

## SPORT IN OUR LIFE. PRIDE OF UZBEKISTAN

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**Abstract:** This article emphasizes that sport is the pride of our country and explains what efforts are being made to develop sports.

**Key words:** fund, efficiency, Olympic Games, minister, state committee.

Sport plays a significant role in the lives of young people in our country. In his speech at the Youth Forum of Uzbekistan, the head of our state outlined the upcoming tasks for the development of these areas. The Uzbek land has always been rich in sports talents, and the natives of the republic, even during the years of the forged the common sports glory of what was once one big country. During the period of independence, the republic also maintains a good position in world sports, and in some sports it even sets the pace. A striking example was the recent Summer Olympic Games in Brazil, where the national team of Uzbekistan achieved the best result in its history, and Uzbek boxers became the best in the world in the team event. Due to the coronavirus pandemic, the next Games, which were supposed to take place in the summer of 2020 in Tokyo, have been postponed for a year, but the athletes continue to prepare and believe in their new victories.

The development of physical culture and sports in our country is one of the important areas of social policy. Because sport promotes a healthy lifestyle in society, improving the health of the population, educating the younger generation in a healthy and harmonious way. Various diseases prevent the spread of bad habits among young people. Sport also plays an important role in the formation of high culture and patriotism. Achievements in this area will introduce the country to the world and make all our compatriots proud. In order to increase the popularity of physical culture and sports in the country, develop the physical culture movement, revive national games, promote a healthy lifestyle, train talented athletes in modern sports and improve their sportsmanship, many decrees and resolutions adopted by the First President of our

country Islam Karimov, played an important role in the popularization and development of sports in our country.

In order to coordinate the management system of physical culture and sports in the country, the Ministry of Culture and Sports, ministries, departments, the National Olympic Committee (NOC), national sports federations and forms of ownership are responsible for the implementation of state policy in the field of sports. the status of a coordinating body for the work of various organizations, regardless of departmental subordination, as well as a supervisory body for all physical education and sports organizations. The Resolution of the President and the Resolution of the Cabinet of Ministers “On measures to encourage students and youth of Uzbekistan”, aimed at demonstrating the talents and creative abilities of students in sports, were important.

In particular, since 1993, talented young athletes have been given preferential access to the Institute of Physical Education and its faculties. Over the years of independence, a lot of work has been done in this direction. The necessary conditions have been created for the population, especially the younger generation, to regularly engage in physical education and mass sports. Modern sports Complexes were built in cities and villages. Umid nihollari, Barkamol avlod and the Universiade competitions have become a means of introducing young people to mass sports and a healthy lifestyle. A continuous system for selecting talented children and training professional athletes has been created. Boys and girls with outstanding abilities are trained in children's and youth sports schools and sports colleges in secondary schools and children's sports complexes and are brought up on the basis of professional approaches. He improves his qualifications at universities and internships. camps. As a result, our athletes demonstrate to the world the potential of our people, winning high victories at prestigious competitions around the world. In particular, our athletes won 13 medals at the 2016 Olympic Games in Brazil and 31 medals at the 2016 Olympic Games. The Paralympic Games, which achieved the highest results in the history of sports in our country. The decree of President Shavkat Mirziyoyev dated February 15 of this year “On measures to further improve the management system in the field of culture and

sports,” marked a new era in the development of sports in our country. According to the decree, the State Committee for Physical Culture and Sports of the Republic of Uzbekistan established. Involving the general population in sports, raising a physically healthy generation, developing the sports industry and infrastructure, holding mass sports events and competitions in cities and regions, National Olympic Committees, sports federations and associations. Its main tasks are to select, train and improve the skills of talented athletes, train personnel, introduce modern technologies in this area and expand international relations.

The executive office of the Children's Sports Development Fund of Uzbekistan under the Ministry of Public Education of the Republic of Uzbekistan, about 300 types of sports educational institutions were transferred to the jurisdiction of the State Committee. Ensuring the physical and spiritual well-being of the younger generation in our country. countries, striving for a healthy lifestyle and developing a love of sports, creating a material and technical base for children's sports on the site, creating a material and technical base for children's sports in populated areas, as well as providing sports equipment. to intensify its work, in 2002 the Fund for the Development of Children's Sports of Uzbekistan was created. The President of the Republic of Uzbekistan was elected as Chairman of the Foundation's Board of Trustees. The Chairman of the Supreme Council of the Republic of Karakalpakstan, khokims of regions and the city of Tashkent were appointed chairmen of the boards of trustees of regional branches. The Council for the Development of Physical Culture and Mass Sports was created to study and analyze public opinion on the effectiveness of the development of physical culture and mass sports, and to develop proposals for improving work in this direction. region. In addition, the first world championship was held in Uzbek wrestling, boxing, freestyle wrestling, wrestling, Greco-Roman wrestling, Asian championships in chess, powerlifting and sambo, tennis, wrestling, karate, freestyle and Greco-Roman wrestling, chess and traditional major international Tournaments are held in many other sports. A lot of work has been done in our country to develop the material and technical base. physical culture and sports. In particular, a

number of sports complexes that meet international standards have been built in Tashkent, Namangan, Jizzakh, Fergana, Bukhara, Khorezm, Andijan, Samarkand, Gulistan and other cities. . By 2000, the number of sports facilities in the country reached 7,407, which is 19% more than in 1992.

During the construction of particularly complex sports facilities - stadiums, swimming pools - the increase was 100 or 87%. In addition, the number of football fields increased by 2,114 or 37%. Most importantly, it is commendable that all sports facilities, newly built or reconstructed, are organized on the basis of modern designs, oriental style and high efficiency, equipped with equipment that allows one to acquire technical skills in all sports. Representatives of physical culture and sports have been created in 201 districts. (cities) within the territorial administration. In these areas, the full implementation of government policies, decrees and decisions in this area plays an important role in the development of sports at the grassroots level. In addition, this year more than 20 other documents were adopted in this area - decrees and resolutions of the President, resolutions of the Cabinet of Ministers. adopted. This is a sign of the state's attention to the development of physical culture. and sports. As a result of the reforms carried out under the leadership of our President, qualitative changes have occurred in the industry. This year our athletes won 483 gold, 394 silver, 536 bronze medals, a total of 1413 medals in local and international competitions. sport competitions.

Our country successfully hosted international competitions. At the Asian boxing championship in Tashkent in May, our athletes won gold medals in nine out of ten weight categories. The head of our state completed certain tasks for training, retraining and advanced training in the field of physical culture and sports. The Uzbek State Institute of Physical Culture, which is the main educational institution in this area, was moved to Chirchik. As a result, the institute has the necessary infrastructure for the training and education of qualified athletes and coaches, as well as the ability to build a modern sports camp. The institute has also introduced distance learning from the 2017/2018 academic year. A center for scientific and methodological support, retraining and advanced training of specialists in physical culture and sports was created at the

Uzbek State Institute of Physical Culture. To date, more than 800 employees have been trained at the center. Also, tasks were given and implemented to further improve the activities of the institute, introduce new innovative technologies into the educational process, and create special laboratories for scientific research. - The need for development.

Program for 2018-2020 based on scientific achievements. The Decree of the President of the Republic of Uzbekistan dated June 3, 2013 “Measures for the further development of physical culture and mass sports” has become another important document in this area. Thanks to this decision, the program for further development of the program of physical culture and mass sports in the Republic of Uzbekistan was adopted. It was noted that it is necessary to increase the efficiency of using sports complexes and attract more young people to them. The cooperation of sports schools, republican schools of higher sports and sports federations in identifying talented youth was criticized, as well as the lack of selection work. Instructions were given to create a clear and transparent mechanism and cover all areas. In a word, propaganda in the physical culture and sports movement is becoming the most relevant, important and influential event in its content, essence and scale.

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