

## Improving Management in Physical Culture and Sports Activities

*Bobokulov Chori Urolovich<sup>1</sup>, Suyunov Hayitmurod<sup>2</sup>*

**Annotation:** This article discusses the guidelines for organizing physical education in state agencies and self-governing organizations in the field of physical culture and sports, and promotes the development of physical education in society. The article emphasizes the importance of marketing in sports.

**Key words:** manager; marketing-market relations, physical culture movement, management of improving the physical culture of the population, physical culture of the population, organizational talent; communication culture, ability to select people; analysis and analysis, creating a healthy environment at work.

Today, the opportunities created for the development of physical culture and sports in our Republic serve as a powerful impetus for improving the physical culture of the population. As experts, we can say that no other country has the funds, financial, economic and material goods that our state spends on the development of physical culture and sports among the population. In the most developed countries, such as China and Korea, only 40% of the funds spent on physical culture and sports are spent from the state budget. The remaining 60% of the funds are earned through self-sufficiency. In a country like the United States, this is 100%, that is, the state spends very little money on the development of physical culture and sports.

The program of our state to form a new, independent, and complete personality armed with ideas is always relevant, reflecting the needs of today. Nevertheless, in the conditions of a market economy, it is necessary not only to educate a well-rounded person, but also to develop his initiative and entrepreneurial qualities. Without these qualities, the full development of the individual in a market economy will not be fully revealed.

According to theorists of management science, the more difficult the managed system is, the greater and more stringent the demands placed on its manager, that is, its manager. Because one mistake in management can be very costly for the entire society, economy and morality, and can stop the entire process.

The difficulty of the system for managing physical culture of the population, as well as sports, and the strength of the demands placed on it will increase even more in conditions of independence, because it is a social, economic and preventive process that ensures the health of the population. That is, the health of the people is the wealth of the country. This is a priority direction of the policy pursued by our government today. This accelerates the formation and further stabilization of the image of managers in the field of physical culture and sports, increases their reputation and directs them to independent activity. The initial formation of the scientifically based activities of a physical culture and sports manager is based on his experience in his work at the district, city, and regional levels. Therefore, management skills are also formed gradually. The art of management can completely change people's morals, behavior, and attitude to work in a short time. To do this, a physical culture and sports manager must have the following human and professional qualities: organizational talent; communication culture, the ability to choose people; analysis and analysis; creating a healthy environment at work, respecting any opinion, gathering hardworking and initiative people around him and creating a strong team; understanding people, being able to find a common language; fairness,

<sup>1</sup> Termiz University of Economics and Service Teacher of the Department of Physical Culture

<sup>2</sup> Termez University of Economics and Service 2nd year student



mutual assistance, legal literacy, neat dressing, open face, always ready to help people, politeness, politeness, regular training, taking steps with confidence, considering criticism to one's advantage, being able to engage in conversations on various scientific foundations and various topics, always being aware of the news, etc. These qualities, along with the ability to effectively manage the physical culture of the population, are also important in other vital activities in society. Although the above does not fully reveal the content of the activity of a physical culture and sports manager, they do affect the criteria for evaluating his activities to a certain extent. The basis of the image of a physical culture and sports manager is fully reflected in his professional abilities, and managerial training also plays an important role in this. If in the effectiveness of a manager's activities his personal and human qualities come first, then his personal and managerial abilities come second.

Based on the concept of the social orientation of the physical culture and sports network, it is necessary to emphasize its importance in fulfilling physical culture and educational tasks. In turn, the manager, that is, the head of the district department of culture and sports, must ensure the following:

1. Introducing recommendations based on the results of scientific and practical research into the practice of physical culture movement of the population;
2. Implementing the level of physical culture of the population, physical culture vocational education, physical education of all segments of the population from early childhood;
3. Promoting physical culture through physical and psycho-physiological rehabilitation, physical cultural leisure and other mass spectacular and demonstration events;
4. Preventing possible offenses among minors and young people through physical culture, etc.

In general, the image of the physical culture and sports manager can be defined as follows.

A physical culture and sports manager is a specialized educator - a pedagogue who must have mastered the basics of management theory, sociology, economics, law, social psychology, aesthetics, ethics and other knowledge. With the help of this complex knowledge, he must have the skills and abilities to develop and make management decisions, and ultimately be able to answer the questions "who is doing what", "how is it being done", "who is responsible". Although everyone has participated in the management process as a boss or employee, previously little attention was paid to the meaning of the words "management" or "manager", "managed". Only the boss, that is, the leader and the employees who obey and follow his instructions, understood this process.

Now, in the conditions of a market economy, the concepts of "management" and "manager" are understood as the activities and results of knowledgeable, masterful professionals who determine the future of the industry, bring it to high results, who can work with people, who strive for innovation.

In short, management is a process of planned influence on the activities of an individual worker, group or organization in order to achieve high results with minimal effort.

The following are the specific features of managing the physical culture movement of the population:

- Since the physical culture movement is a moral concept related to education, upbringing and the preservation and strengthening of public health, we must always develop and make decisions on morality in a purposeful manner. Because we are working for the future of our Motherland by forming the growing younger generation in the sector.
- management of physical culture movement is the result of science and art, clearly expressed through qualitative and quantitative indicators, in which the interaction between people is of great importance.
- unity and interconnectedness of interpersonal, state and public relations, reflecting the content of management;
- Wide participation of the public in the management of physical culture and sports;



- Regular improvement of forms of physical culture and sports management, widespread use of economic, socio-psychological, organizational and pedagogical methods.

Another proven and reliable method in physical culture and sports is to systematize or divide physical culture and sports into systems. The main condition for systematic management is communication and feedback, which creates a strong and reliable management system by establishing communication and feedback between higher and secondary specialized educational institutions of districts, cities, regions. Of course, modern communication tools are necessary for this. In physical culture and sports management, it is important to set clear goals and objectives for the month, year and future period, and to mobilize all forces and capabilities to achieve the goal.

In physical culture and sports management, providing quality services to the population or the quality of service is of great importance. Providing privileges to customers, strengthening propaganda, good treatment, regular communication, and motivating employees to work contribute to the effectiveness of management results.

In physical culture and sports management, the characteristics of managers can be divided into two groups.

Group 1: A leader who commands subordinates - a manager: leads by example, provides information, and convinces.

Group 2: Listens to subordinates, gives advice, and receives their opinions to develop an action plan.

Delegates some of his authority to subordinates and develops a joint action plan.

Both groups of management methods have their positive and negative sides. Given that independent action is of paramount importance in the activities of a manager, methods in group 2 may be somewhat more effective.

Conclusion. In order to achieve success in management, we must work at the level of society's requirements. In most cases, the opposite happens and we do not feel free. We constantly expect instructions from above, we are afraid of the above.

In order to live freely, lead freely and operate, we must first of all know perfectly the laws of the system, state, profession in which we live, have high professional skills and, of course, strongly believe in ourselves, in the correctness of our work, in its benefit to society and humanity. Considering the spectator function of physical culture and sports, this sector is considered to have the greatest financial and economic significance. If we fail to achieve success in this, it indicates a lack of professional skills. It is necessary for those working in the sector to have a higher education, as well as, at a minimum, the title of master of sports in sports, which is one of the necessary requirements for success.

## References.

1. O'zbekiston Respublikasi Prezidentining 2020 yil 30 oktyabrdagi PF-6099-son "Sog'lom turmush tarzini keng tatbiq etish va ommaviy sportni yanada rivojlantirish chora-tadbirlari to'g'risida"gi Farmoni. Lex.uz.
2. Qurbonova N.S. "Jismoniy tarbiyaning nazariy asoslari". O'quv qo'llanma. T.,-2020. 104 b
3. Bobomurodov A.E. "Jismoniy tarbiya, sport nazariyasi va uslubiyati" (Jismoniy sifatlarning umumiy tavsifi). O'quv qo'llanma. T.,-2020. 157 b.
4. Karimjon Rahimqutov. Milliy harakatli o'yinlar. O'quv qo'llanma. «Tafakkur-Bo'stoni», 2012.
5. T.S. Usmanxodjayev, L.L. Pulatov, S.S. Tajibayev, F.A. Pulatov. Sport va harakatli o'yinlar (Milliy va harakatli o'yinlar), Darslik. Cho'lpon nomidagi nashriyot-matbaa ijodiy uyi Tashkent – 2018
6. Farkhodovna, G. D. (2022). SELECTION OF EFFECTIVE TRAINING EQUIPMENT AND FEATURES OF TRAINING YOUNG TAEKWONDO SPORTSMEN'S. *Academia Globe*:



*Inderscience Research*, 3(04), 540-544.

7. Boboqulov, C. (2023). PSYCHOLOGICAL, PEDAGOGICAL AND PHYSICAL ASPECTS OF PERSONALITY DEVELOPMENT OF PRIMARY CLASS STUDENTS. *Theoretical aspects in the formation of pedagogical sciences*, 2(5), 147-149
8. Dusyarov, T. (2023). A SYSTEMATIC APPROACH TO ATHLETIC TRAINING IS THE KEY TO SUCCESS. *Евразийский журнал академических исследований*, 3(4 Part 4), 97-101.
9. Urolovich, B. C. Zarina Rakhimova Fakhridin qizi.(2023). CHARACTERISTICS OF PHYSICAL CULTURE FORMATION IN THE FAMILY. *IQRO JURNALI*, 2(1), 325-330.
10. Beknazarovich, D. T. (2022). Application of stretching to stimulate the health of older preschool children.
11. Urolovich, B. C. (2023). Pedagogical Principles of Using Activity and National Games in the Physical Education of Student Girls. *Best Journal of Innovation in Science, Research and Development*, 2(12), 575-579.
12. Bobokulov, C. U. (2023). THE MEANING AND IMPORTANCE OF DEVELOPING MENTAL ABILITIES OF CHILDREN OF JUNIOR SCHOOL AGE. *Modern Scientific Research International Scientific Journal*, 1(6), 125-132.
13. Dusyarov, S. (2023). EFFECTIVENESS OF ACTION GAMES IN THE PROCESS OF COMPLEX TRAINING OF YOUNG FOOTBALL PLAYERS. *Theoretical aspects in the formation of pedagogical sciences*, 2(5), 142-146.
14. Elmurad, E. (2023). System of Development of Professional and Pedagogical Creativity of Future Physical Education Teachers on the Base of a Competent Approach. *American Journal of Public Diplomacy and International Studies (2993-2157)*, 1(10), ~261-264.
15. Ulaboyevich, B. G. (2023). Methodology of Organizing Physical Education Lessons with School Students in Hot Climate Conditions. *Best Journal of Innovation in Science, Research and Development*, 2(10), 264-267.
16. Alisherovich, A. D., & Kizi, K. G. A. (2022). Formation of a Healthy Lifestyle as a Pedagogical Problem in Physical Education Courses of Higher Education Schools. *Central Asian Journal of Literature, Philosophy and Culture*, 3(11), 209-211.
17. Beknazarovich, D. T. (2023). Special in Improving General Developmental Exercises in Primary Classes Use of the Facilities. *Best Journal of Innovation in Science, Research and Development*, 2(10), 268-271.
18. Khudaimuratovich, D. S. (2023). The Significance of the Contentious Organization of the Free Time of the Students of the Sports and Health Activities Held Outside the Classroom. *CENTRAL ASIAN JOURNAL OF SOCIAL SCIENCES AND HISTORY*, 4(3), 24-28.
19. Шарипов, X. А., & Пирназаров, Ш. М. (2020). Бошланғич синф ўқувчилари жисмоний тарбиясида ўзбек миллий ўйинлардан фойдаланиш усуллари ва педагогик имкониятлари. *Интернаука*, (17-3), 81-82.
20. Шарипов, X. А., & Пирназаров, Ш. М. (2020). Значение национальных и народных игр в воспитании и физическом воспитании детей. *Матрица научного познания*, (5), 352-356.

