

## Achievements of Uzbekistani Athletes

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### ABSTRACT

*The history of physical education is an independent field of historical science, an important part of scientific knowledge about physical education and sports. The science of history of physical education and sports is engaged in determining and studying the general laws of the development of physical education in different nations from ancient times to this day.*

Sport (Eng. sports-game) - a system of organizing, training and conducting competitions on various complexes of physical culture, means and method of physical education, physical exercises. The goal of the sport is to strengthen the health of people and achieve high results and victories in sports competitions, along with general physical development. The first sporting events were held in Greece. After the establishment of the International Olympic Committee, the sport began to develop very quickly. The 1st modern Olympics were held in 1896<sup>1</sup>.

The history of physical education is part of the cultural history of the peoples of the world. The science of the history of physical education studies the General Laws of the origin, development and upbringing of physical education and sports from ancient times to the present day. The history of physical education is an independent field of historical science, an important part of scientific knowledge of physical education and sports. The history of physical education provides information about its occurrence and composition as a component of the culture of society. The science of the history of physical education and Sports has been engaged in the identification and study of the General Laws of the development of physical education in different peoples since ancient times, to this day. Its task is to give an analysis of the theory and practice of physical education in various historical periods, forms, methods, means of physical education and the faolicity of people in the field of.

The history of physical education and sports is divided into four main periods:

<sup>1</sup> <https://uz.wikipedia.org/wiki/Sport>

- I. Physical education in the ancient world (mill.av. VIII thousand.- mil. 4th century).
- II. Physical education and sports in the Middle Ages (V - XVII centuries).
- III. Physical education and sports in the new era (late XVIII-XIX century). IV. Physical education and sports in the newest era (early 20th century-present)<sup>2</sup>.

In the world of human history, it is scientifically-theoretically and pedagogically proven that physical culture and sports are used as the most important socio-educational and cultural. Considered an important component of Physical Culture, physical education and its factors (games, various exercises, competitions, travel, health-improving tools of nature: water, air, sun, cleanliness-hygiene, etc.) were purposefully applied in the socio-living conditions of our oldest ancestors. They are testified about by “Avesto”, “Tomaris”, “Alpomish”, “Gooroglu”, “Forty Girls” and many other religious, cultural, artistic works, historical sources. Sources like this are found in all countries of the world. In recognition of the health-improving properties of physical education, a number of great allomas on the continents of Europe and Asia worked selflessly, leaving behind their creative and scientific heritage. Among them is one of the great scientists of the East A<sup>3</sup>.

In order to promote physical culture and sports widely through the media, to broaden its essence to the population of the country, the resolution of the Cabinet of Ministers “on measures to further strengthen the propaganda of mass sports” was adopted in 2003, and according to 278 ten, a special channel “Sport” was established on Uzbek television. Bloodlines, decrees and decisions on the development of Physical Culture and sports led to a rapid development of this sphere, an increase in the prestige and prestige of Uzbekistan in the international arena, and, moreover, a change in the attitude of the population, especially students and young people, towards sports. In the country, wellness work was revived in all social and industrial institutions, the work of elementary sports teams began to be activated.

There are 504 children's and youth sports schools operating in the Republic of Uzbekistan and specialized children's and Junior Olympic reserve schools, 11 countries with Olympic deputies and 8 Republican higher sports skills schools preparing highly qualified, talented athletes. In the development of mass sports, along with the training of qualified athletes, significant work was carried out by sports teams, federations and beginner sports teams. In 1991, there were 52 sports in the Republic, and by 2000 there were 70. Today, the appropriate conditions are being created to find 70 sports for Amla and popularize them. In return for these works, the number of people playing sports is increasing from year to year<sup>4</sup>.

In honor of the victory of the country's named athletes, in 2022 the anthem of Uzbekistan sounded a bot-bot at various international competitions, and the flag fluttered. Sputnik tells about the victories of Uzbek athletes this year.

The coming 2022 year was rich in bright victories in the sport of Uzbekistan. Athletes from the country have won world and Asian premierships, various international competitions in sports such as chess, boxing, weightlifting, judo and football, spreading the fame of Uzbekistan around the world.

The 44th all-World Chess Olympiad in India saw Uzbekistan become champions for the first time in its history. Chess players Nodirbek Abdusattorov, Nodirbek Yakubbayev, Javohir Sindorov, Jahongir Vohidov, Shamsiddin Vohidov revealed a new page in the history of the country's sports. Also, in the individual games of each board of the Olympics, Jahongir Vohidov won gold, Nodirbek Abdusattorov won silver, and Nodirbek Yakubbayev won bronze. They

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<sup>2</sup> Djalilova L. A., Jismoniy tarbiya va sport tarixi faniga kirish. T:2015. Bet-4.

<sup>3</sup> Eshnazarov. J. Jismoniy madaniyat tarixi va boshqarish. T:2020. Bet-5.

<sup>4</sup> Yunusova D.S. Jismoniy madaniyat nazariyasi va metodikasi. T:2020. Bet-278.

were personally congratulated by President Shavkat Mirziyoyev on the phone and called the nation's "Golden fund". The state deservedly awarded chess players.

It is no secret that Uzbek boxers are among the strongest in the world. They come up with a worthy defense of this title – both adults and the younger generation. We will provide confirmation of this below.

The men's national boxing team of Uzbekistan finished first in the all-around at the 2022 Asian Championships in Jordan. In the continental first, the unknown boxers we know, Hasanboy do'smatov, Abdumalik Halakoy, Ruslan Abdullayev, Saidjamshid Jafarov and Lazizbek Mullajonov, came out with "gold"<sup>5</sup>.

In conclusion, the focus on sports in Uzbekistan did not show its result. It is necessary to recognize several achievements of our athletes in world arenas. In order for these victories to be permanent and repeated, today our athletes are moving without interruption.

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