

The background of the cover is a blue-tinted photograph of a notebook. A pen is lying on a grid-lined page, and a ruler is visible at the top. The overall aesthetic is clean and academic.

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Focus on Physical Education and Sports in the New Uzbekistan

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Annotation: In this article, great attention is paid to physical education and sports activities in our country by our country's side, the study of the shortcomings identified before the big competitions ahead, and the importance of the operation of a special mechanism in the process of this activity is studied. In addition, the shortcomings of the preparation stage for the upcoming Paris-2024 Olympic Games have been highlighted. It is very important that healthy physical education is important for a healthy lifestyle and that this mechanism is provided by our state with the necessary attention for every age group.

Key words: Sports activity, Physical education, Digital technologies, Innovation, Olympic games, Youth period, Mechanisms, Competence.

INTRODUCTION.

The main goals and objectives of the development of sports in Uzbekistan are to bring the young generation to a healthy adulthood, to encourage and develop folk games and sports on a global scale, and to actively involve the widest strata of the population in the movement of physical education.

Citizens of the Republic of Uzbekistan have the right to engage in physical education and sports, regardless of gender, race, nationality, language, religion, social origin, faith, personal and social status. At the same time, every citizen has the right to organize physical education and sports public associations, to establish physical education and sports associations, to participate in the organization of physical education and sports associations. Management of physical education and sports, foreign citizens and stateless persons have equal rights with citizens of the Republic of Uzbekistan in the field of physical education and sports.

MATERIALS AND METHODS

1. Participants: Detail the number of participants, their demographics, and any specific criteria used for selection.
2. Equipment: List any specialized equipment, if applicable, used during the study.
3. Instruments: Provide information on any tools or instruments used to gather data (e.g., questionnaires, fitness trackers, etc.).
4. Resources: Mention any supporting resources utilized during the study, such as sports facilities, laboratories, etc.

Methods:

1. Study Design: Outline the overall study design (e.g., experimental, observational, comparative, etc.).
2. Data Collection: Describe how data was collected (e.g., surveys, interviews, physical assessments, etc.).
3. Intervention (if any): Detail any interventions carried out during the study, such as training programs, policy changes, etc.

4. Data Analysis: Explain the statistical or analytical methods used to process the collected data.
5. Ethical Considerations: Address any ethical considerations taken into account during the study, such as participant consent, confidentiality, etc.

DISCUSSION

Since the independence of Uzbekistan in 1991, success in the Summer Olympics and Winter Olympics has been increasing. Uzbekistan took part in the Summer Olympic Games four times and won one gold and five bronze medals in boxing, two gold and two silver medals in wrestling, and a silver medal in judo. Uzbekistan's only medal at the Winter Olympics was a gold medal in cross-country skiing in 1994. At the 2016 Rio Olympics, Ruslan Nurudinov lifted a total of 431 kilograms of stones in the weight category of 105 kilograms, and 237 kilograms in the deadlift, and won the Olympic record in weightlifting.

President Shavkat Mirziyoyev is paying great attention to physical education and sports, and efforts are being made to make physical culture and sports a part of the population's lifestyle. In addition, it is not an exaggeration to say that a country is being formed that aims to serve the interests of the individual, to ensure publicness and comfort, which is one of the main conditions for physical education, and to engage in any kind of sports.

The importance of digital technologies for physical education teachers or sports coaches has become very important since the beginning of 2020. All over the world, during the pandemic, physical education teachers, like all other professionals, tested their knowledge skills in important areas such as digital technologies, computer literacy, and remote work. It was very important to be able to interest young students in the learning process with the help of innovative technologies, and to keep their mental state stable not only for students, but also for teachers, especially in the midst of psychological stress that has arisen in such a difficult situation all over the world. Of course, when it comes to digital technologies or innovations, it is very important to study not only positive impact processes, but also negative impact factors. Digital technologies serve as an effective means of developing young people's collaborative learning and working skills. Especially in the era of advanced technologies, the interest of every young generation in this field is very important.

Today, it is no exaggeration to say that the main focus in the sustainable development of any country is the wide introduction of innovative and modern technologies. We will be able to see that the introduction of innovations and digital technologies in physical education and sports activities will lead to an increase in results and will be accepted by young people with great interest. Judging by the experiences of many countries, the state's care of the fate of national sports and physical education undoubtedly brings great benefits. In support of these elements in the social sphere, first of all, they are creating all the favorable conditions for the mental and physical health of teenagers and the young environment of the society. It is worth noting that our country is taking a place among the countries that understand its high importance in terms of the development of this direction. Government structures, public organizations and sports institutions of the country are always working together to solve important problems such as developing the material and technical base in the field of sports and physical education, gaining popularity, and strengthening professional sports.

National teams are being trained in higher sports educational institutions, with special attention to sports included in the Olympic Games series. High-class athletes and highly qualified specialists are being trained in these sports centers. Talented and promising athletes are training in Olympic training centers under these schools. First of all, the same attention is paid to each type of sport, the formation of educational and methodological bases in order to organize their training leads to the rapid development of not only sports activities aimed at high results, but also healthy physical education.

The importance of innovative technologies in strengthening the reputation of our flag on international arenas is undoubtedly very important for the athletes of New Uzbekistan to reach great heights. At prestigious conferences, young people who defend our national flag, professionals of special individual and game sports demonstrate their training and skills, demonstrating and confirming the rich sports traditions of our country.

In recent years, important measures have been taken in Uzbekistan to popularize physical education and sports, to promote a healthy lifestyle among the population, and to create the necessary conditions for the physical rehabilitation of people with limited opportunities. Also, consistent measures are being taken to ensure their proper participation in the country's international sports arenas.

At the same time, in the field of physical education and sports, the implementation of specific programs that help to strengthen the health of the population, the widespread involvement of young people in sports, and the selection of talented athletes among them are being carried out in a systematic way. In addition, there is a need to create national teams with skilled athletes who provide high results in sports and create additional conditions for trainers. The tasks of President Shavkat Mirziyoyev to provide methodical bases in sports with advanced innovative systems and to raise the preparation for the Olympic Games in 2024 to a high level was a huge step in the development of the field. At the same time, the head of state gave clear orders to deal with the fact that the number of Olympic Games tickets won by our athletes is less than the planned one. In particular, the low results in team sports, and the fact that the main part of the results shown in major competitions correspond to martial arts shows that more measures should be taken in this area.

It is very important to further develop the educational and methodological bases for each sport, to determine the training systems of not only martial arts, but also team sports representatives at this stage with the help of innovative technological systems.

Today, one of the urgent tasks is to determine the priority directions aimed at gaining the skills and knowledge of the population in the field of physical education and sports in order to form an all-round mature and physically healthy person with a high culture in the country. That is why, in order to introduce innovative forms and methods to the selection process of talented athletes, the main directions of the reform of the field of physical education and sports until 2025 have been determined by the President. These are the following:

- to increase the total number of the population regularly engaged in physical education and sports up to 30%, and the total number of young people engaged in sports organizations and institutions up to 20%;
- increasing the quality of trainers and specialists in state sports educational institutions, in particular, the number of employees with higher education to 80 percent;
- development and implementation of an efficient and transparent four-stage organization-district (city)-territory-republic system of selecting (selection) talented athletes among local youth;
- popularization of physical education among broad sections of the population, including general education school students, students and students of professional and higher education institutions; development of a system of stage-by-stage (district/city, territory, republic) holding of the "general education school sports" festival, "institution with advanced physical fitness" examination in order to identify the most talented among them; introduction of the nomination of the best general education school, professional and higher educational institution with improved level of physical training;
- introduction of "physical fitness level" tests among all segments of the population;

- organization of scientific and complex laboratories for athletes of national sports teams, introduction of advanced innovative technologies in the training process and establishment of effective medical and pharmacological support in the field of sports;
- implementation of a mechanism for regular in-depth medical examination of members of the regional national team under 18 years of age in regional children's multidisciplinary medical centers; introduction of the mechanism of regular in-depth medical examination of regional national team members older than that in district (city) multidisciplinary central polyclinics;

RESULTS

Based on these measures, first of all, ensuring high results in sports activities, improving continuous results in each type of sport was determined as the main task. In this regard, tasks such as turning not only sports activities aimed at high results, but also healthy physical education into the daily routine of the population, and creating the necessary conditions for engaging in healthy exercises have been defined. In order to achieve high results, not only the coaches themselves, but also the scientific activity of sports activities, determining the cooperation mechanisms of professors, scientists and sports coaches and managers is one of the important components for sports activities of the present time. If we pay attention to the experiences of developed countries in the field of sports, we will be able to see that all sports activities are certainly studied and researched from a scientific point of view. In this, innovative technological systems serve as the main mechanism.

CONCLUSIONS: The decision of the President of the Republic of Uzbekistan Shavkat Mirziyoyev "On the comprehensive preparation of the athletes of Uzbekistan for the XXXIII Summer Olympic and XVII Paralympic Games to be held in Paris in 2024" defined the priority tasks of training the athletes of Uzbekistan.

- fundamental improvement and digitization of the system of sports education, creation of a reserve of high-performance and Olympic athletes in sports included in the Olympic and Paralympic programs, significantly increasing the number of licenses;
- improving sports management, auditing each link and aligning it with international standards;
- in-depth analysis and study of sports pharmacology, psychology, medicine, dietology, as a result of which, development of scientifically based proposals;
- to increase the share of female athletes among applicants for participation in the Olympic and Paralympic Games, to ensure gender equality among athletes of Uzbekistan;
- strengthening the material and technical base of sports bases and facilities, building new sports facilities that meet modern standards, using them purposefully and effectively;
- Full implementation of the main lines of development of the paralympic movement defined in our country, comprehensive support for sports activities of persons with limited physical abilities and disabilities.

At the most prestigious event of the quadrennial, our athletes were tasked with achieving the highest results in each sport, and the President set the task of achieving the highest results not only in individual sports, but also in team sports. At these Olympic Games, it was clearly determined that New Uzbekistan would achieve the greatest result in our history. One of the most important components is the training of athletes in the educational and methodological bases of each sports school by qualified specialists in the laboratories, and the control of their physical and psychological preparation.

Deputy Prime Minister - Minister of Tourism and Sports A. Abduhakimov and Chairman of the National Olympic Committee of Uzbekistan R. Shoabdurahmanov, together with sports federations, in the process of preparing for the 2024 Olympic Games, the following tasks were separately defined.

- within two months, develop and implement a program to promote the principles of gender equality among the population based on the "mahallabay" system with the participation of famous athletes;
- Take measures to increase the share of female athletes among applicants for participation in the Olympic Games. In doing so, ensure that their difference from the number of male athletes is up to +/-3%;
- from the 2022-2023 academic year, take measures to increase the admission quotas for women in sports and educational institutions specialized in training Olympic reserve athletes;
- Implement other necessary measures to ensure gender equality in the training of athletes of our country.

One of the main tasks of every sports federation is to get the maximum number of tickets to the Olympic Games. Making full use of all the conditions created by our state and aiming for the highest goals remains one of the biggest tasks before us.

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