introduction of a healthy lifestyle and further development of mass sport" was adopted.

The decree stipulates that through regular physical culture and mass sport and the formation of life skills for a healthy lifestyle, every citizen should have a strong immune system against the disease, give up bad habits, follow the principles of proper nutrition, rehabilitation and mass physical activity. The main goal is to create a systematic and effective organization, the creation of appropriate infrastructure and other necessary conditions in this regard.

In particular:

- creation of conditions for physical culture and mass sports in each family, mahalla and district (city), preschool, general secondary, secondary special, professional and higher education institutions and other organizations;
- Regular sports competitions for the development of mass sport between families, classes, labor communities and regions;
- formation of a modern material and technical base for physical culture and sports in preschool, general education, secondary special, professional and higher education institutions, enterprises, organizations and all other types of institutions.

On the basis of this decree, "Health Corridors" were established in each district center and city for walking and cycling. Under the motto "5000 steps to a healthy life" health promotion campaigns are being held in all regions of the country, in all organizations and institutions. In order to implement this decree, the platform "Healthy Lifestyle" was created and monetary rewards were given to every citizen who walks 10,000 steps a day

In order to promote a healthy lifestyle among young people, especially among the youth of the neighborhood, under the motto "Olympiad of Five Initiatives" in the first stage between the mahallas, in the second stage between the district (city) mahallas in the third stage and in the fourth stage.

Conclusion: As a result of reforms in the field of physical culture and sports in Uzbekistan, the infrastructure of physical culture and sports in the country has changed radically. Socio-economic, legal, program-normative, organizational bases of physical culture and sport 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, 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 country's fame around the world. Great practical work is being done to develop mass sports.

Despite the reforms carried out by the state in the field of physical culture and sports, today there are a number of problems. The main problems are:

- 1) According to the latest scientific sources, today 20-25% of the population is involved in mass sports. This is a very low result. This is 60-70% in some developed countries.
- 2) Physical education and sports have not yet taken a firm place in the daily agenda of citizens or have not become a daily tradition.
- 3) Despite great efforts to promote physical culture and sport among women, the results are not improving
- 4) Adoption of the test requirements "Alpomish and Barchinoy" developed by our state to coordinate the level of physical development of our people is almost not implemented in practice. It should also be noted that most citizens are unable to meet these test requirements. This is due to the lack of regularity in physical education and sports.

At the heart of these problems is the lack of a positive outlook on physical education and sports.

If we understand that physical training and sport are as important as water and the air, that the movement is a treasure of life, that action can replace any medicine, that in today's "hypodynamics" only exercise can meet people's natural needs for movement, this cannot be achieved unless we create the understanding that physical education and sports shape a person not only physically but also spiritually, that they live a long life and that they are the key to a happy life.

To do this, it is necessary to further strengthen the advocacy work in the family, neighborhood, educational institutions, production organizations, to bring the work on the adoption of the test requirements "Physical Education in the Family" and "Alpomish and Barchinoy" to the level of state policy.

List of used literature:

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