

PROBLEMS OF DEVELOPMENT OF PHYSICAL CULTURE AND SPORTS ORGANIZATIONS

Hasanov Azizbek Bakhtiyarovich

Independent researcher Uzbek State University of Physical Culture and Sports

ABSTRACT

This article analyzes the problems of development of physical culture and sports organizations and examines ways to promote physical culture and sports. Suggestions and recommendations for improving the efficiency of physical education and sports institutions are also given.

Keywords: Physical education, sports, propaganda, health, social institution, competition, physical culture, moral value, physical perfection.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The growing development of relations between nations and peoples in the world leads to the further development of mutual cooperation. The development of such relations not only brings people closer to each other, but also plays an important role in the formation of values such as peace and friendship between them. In the development of these values, physical culture and sports play an important role as an important social institution. The organization of sports competitions on a national scale promotes harmony, mutual respect and mutual respect between the people of that country. In other words, the organization of competitions at the district level unites the population of the district, the organization at the regional level unites the population of the region, the organization at the national level unites the population of the regions, develops cooperation, mutual respect, solidarity and solidarity. This is the core of today's development. The organization of competitions at the international level contributes to the further development of relations between nations and peoples.

Because the distinguishing feature of sports from other fields are competitions, wrestling, competitions, which in nature are unique to the sport. For thousands of years, sport has been not only a phenomenon that leads people to physical perfection, but also serves as a means of cultivating in them such high moral values: purity, honesty, courage, honor, friendship and patriotism. Sport, by its very nature and essence, is a means of strengthening international relations, cooperation and friendship.

Mass sports allow millions of people to improve their physical qualities and mobility, strengthen their health and prolong their creative life, resist the negative effects of modern production and daily living conditions on the body. The goal of engaging in various types of mass sports is to improve health, improve physical development, fitness, and active recreation.

It is associated with solving a number of specific tasks, including improving the functional capabilities of some systems, improving general and professional performance, acquiring vital skills and abilities, having fun and useful leisure time, achieving physical maturity.

Creating a healthy lifestyle in our society, creating modern conditions for regular physical culture and mass sports of the population, especially the younger generation, strengthening confidence in the will, strength and capabilities of young people through sports competitions,

courage and patriotism, devotion to the motherland Development, as well as the systematic organization of the selection of talented athletes among young people, as well as the organization of large-scale work aimed at further development of physical culture and mass sports, serve as a guarantee of the education of talented youth.

In the development of these values, it was necessary to strengthen the role of physical culture and sports as a social institution, as well as to further develop the structures of society, to create opportunities, to create conditions.

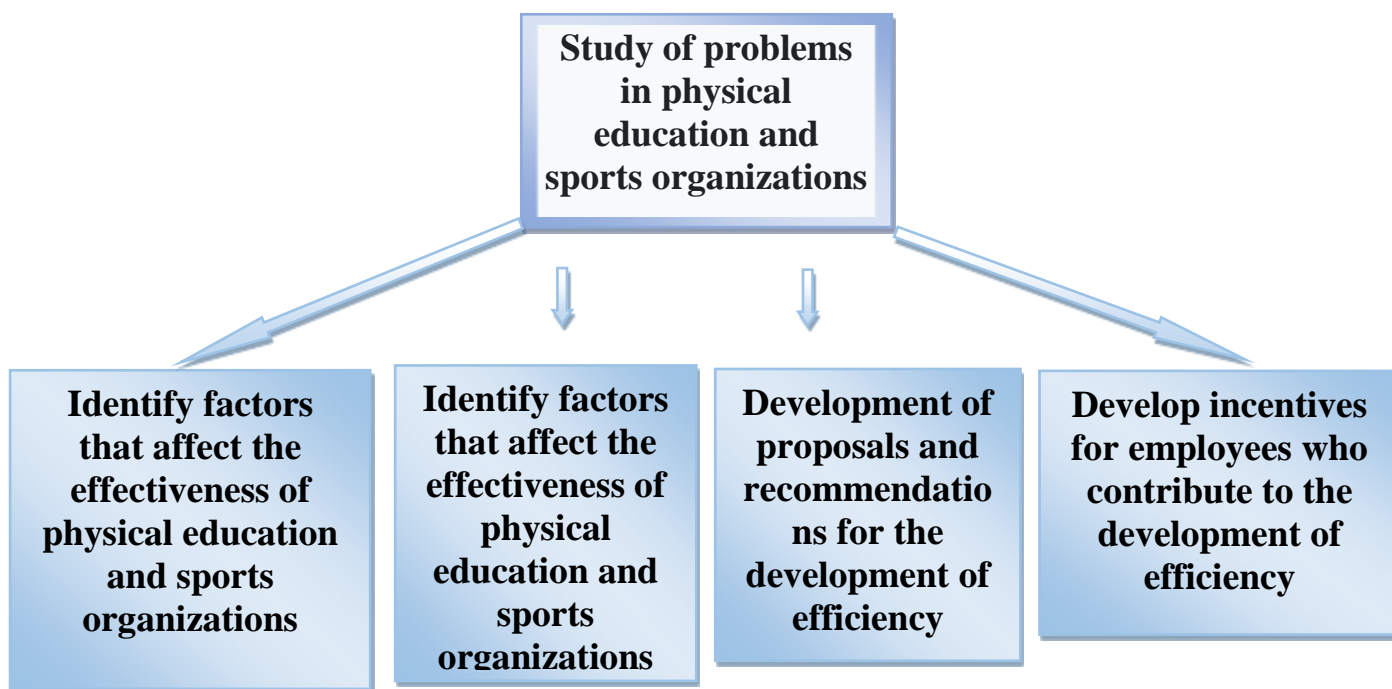
In order to further develop physical culture and mass sports in the regions of the Republic of Uzbekistan, to involve all segments of the population, especially young people in regular physical culture and sports, to increase the effectiveness of the effective use of conditions created in our country. Resolution No. PQ-3031 "On measures for the further development of sports." Among the main directions of the Program of further development of physical culture and mass sports in the Republic of Uzbekistan are "strengthening the material and technical base of physical culture and sports, construction of modern sports complexes, equipping them with modern sports equipment and facilities, development of the private sector" and " scientific and methodological support of training, retraining and advanced training institutions in the field of physical culture and sports, as well as the provision of sports schools with highly qualified coaches and medical staff " The inclusion of the issues indicates the need to carry out a number of activities for the development of the industry. In particular, in all regions of the country to promote the importance of mass sports in human and family life, its basis for physical and mental health;

to protect young people entering life with high hopes from harmful habits, to create the necessary conditions for them to realize their abilities and talents, to select talented athletes from among them and to improve the system of targeted training;

further development of physical culture and sports educational institutions, increase their prestige, improve the management system and develop mechanisms to increase efficiency;

development of a system for studying the problems of educational institutions in the field of physical culture and sports, development and implementation of mechanisms to address the identified problems.

Along with the study of these problems, it is necessary to introduce mechanisms in physical culture and sports organizations to identify the causes of their occurrence, to develop proposals and recommendations for their elimination and to encourage those who contribute to their development. It is necessary to pay attention to the following factors. First, to determine the effectiveness of physical education and sports organizations; second, to identify factors affecting the effectiveness of physical education and sports organizations; third, the development of proposals and recommendations aimed at improving efficiency; developing incentive mechanisms for employees who contribute to the development of efficiency.

Table 1: Study of problems in physical education and sports organizations

In this process, it is important to study the processes of improving the mechanisms of development of organizations in the system of physical culture and sports. Also, the development of work on the development of organizations in the system of physical culture and sports will serve to increase the effectiveness of the popularization of physical culture and sports in the country. While the development of mass sports plays an important role in ensuring the health of the population, it also forms a reserve for national teams. This will ensure the sustainable development of physical culture and sports in the country.

REFERENCES

1. Law of the Republic of Uzbekistan "On Physical Culture and Sports" of September 4, 2015 (new edition). - B.29.
2. Resolution of the President of the Republic of Uzbekistan dated June 3, 2017 No PP-3031 "On measures for further development of physical culture and mass sports."
3. Decree of the President of the Republic of Uzbekistan No. PF-5924 of January 24, 2020 "On measures to further improve and popularize physical culture and mass sports in the Republic of Uzbekistan."
4. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated February 17, 2020 No 90 "On measures to further improve the activities of sports and educational institutions."
5. Kerimov F.A. Scientific research in the field of sports. - Tashkent. Dice pen, 2004. - 334 p.
6. Курамшин Ю.Ф. Теория и методика физической культуры: учебник. - М.: Советский спорт, 2004. 464 с.
7. Лях В.И. Физическая культура. 10-11 классы: учеб. для общеобразоват. Учреждений. – М: Просвещение, 2012. -237 с.
8. Матвеев Л.П. Теория и методика физической культуры. - Л.: Омега, 2004. - 159 с.

9. Salamov R.S. Theory and methods of physical education.//Textbook.T: ITA-PRESS, 20159. .
10. Платонов В.Н. Система подготовки спортсменов в олимпийском спорте. –М.: Советский спорт, 2005. – 820 с.