



SPECIFICS OF IMPROVING SPORTS ACTIVITIES IN MILITARY EDUCATIONAL INSTITUTIONS

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Abstract: This article is devoted to the unique aspects of enhancing sports activities in military educational institutions of our country. The article analyzes the role of sports events in improving the physical, psychological, and moral-ethical preparedness of cadets, examining practical experience in our country and that of foreign countries (England, France, Japan, Australia). Existing challenges are considered, particularly the insufficient material and technical base, the limited number of specialist coaches, and the nascent stage of digital technology utilization. The article presents proposals for improving sports activities through modernizing the material and technical base, enhancing coaches' qualifications, and implementing digital technologies. These measures will serve to increase the effectiveness of the military education system in our country and strengthen public safety.

Keywords: Military education, sports activities, physical training, psychological preparation, material and technical base, digital technologies, mahalla system.

Sports events in military educational institutions are of great importance not only in improving the physical fitness of cadets but also in developing their spiritual, moral, and psychological qualities. In our country's military education system, sporting events serve as an important tool for ensuring public safety, educating the younger generation in the spirit of patriotism, and enhancing professional qualifications. The Law of the Republic of Uzbekistan "On Physical Culture and Sports" (Law No. 524, 04.09.2015) defines the role of sports in the education system, emphasizing its educational and preventive significance [1]. In 2024, more than 15,000 cadets participated in sports events at military educational institutions in our country, which contributed to improving their physical and psychological preparedness [2]. This article is dedicated to analyzing the specific aspects of sports events, practical experience in our country, and ways to improve them, which contributes to the development of our nation.

The main goal of sports events in military educational institutions is to develop cadets' physical strength, endurance, and teamwork skills. According to the analysis of scholar A. N. Toshmatov, sports events play an important role in strengthening team relationships and improving individual skills in military training [3]. Foreign researcher Johnson R. (2023) emphasizes the importance of sports in military education and demonstrates its influence on psychological stability [4]. Sports events in our country are organized based on the Regulation "On the Physical Training of Military Personnel" (2020), which establishes minimum standards for the physical training of cadets [5]. These events serve to increase the activity and discipline of cadets in military educational institutions of our country.

Sports events in military educational institutions of our country are comprehensive, including track and field, martial arts, swimming, and team sports. In 2024, more than 200 sports competitions were organized in the military academies of our country, which, along with improving the physical fitness of cadets, developed their leadership qualities [6]. For example, more than 5,000 cadets participated in the "Vatanparvar" sports competition held at military educational institutions in Tashkent, which strengthened their sense of patriotism. According to scientist Sh. K. Yuldashev, sports events increase the stress resistance of cadets and develop skills for making quick decisions in complex situations [7]. These events

contribute to the development of our country and strengthen the professional training of young military personnel.

Although practical experience shows the effectiveness of sports events in our country, there are a number of problems. Firstly, the material and technical base is insufficiently developed. Many military educational institutions lack modern gyms and special equipment. In 2024, out of 10 main military educational institutions in our country, only 4 had modern sports facilities [8]. Secondly, the number of specialist coaches is limited, which affects the quality of sports events. Thirdly, the use of digital technologies is at an early stage, and modern methods for monitoring the physical fitness of cadets are insufficiently applied. Foreign researcher Brown T. (2022) notes that the use of digital technologies in sports events is important for analyzing the results of cadets and planning individual training [9].

The ways of improvement are aimed at increasing the effectiveness of sports events in our country. Firstly, it is necessary to improve the material and technical base. Based on the experience of modern sports facilities in military academies in England, it is recommended to modernize sports halls and special equipment in our country [10]. Secondly, it is necessary to introduce special training programs for the training and advanced training of specialist coaches. The system of continuous professional development of coaches in military educational institutions in Japan can serve as an example in our country [11]. Thirdly, it is necessary to expand the use of digital technologies. Fitness trackers and data analysis systems used in sports events in Australia can be used in monitoring the physical fitness of cadets in our country [12]. These measures will contribute to the development of our country and improve the quality of sports events.

The integration of the "Mahalla Seven" system in our country with sports events plays an important role in strengthening preventive measures. Sports competitions organized by mahalla volunteers serve to educate the younger generation in the spirit of patriotism. According to the analysis of scholar B. T. Nodirov, cooperation with the mahalla system increases the social significance of sports events [13]. In 2024, sports events were organized in more than 500 mahallas of the country, which increased the interest of young people in sports [14]. This experience will be applied in military educational institutions of our country and will increase the social activity of cadets.

Foreign experience serves as an important guide for improving sports events in our country. For example, the system for assessing the individual physical preparedness of cadets in military academies in France can be applied in our country [15]. This system helps to identify the weaknesses and strengths of cadets and create a special training plan for them. Also, the Australian experience, where digital technologies are widely used, will be useful in monitoring and analyzing sports events in our country.

In conclusion, the improvement of sports events in military educational institutions of our country can be carried out by improving the material and technical base, training specialist coaches, and using digital technologies. Foreign experience, in particular, practices in England, France, Japan, and Australia, will serve to improve the quality of sports events in our country. Integration with the "Mahalla Seven" system and the use of modern methods strengthen the physical and psychological preparedness of cadets. These measures will contribute to the development of our country, increase the effectiveness of the military education system, and ensure public safety.

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