

ISSUES OF POPULARIZATION OF BASKETBALL SPORTS AMONG WOMEN

Shakhnoza Murodullayevna Nurmatova

Uzbek State University of Physical Culture and Sports Independent researcher of the Department of Volleyball
Basketball Theory and Methodology

ABSTRACT

The article deals with the issues of popularization of basketball among women. The article presents scientifically based conclusions about the advantages of playing basketball. It is also proved that the popularization of basketball plays an important role in strengthening women's health.

Keywords: Women's sports, physical education, sports, culture, basketball, movement, healthy generation, health, popularization.