BASES OF THREE-STAGE SPORTS COMPETITIONS

S. Ibrakhimov
Uzbek Scientific Research Institute of Pedagogical Sciences,
98, Uzbekistanskiy Ave., Tashkent 100097 Uzbekistan
uzniipn@inbox.uz

Abstract: Physical training and sports are widely propagandized in the Republic of Uzbekistan where the For Healthy Generation program is successfully realized and conditions for occupations by mass sports are created. In this article highlights the issues of the development of sport, in particular of children's sports in the country, noted the attention of the leadership of the Republic to the problem of health improvement of the population, especially youth, the means of physical education and sports. The author presents «history» of the appearance «threeDstage sport competitions» «Umid nikhollari», «Barkamol avlod», «Universida», covering all categories of trainees, provides the data on wide introduction of national sports and traditional games and links physical, moral, intellectual aspects of upbringing. The role of teachers of a physical education and trainers in attraction of youth to sports activities is especially emphasized. Requirements to the modern teacher-tutor are defined.

Keywords: physical training, sports development, three-stage sports competitions, national folk games, kurash, full development, health improving exercises, continuity of sports activities.

The organization of three-stage sports competitions in independent Republic of Uzbekistan has a political basis. In the history of their creation it is possible to note some stages.

The first stage covers the years 1991-1997. During this period a number of laws, decrees, the resolutions consisting standard and legal basis of development of sports and, in particular children's sports, in the Republic of Uzbekistan were accepted. In these documents legal, economic, organizational, pedagogical bases of development of all sports in the republic were defined. According to the specified resolutions were developed and constantly organizational and pedagogical bases of development of children's sports developing, and the special attention is paid to development of different types of sports.

In order to spiritually-moral education of youth through sport increasingly popular distribution of sports and games. Economic bases of sports are created, as a result of it there was an opportunity to popularize many kinds of mass sports. An example is the serve the world championship Kurash conducted since 1992, the international tennis tournament for the Cup of the President», held since 1994, the international tournament of women «Tashkent open» international tournament «Challanger», «Futures», «Satellite», the venue of which were the city Fergana, Samarkand, Gulistan, Bukhara, Karshi. The called international competitions and tournaments have become traditional. The special attention is deserved by development of kurash.

For the first time national games competitions were held on April 25, 1991 in the Farish district of Jizzakh region. They caused huge interest in youth and awakened desire to participate in sports. Subsequently national games became traditional, and in 1994-1996, the game received the status "The republican Olympic Games on national games".

In May 1996, on the celebration of the "Kizilkir" dedicated to the 660th birthday of the great commander Amir Temur was successfully carried out the II Republican contest of national games. These games have laid the Foundation of three-stage of sports competitions.

The second stage of three-stage sports competitions conducts the counting since 1998. Above acceptance of a large number of resolutions on development of kinds of mass sports, in particular children's sports and
national games were noted. Since that time, multistage sports competitions among learners and students of educational institutions of system of continuous education who increased interest of studying youth to sports were organized.

Realization of the principle of a healthy lifestyle and its promotion served as additional motive for regular jobs by sports. In the Republic favorable conditions for attraction of youth in gyms and on sports grounds were created. The decree of the President and the decision of the Government defined the plan of carrying out 1 times in three years of the sports competitions "Umid nikhollari", "Barkamol avlod" and "Universiada". Actual it turns out that one of types of these competitions – for school pupils is annually carried out; for learners of lyceums and colleges and for students. For carrying out finals at republican level serially in different regions at regional councils funds of development of children's sports which carry out the activity on the basis of the special plan are created. In the plan it is provided:

a) training of high-class sportsmen by attraction to regular jobs by sports within academic year of learners and student's youth;

b) stimulation of learners to participation in competitions, especially at an initial step, development of their interest to certain sports;

c) direction of the learners who have shown skill at competitions of the first step, on further competitions at the subsequent steps;

d) involvement of learners and students youth of system of the general secondary, secondary professional and higher education to continuous participation in held sports competitions;

e) ensuring regular carrying out within a year of sports competitions between classes, groups, courses;

f) formation at learners of initial classes of abilities to combat in sports and aspirations to a victory through their active participation in classes in physical training and sports competitions;

g) selection of talented sportsmen from among pupils and students who are engaged in different kinds of sport in sport sections, constantly acting clubs and sports associations;

h) carrying out of competitions at certain stages on the basis of special Provisions, monitoring the results achieved learners;

i) ensuring participation in interregional competitions at different stages of the strong teams showing great skills. Creation of equal conditions for strong and weak collectives for the purpose of development of spirit of the competition, ensuring objective refereeing.

In the concept of the government of Uzbekistan to the development of sports is a reflection of a state policy on spiritually-moral education of learners and students by engaging them in sports. The important task is set for trainers and teachers of physical training: deeply to study these conceptual bases and to provide physical and spiritual and moral development of learners and students.

From each citizen of the republic including the healthy lifestyle is required to introduce learners, to teachers and the sports mentors owning bases of physical training to propagandize a healthy lifestyle in the pedagogical activity.

The president of the Republic of Uzbekistan I.A. Karimov emphasizes: "Blossoming of each nation, the people, and its place in universal history, situation and authority are directly connected with intellectual and physical perfection of his learners".

Proceeding from it, teachers of physical training and sports trainers have to seek for formation at learners of the vital knowledge, skills through enrichment of knowledge of learners about physical improvement and by means of continuous improving exercises. Thus it is necessary to consider an ecological situation in concrete regions and its influence on health of learners, to aim teaching and educational process at the development of physical activity of learners, to form skills of careful attitude to the health at learners.

The ecological situation, especially in the regions of the Aral Sea, in large industrial centers continues to deteriorate. With the development of industry is the rapid atmospheric pollution. In these conditions the problem of protection of health of learners and formation of skills of physical development is especially staticized.

Today it is required to pay a serious attention to formation at learners of knowledge, the skills connected with health improving function of physical training and sports.


In this regard it is represented very important to use new receptions, methods and technologies of formation at studying youth of necessary knowledge, skills on an improving orientation of physical training and sports, attract as possible a number of learners to sporting competitions. Development of professional competence of teachers of physical training and trainers on different types of sports is important socially pedagogical task in this context.

Improvement of system of physical training and sports occupations has to be carried out in the following directions:

– the organization and carrying out classes in a physical education and the sports promoting intellectual and spiritual moral development of learners and students;
– selection and introduction of system of exercises and the occupations directed on strengthening of health of studying youth;
– providing theoretical-methodical bases of continuous professional development of teachers of physical training and sports trainers;
– projecting of new forms of physical exercises and occupations and development of mechanisms of their introduction in practice;
– consecutive development of innovative technologies and foreign experiment on development of physical, spiritual and moral, intellectual potential of learners and students, their introduction on classes in physical training and sports competitions;
– the analysis and generalization of nonconventional and original forms of the activity practiced by workers of sports grounds and stadiums, projecting of new forms of holding the sporting events widespread in world experience and according to youth attracting a large number to sports – all this is an actual task of teachers of physical training and trainers - mentors.

The aforesaid allows to note that development in Uzbekistan of physical training and sports is considered as the major social and pedagogical task which decision is inseparably linked with moral and spiritual, intellectual education of the personality. Therefore from teachers of physical training and sports trainers requires responsibility, devotion to his work, initiative and innovation manifestation.

Teachers of physical training and sports trainers have to not only involve learners in sports activities and physically develop them, but also strengthen own health and a physical form, show the will to win, courage, to be able to protect the honor and honor of team of learners, to possess feelings of patriotism, pride of the country. Therefore teachers and mentors of sports need to know physical data of each learner and the recipient of education, systematically to carry out developing exercise and occupations, to lean on psychology and pedagogical bases of development of the harmonious personality and conceptual bases of development of physical training and sports in the Republic of Uzbekistan.

References
O’zbekiston Respublikasi Vazirlar Mahkamasining “O’quvchi va talaba yoshlarni sportga jalb qilishga qaratilgan uzuksiz Respublika sport musobaqalarini o’tkazish to’g‘risida”gi 181-sonli qarori (2009 yil 29 iyun), www.lex.uz.
O’zbekiston Respublikasi Vazirlar Mahkamasining “O’quvchi va talaba yoshlarni sportga jalb qilishga qaratilgan uzuksiz sport musobaqalarini tizimini tashkil etish to’g‘risida”gi 244-sonli qarori (2003 yil 3 iyun), Toshkent, www.lex.uz.