



## ADOPTION OF NEW LEGISLATIVE DOCUMENTS IN THE FIELD OF PHYSICAL TRAINING AND SPORTS IN NEW UZBEKISTAN AND ITS OBJECTIVES

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### ABSTRACT

During the years of independence in the New Uzbekistan, the field of physical culture and sports has become a priority at the level of state policy. The development of physical culture and sports is the result of effective political, economic and social reforms in our country. Over the past six years, more than 30 new normative and legal acts have been adopted in the country on the current priority of comprehensive development of the country through physical culture and sports, and its goals have been analyzed and revealed.

**KEYWORDS:** - New Uzbekistan, Strategy of Action, Physical Culture and Sports, Healthy Generation, Mass Sports, - Umid Nihollari, Barkamol Avlod, Universiada, Olympics, Healthy Lifestyle, Sports Selection, 5 Important Initiatives .

### INTRODUCTION

In recent years, new Uzbekistan has been taking consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities and ensure the country's proper participation in international sports arenas. Development has risen to the level of public policy and has become a priority area.

One of our urgent tasks is to promote a healthy lifestyle in society, the further popularization of physical culture and sports. We must continue to pay great attention to the rapid development of sports, encouragement and support of athletes who have achieved high results in international

competitions[1].

### THE MAIN RESULTS AND FINDINGS

For the past almost six years, the new Uzbekistan has been undergoing a period of radical changes and rapid development in terms of quality for our country and people, without exaggeration. All regions of the country have become an unprecedented construction site - modern enterprises based on the latest technologies, beautiful, well-equipped housing, wide and smooth streets are being built. The life of our people is radically improving, human rights and freedoms, the rule of law and social justice are being established. As a result of the definition of physical culture and sports as a priority of state



policy, the phrase "New Uzbekistan" was introduced to the world as a recognition of the fact that our country is changing for the better as a result of these changes and innovations.

Over the past six years, the passion and aspiration of young people to physical culture and sports, the principles of healthy lifestyles in society, the selection of talented young athletes, the development of their professional skills and abilities, the preparation of sports reserves for national sports teams, Further improvement of the system of sports competitions aimed at continuous involvement in sports, the formation of a healthy lifestyle in our society, the creation of modern conditions for regular physical culture and mass sports of the population, especially the younger generation. strengthening confidence, courage and patriotism, fostering a sense of devotion to the motherland, promoting a healthy lifestyle among the population, creating the necessary conditions for the physical rehabilitation of people with disabilities and the country's international sports arena. Ensuring proper participation in the sport, as well as the implementation of specific programs to promote public health in physical culture and sports, the involvement of young people in sports, the formation of national teams with skilled athletes who achieve high results in sports and additional conditions for coaches. In order to create conditions for the formation of a comprehensively mature and physically healthy person with a high culture in the country, to set priorities for improving the skills and knowledge of the population in the field of physical culture and sports, to introduce innovative forms and methods of selection of talented athletes The following new normative and legal acts in the field of physical culture and sports have been adopted, including:

Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On measures to organize

the activities of the Republican Specialized Sports School of the Olympic Reserve for Children and Adolescents in Gymnastics" dated November 18, 2016, No. 388 [2], In the Republic of Uzbekistan February 7, 2017 Decree of the President of the Republic of Uzbekistan PF-4947 "On the Action Strategy for the five priority areas of development of the Republic of Uzbekistan in 2017-2021"[3], Decree of the President of the Republic of Uzbekistan "On preparation of Uzbek athletes for the XXXII Olympic and XVI Paralympic Games in Tokyo (Japan) in 2020" March 9, 2017, No. PF-2821[4], Resolution of the President of the Republic of Uzbekistan "On preparation of Uzbek athletes for the XXXII Summer Olympic Games and XVI Paralympic Games 2020 in Tokyo (Japan)" March 9, 2017, No. PQ-2821[5], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On approval of the Regulation on the State Committee of the Republic of Uzbekistan for Physical Culture and Sports" dated March 16, 2017, No. 148[6], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On improving the activities of the Center for scientific and methodological support, retraining and advanced training of specialists in physical culture and sports under the Uzbek State Institute of Physical Culture" No. 329 of May 31, 2017[7], Resolution of the President of the Republic of Uzbekistan "On measures to further develop physical culture and mass sports" June 3, 2017, No. PP-3031[8], Resolution of the President of the Republic of Uzbekistan "On additional measures for the development of horse breeding and equestrian sports in the Republic of Uzbekistan" dated June 15, 2017, No. PP-3057[9], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On measures for the integrated development of horse breeding and equestrian sports in 2017-2021" dated July 19, 2017, No. 517[10],



Resolution of the President of the Republic of Uzbekistan "On amendments to the structure of the central office of the State Committee of the Republic of Uzbekistan for Physical Culture and Sports" Tashkent, July 29, 2017, No PP-3162[11], Resolution of the President of the Republic of Uzbekistan "On wide involvement of Uzbek athletes who have achieved high results in prestigious international sports competitions in public and sports activities and encourage athletes and their coaches" August 10, 2017, No. PP-3196[12], Resolution of the President of the Republic of Uzbekistan "On measures to further improve the activities of the Uzbek State Institute of Physical Culture" dated August 10, 2017, No. PP-3197[13], Resolution of the President of the Republic of Uzbekistan "On measures to further improve the activities of the Uzbek State University of Physical Culture and Sports" dated August 10, 2017, No PP-3197[14], Resolution of the President of the Republic of Uzbekistan "On measures to further improve the material and technical base of Pakhtakor football club" dated August 21, 2017, No. PP-3227[15], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On measures to introduce the position of athletes in the Republican schools of higher sports and specialized children and youth sports and the establishment of monthly salaries and bonuses" dated September 18, 2017, No. 733[16], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On measures to further support Uzbek athletes and their coaches who have achieved high results in prestigious international sports competitions" dated October 30, 2017, No. 878[17], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On the establishment of the Nukus School of Higher Sports in Olympic and National Sports" dated March 2, 2018, No. 157[18], Decree of the President of the Republic of Uzbekistan "On measures to radically improve the system of

public administration in the field of physical culture and sports" dated March 5, 2018, No. PF-5368[19], Resolution of the President of the Republic of Uzbekistan "On the organization of the Ministry of Physical Culture and Sports of the Republic of Uzbekistan" dated March 5, 2018, No. PP-3583[20], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On measures to further develop entrepreneurship and the private sector in the field of physical culture and sports" dated March 28, 2018, No. 248[21], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On approval of the Regulation on the Ministry of Physical Culture and Sports of the Republic of Uzbekistan" dated May 18, 2018, No. 369[22], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On measures to create a single information system" Physical Education and Sports" June 3, 2018, No 454[23], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On further improvement of the system of republican sports competitions among schoolchildren and students" dated October 25, 2018, No. 864[24], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated January 7, 2019 No 6 "On measures to organize regular physical culture and sports for employees of public and economic administration and local government"[25], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated February 13, 2019 No 118 "On approval of the Concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023"[26], Resolution of the President of the Republic of Uzbekistan "On the establishment of a branch of the federal state budget higher education institution" Russian State University of Physical Culture, Sports, Youth and Tourism "in Samarkand" May 8, 2019, No PP-4311[27], Resolution of the President of the Republic of



Uzbekistan "On measures to develop rugby in the Republic of Uzbekistan" dated October 29, 2019, No. PP-4500[28], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On measures to further improve the center of scientific and methodological support, retraining and advanced training of specialists in physical culture and sports under the Ministry of Physical Culture and Sports of the Republic of Uzbekistan and the Republic of Uzbekistan" November 19, 2019, 918 -last[29], Decree of the President of the Republic of Uzbekistan "On measures to bring football development in Uzbekistan to a completely new level" December 4, 2019, No. PF-5887[30], Decree of the President of the Republic of Uzbekistan "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan" dated January 24, 2020, No. PF-5924[31].

March 19, 2019 in Syrdarya region at a video conference chaired by the President of the Republic of Uzbekistan[32], The issues of further strengthening the attention to our youth, their wide involvement in culture, arts, physical culture and sports, the formation of skills in the use of information technology in youth, the promotion of reading among young people, increasing women's employment were raised. One of the main reasons for raising these issues is that in today's world, where various conflicts are rapidly escalating, it is more important than ever to strengthen the spiritual immunity of our youth, to spend their free time meaningfully. Therefore, the 5 important initiatives put forward by the President serve as timely measures to organize work in the social, spiritual and educational spheres on the basis of a new system of education of future youth. The second initiative of these 5 important initiatives is aimed at creating the necessary conditions for the physical training of young people, to demonstrate their abilities in sports.

Currently, there are various disciplines related to the development of physical education. This shows that the study of the attitude of the population to physical culture and sports in our society and their involvement can not be achieved only through the improvement of the educational process of physical culture and sports or the construction of sports facilities. Therefore, it is important to study the role and influence of all factors in the development of physical culture and sports. In this regard, modern trends in the development of the theory and methodology of physical culture and sports on the basis of the Action Strategy of the Republic of Uzbekistan, innovative technologies in sports, scientific and methodological aspects of adaptive physical education and sports, medical and biological problems of physical culture and sports, socio-cultural and focusing on psychological problems, modern problems of training qualified specialists in the field of physical culture and sports.

These days, physical culture and sports serve as one of the main tools for the emergence of the new Uzbekistan on the world stage and its introduction to the world. The success of our athletes in various international competitions and Olympics around the world is drawing the attention of the peoples of the world to the new Uzbekistan.

At the same time, the implementation of specific mechanisms to improve the health of the population in the field of physical culture and sports, the wider involvement of young people in physical culture and sports and the selection of the most talented athletes, the formation of national teams with talented athletes and there is a need to create additional conditions for trainers. To this end, the Decree of the President of the Republic of Uzbekistan dated January 24, 2020 PF-5924 "On measures to further improve and popularize physical culture and sports in the



Republic of Uzbekistan", the CONCEPT "Development of physical culture and sports in the Republic of Uzbekistan until 2025" [33].

The adoption of this important decree is aimed at identifying important areas for the development of a comprehensively mature and physically healthy generation in our country, improving the high culture of the population, knowledge and skills in physical culture and sports, selection of talented athletes - the introduction of new innovative forms and methods. The following main directions of reforming the system of physical culture and sports by 2025 have been clearly identified, including:

- to increase the total number of people regularly engaged in physical culture and sports to 30%, the total number of young people engaged in sports organizations and institutions to 20%;
- the goal is to gradually increase the quality of coaches and specialists in public sports education institutions, in particular, the number of employees with higher education to 80%;
- selection and development of effective and transparent four-stage system of selection of talented athletes from among the youth on the ground - organization-district-city-territory-republic system;
- As a result of identifying talented athletes and creating reserves for youth national teams and organizing "Student Sports Games" among students of higher education institutions in the new Uzbekistan by holding "Children's Sports Games" among students and athletes of sports schools under the Ministry of Physical Culture and Sports. involvement in regular sports has been identified;
- In order to promote physical culture and

sports among a wide range of the population, including high school students, students of professional and higher education institutions, the festival "Secondary school sports", the competition "Physical training institution" the development of a system of district-city, regional, republican stages and the introduction of the direction of the best secondary school, professional and higher education institutions with a developed level of physical fitness;

- From 2020, it is planned to develop sports tourism in the field of physical culture and sports through the international marathon "Tashkent Marathon", the international eco-marathon "Save Aral", the systematic holding of motor rally and motocross sports competitions;
- It is planned to introduce "Physical fitness level" tests among all segments of citizens of the country;
- the establishment of scientific-complex laboratories for athletes of national teams in sports, the introduction of advanced new innovative technologies in the training process and the establishment of effective medical and pharmacological support in the field of sports;
- Introduced a mechanism for regular in-depth medical examinations of members of the regional team in physical culture and sports under 18 years of age in the juvenile departments of regional children's multidisciplinary medical centers and older members of the regional team in district and city multidisciplinary central hospitals;
- Starting from February 1, 2020, a system of doping testing at the republican sports competitions on Olympic sports was gradually introduced;



- the system of training professional athletes through the creation of the infrastructure of winter Olympic sports, popularization of these sports;
- It is planned to establish an Olympic Training Center in Bostanlyk district of Tashkent region to systematically prepare Uzbek sports delegations for prestigious sports competitions;
- In order to attract more foreign athletes and fans and the effective use of sports infrastructure, it is planned to establish "hospital services", the introduction of additional non-electronic entry visa "Sport Visa";
- Necessary measures have been identified to increase the participation of the private sector in sports, including reducing the share of the state in sports organizations;
- it is possible to expand the system of additional financing of sports through the organization of sports lotteries;
- It is planned to organize optional classes and clubs for students of law enforcement agencies and educational institutions of the Armed Forces, including the "Temurbek School" in the sports included in the program "Army Games";
- The widespread introduction of modern information and communication technologies in the management system of physical culture and sports, sports facilities and institutions, including the connection of sports facilities to the telecommunications network through the information system "Sport.uz".

After gaining independence, the development of physical culture and sports in New Uzbekistan has risen to the level of state policy and has become a priority.

These days, sports are one of the main tools for the emergence of a new Uzbekistan on the world stage, for its recognition in the world. The success of our athletes in various international competitions around the world is drawing the attention of the peoples of the world to the New Uzbekistan. Of course, given the need to maintain this potential, as well as to increase it as much as possible, the training and expansion of training personnel, reserve deputies, material and technical base for them at the level of world standards, medical and pedagogical control, development of national sports, large sports facilities. construction is an extremely pressing issue.

In the new Uzbekistan, physical culture and sports are now entering a new stage. The upbringing of a healthy and harmoniously developed generation has become one of the priorities of state policy in our country. In this regard, the ongoing reforms in our country are yielding positive results.

As a result of the adoption of new regulations in the field of physical culture and sports in the new Uzbekistan:

improving the health of the country's population. Strengthen the number of children and youth sports schools and the material and technical base of sports education institutions and increase the effectiveness of their financial support. The total number of citizens who regularly engage in physical culture and sports, students of general secondary schools and students of higher education institutions will increase. Increasing the weekly movement of the population will be achieved through the organization of various mass physical culture and sports events among employees of government agencies, enterprises and organizations, institutions and the population. The quality of coaches and specialists in sports



education institutions, in particular the number of employees with higher education, will be gradually increased from 51% to 80%. The share of high-class coaches and teachers in specialized boarding schools under the Ministry of Physical Culture and Sports will be increased to 72%. The successful participation of the national sports team of Uzbekistan in the Olympic and Paralympic Games, world, continental and Asian sports competitions will be ensured. The number of prestigious international sports competitions in Asia, the World Cup, Asia and the World Cup in Uzbekistan will increase to 34.

Today, modern and easy-to-use sports infrastructure is being built in all regions of the country, including the most remote districts. Over the past two years, the number of people regularly involved in sports in our country has doubled. Athletes of our country have won more than a thousand medals at various international competitions, of which more than 400 are gold medals. Currently, the schools formed in Uzbekistan in boxing, judo, freestyle wrestling, rhythmic gymnastics, weightlifting, chess and other sports are known all over the world.

The Asian Olympic Council has decided to hold the 2025 Asian Youth Games in Tashkent. It is true to say that the great trust and attention shown to our country. At the same time, we are well aware that the responsibility for this is also great. Preparations for this continental competition have already begun. Further popularization of physical culture and sports is an important factor in ensuring the health of the population [34].

The content of the system of sports education and training will be improved in terms of quality, the share of sports will be increased to 32 by opening sections on priority Olympic sports in sports schools. The process of selecting talented young athletes and attracting them to the

national team will be carried out gradually, systematically.

Adoption of more than 30 new normative and legal acts in the field of physical culture and sports and their implementation in connection with the creation of modern conditions for regular participation in physical culture and sports by all segments of the population, especially the younger generation. Strengthening the confidence of young people in the will, strength and capabilities through sports competitions, the development of courage, patriotism, devotion to the motherland, as well as improving the system of selection of talented athletes among young people, further development of entrepreneurship and the private sector. Improving the quality of sports and health services, creating favorable conditions for public-private partnership in the field of physical culture and sports, the high results of our country in the Olympic Games, world championships, Asian Games and championships, as well as international competitions. It is noteworthy that the prestige and sports potential of the new Uzbekistan is growing, magnificent world-class sports facilities are being built in all regions of the country, and the three-stage Umid Nihollari, Barkamol Avlod and Universiade sports games are gaining popularity among schoolchildren and students.

At the same time, in all regions of the country, the importance of mass sports in human and family life, to promote its physical and spiritual health, to protect young people from harmful habits, to create the necessary conditions for them to realize their abilities and talents. to create conditions, to improve the system of selection and targeted training of talented athletes, to encourage athletes and their coaches who have achieved high results at the Olympic and Paralympic Games, Asian Games and world championships, to raise the flag of our country in



prestigious international sports competitions; Extensive use of life experience and potential, further strengthening of international sports ties, further development of New Uzbekistan in the world, in general, the further development of physical culture and sports. It opens the door to great opportunities for every citizen of our country.

## CONCLUSIONS

In conclusion, it should be noted that today in "New Uzbekistan" the attention paid to physical culture and sports, the conditions created for our youth to regularly engage in physical culture and sports, all this helps our youth to grow up spiritually mature, physically healthy, as well as serving to raise the Uzbek flag in the world. In his speech on the occasion of the 29th anniversary of the state independence of the Republic of Uzbekistan, President Shavkat Mirziyoyev noted that the foundations of a new revival - the Third Renaissance - are being laid in Uzbekistan at a time when the glorious power of our people is in full swing. The fact that the Third Renaissance in Uzbekistan is also aimed at improving physical culture and sports is explained by the fact that the goal is to increase this "vital ability".

President Shavkat Mirziyoyev also said: "We will continue to attach great importance to the rapid development of sports, encouragement and support of athletes who have achieved high results in international competitions"[35], it is not in vain that he emphasized.

The second of the five positive initiatives of the head of our state is aimed at physical training of young people, the creation of the necessary conditions for them to demonstrate their abilities in sports. This is the basis for the decision to lead a healthy lifestyle in society - physical activity, physical exercise, regular sports.

Today, we must act responsibly, recognizing that

the effectiveness of sports and health is inextricably linked with the task of building a new Uzbekistan[36].

There is no doubt that the athletes of "New Uzbekistan" will make a worthy contribution to laying the foundation for the Third Renaissance in our country. All of the above indicates that the "New Uzbekistan" has become one of the priorities of state policy in the field of physical culture and sports, and a new stage in this area has begun.

This year's Tokyo Olympics, the XXXII Summer Olympic Games held from July 23 to August 8, came to an end. The Games were originally scheduled to take place in the summer of 2020, but were postponed due to a coronavirus pandemic. The fact that despite the difficult epidemiological situation, among the strongest 12,500 athletes of the world participating in the prestigious four-year competition and among the selected winners, the recognition of our country's courageous athletes testifies to the longevity of the victories of New Uzbekistan. At these games, which are a great holiday of world sports, the athletes of New Uzbekistan demonstrated the potential of our country, the zeal of our youth, for which we express our deep respect to all the athletes who won and lost, their coaches, sports professionals who worked day and night for the Motherland. should. In fact, based on the principle "participation is important, not winning the Olympic Games", our Olympians have worthily demonstrated the role and potential of the New Uzbekistan among the 206 countries participating in the prestigious sports conference. A flowing river does not stop flowing. Those who have shown the glory of the homeland on the Olympic venues deserve all the respect and recognition. In the last decade of the XXI century, the largest gathering of the peoples of the world - the Summer Olympics - the conference of "struggle for supremacy", which





has always been held and continues today, those who are "a cure for the pain of the nation and the state" are stirring up feelings of boundless pride in our hearts for the existence of kamarbas.

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