

Mass Sport Movement in Uzbekistan and its Role in Forming a Healthy Lifestyle

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Article Information

Received: November 29, 2022

Accepted: December 30, 2022

Published: January 31, 2023

Keywords: mass sport, level, recovery, system, competition, three-level, model, link.

ABSTRACT

The article discusses issues related to the systematic organization and management of mass sports and recreational activities on an ongoing basis, aimed at creating a healthy lifestyle in society and attracting wide sections of the population, especially youth, to physical education and sports.

In order to promote a healthy lifestyle through the involvement of all segments of the population in physical culture and sports, prevention various social ailments on a scientific basis, a national model of a mass sports movement based on single tripartite models. Tiered sports system.

The national model of mass sports movement is based on the following principles:

- ensuring a healthy lifestyle and strengthening the gene pool of the nation for by involving all segments of the population in daily sports;
- taking into account age, life skills, education, social position, opportunities, conditions of independent movement of the population;
- all links of the model are integral and logically connected;
- development of systems for their interaction based on a clear definition functional goals of each link of the model;
- the functional goal set in the model affects functional goal to ensure a healthy lifestyle among population and has a chain cycle;
- When implementing the functional purpose of the model highly qualified students with a high level of love for their Motherland.

The main functional goal of the first block is the formation of preschoolers primary physical activity skills initially in the family, kindergarten and next door; develop in children the ability to play sports every day, implement this necessary and exciting tool with using various games; creation of a scientific and practical basis for the system, which can actively mobilize children

according to their age and desire, and its widespread implementation throughout the country.

The functionality of this block will be implemented through Ministry of Public Education, khokimiyats, development of children's sports, funds "For a Healthy Generation", "Mahalla" and other organizations.

The functional goal of the second block is to strengthen basic skills physical activity of students in more than six national secondary schools in physical education classes and competitions and provide them physical health, awakening in them a love for sports; Increasing interest schoolchildren to sports through sports competitions "Umid nihollari", school and out-of-school sports sections; determination of abilities students to go in for sports, sending talented youth to youth sports schools, special children's and youth sports schools and sports colleges of the Olympic reserve, ensuring their participation in stage competitions; do physical education and sports daily necessity for students.

Ministry of Public Education, Ministry of Culture and Sports, khokimiyats, National Olympic Committee, Children's sports of Uzbekistan development, this functional goal will be achieved through the funds "For healthy generation", "Mahalla" and other organizations.

The functional purpose of the third block is the demonstration of physical opportunities for students in the system of vocational education; Ensuring the active participation of students in sports competitions "Barkamol avlod", which have become a daily need for physical culture and sports; Education of youth involved in sports, leading a healthy lifestyle, striving for spiritual and physical growth, including number of members of the national team and candidate members.

This functional goal is achieved through the Ministry of Culture and sports, khokimiyats and National Olympic Committee, Development Fund children's sports of Uzbekistan, Healthy Generation, Mahalla Fund and others.

The functional purpose of the fourth block is further deepening experience and skills of students of higher educational institutions in the system of general secondary and secondary specialized vocational education in sports at the Universiade; strengthening the physical and mental health of students, in including the development of highly qualified athletes.

The implementation of this functional goal was set through Ministry of Higher and Secondary Specialized Education, Ministry culture and sports, khokimiyats, the National Olympic Committee and others organizations.

The functional goal of the fifth block is to meet the needs specialists in the education system through the physical culture and sports movement, production and social sphere through sports competitions, family and other games, as well as strengthening a healthy standard of living in society; through the gradual passage of a sports and recreation movement and involvement of their children in the physical education of their parents, who made sport an everyday necessity, forming in them the basic foundations of the sport. Through the Federation of Trade Unions and Khokimiyats, Ministry of Culture and Sports, Development of Children's Sports, Foundation for Healthy generation", "Mahalla" and other organizations. The procedure for holding annual sports competitions "Umid nihollari", games "Barkamol avlod" in odd years and Universiade competitions in May and June as the final stage in May and June in order to attract students of all levels of education in a short time. Time. Started enter. Consecutive transmission of competitions from the third generation to the second and from the first to the first allowed to gradually testing control mechanisms of this model in practice.

The new one-three-level system introduced in the country in the world was turning point in the mass development of physical culture and sports in educational institutions and training of highly qualified athletes.

This system led to the popularization of mass sports in educational institutions:

- organized disparate, unrelated and non-targeted competitions on the ground;
- formation of sports societies “Student” and “Youth” in the system education and development of sports such as swimming, athletics and weightlifting, the number of which is decreasing from year to year;
- a database of talented athletes in the field of sports was formed, graceful sport rhythmic gymnastics included in the program competitions and has been widely developed in the regions;
- central stadiums, hostels and other facilities in Namangan, Jizzakh, Ferghana, Bukhara, Khorezm, Andijan, Tashkent regions and more than 30 districts have been reconstructed or reconstructed in accordance with international standards;
- caused the emergence of highly qualified athletes in volleyball, basketball, handball and other sports in general education, secondary special, higher educational institutions and their participation in team competitions in the major leagues, as well as the renewal competitions in these sports around the world. country;
- involvement of specialists from sports federations and schools of higher sports to youth sports competitions has become a factor in the formation in our country, chief judges and referee teams;
- United the efforts of regional administrations and specialized ministries of education and sports organizations to attract students to sports.

Purposeful development of physical culture and sports in educational stage, restoration of the material and technical base of sports at the required level, new sports.

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