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Research Article

# DEVELOPMENT OF PUBLIC SPORTS IN THE NEW UZBEKISTAN IS A PRIORITY TASK FOR THE HEALTH OF THE NATIONAL GENE POOL

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#### **ABSTRACT**

Development of mass sports in the new Uzbekistan 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. The current priorities of the country's comprehensive development through the development of mass sports have been revealed through in-depth analysis of the reforms carried out by the state over the past few years and its goals.

### **KEYWORDS**

"New Uzbekistan", "From the Strategy of Action - to the Strategy of Development" Physical Education and Sports, Healthy Generation, Mass Sports, Olympics, Healthy Lifestyle, Sports Selection, Olympic Sports, Olympic and Paralympic Colleges.

### INTRODUCTION

Recently, systemic measures have been taken in New Uzbekistan to develop mass sports, promote a healthy lifestyle among the general population, and ensure the country's worthy participation in international sports arenas. The development of physical culture and sports has risen to the level of state policy, which has become

a priority. One of our urgent tasks is the promotion of 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, encouraging and supporting athletes who have achieved high results in international competitions [1].

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In the new Uzbekistan, we still have a lot of work to do to promote sports and train talented athletes, there are shortcomings, and our task is to eliminate them. It should be noted that today we are at a new stage of attracting our compatriots, especially our youth, to mass sports. As a result of the last five years of reforms, the necessary political, legal, socio-economic and scientific-educational foundations for the establishment of a new Uzbekistan have been created in our country.

In-depth analysis of complex global processes and the results of the development of our country in the coming years to further increase the welfare of our people, transform the economy and accelerate the development of entrepreneurship on the basis of the principle "For the dignity of man." In order to ensure the unconditional protection of human rights and interests and to determine the priorities of reforms aimed at building an active civil society - January 28, 2022 Presidential Decree PF-60 "On the Development Strategy of New Uzbekistan for 2022-2026" was adopted [2].

As a result of public discussions, the Development Strategy of New Uzbekistan for 2022-2026, consisting of seven priorities developed on the principle of "Strategy of Action - Towards Development Strategy" and the State Program for its implementation in the Year of Human Dignity and Active Neighborhood were approved.

These aspects were highlighted at a video conference held on 23 May 2022 by the President on measures to promote sports and train talented athletes. At present, the state pays enough attention to the development of sports and allocates large sums of money. For example, over the past five years, about 4 trillion soums have been allocated for the development of sports, 118 new major sports facilities have been commissioned, 110 facilities have been reconstructed. 1

trillion 200 billion soums were allocated. - But the results in sports are not yet in line with the conditions created. What to do?

#### **METHODS**

At the video conference held by the President, he spoke about the measures we need to take in this regard and gave relevant instructions on their implementation. Based on this, we need to set a number of tasks for ourselves.

First, the task was set to introduce a new system of training and selection of athletes. In doing so, we need to focus on neighborhoods. For this purpose, it is necessary to move to a "mahallabay" system of work. This means that it will be possible to discover more talented young athletes by holding competitions in the neighborhoods. There are also economic reasons for this. Because the head of our state gave a special task to organize competitions in each mahalla in April-June and September-December and form an electronic list of young people who have shown good results. Of course, if there are conditions, the results will be visible. To this end, young people who are now included in the electronic list will have the opportunity to train for free in special groups organized by the sports school in their area under the guidance of qualified coaches. The President also said that the salaries of coaches of sports schools will be increased by 35%. If we take into account the fact that there will be efficiency where material benefits are shining, we can be sure that sports coaches will seriously start training talented athletes even in remote villages. That's not all, school principals, coaches and other professionals who show good results will now receive an additional 50 percent bonus, coaches who win regional team championships will receive a 5 percent bonus, and the Republican Championship will receive a 20 percent bonus.

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Second, the system of professional training of athletes will be reformed. When we think about it like this, we can see that our approaches to training athletes are still rigid based on old criteria. Logically, we are working on the basis of programs from 30 years ago. On the instructions of the President, advanced foreign experience was studied. On this basis, a new system of professional training of athletes will be transferred. There are a number of important aspects to this. For example, colleges are established in each region as training centers for Olympic and Paralympic sports. The centers will have Olympic schools for grades 5-9, Olympic and Paralympic colleges for grades 10-11 and 1-2 courses. Young people who do well in the Children and Adolescents Sports School are educated at the Olympic School and engage in in-depth sports. Graduates of specialized sports schools will be admitted to colleges in the 1st year, and a continuous system of training will be created [3].

### **RESEARCH RESULTS**

Under the Ministry of Sports Development, a Coaching Council consisting of leading coaches and foreign experts will be established to select the athletes with the best results in competitions, and college graduates will be admitted to the Institute of Higher Sports Skills. It is obvious that we still have a very important task ahead of us, which is to solve important issues without delay.

Third, the Ministry of Sports Development will also move to work on the basis of new criteria. According to the instructions of the head of state, now the ministry officials will have to study the conditions and skills of coaches in 279 children's and youth sports schools and specialize them in Olympic sports. The main issue on the agenda is to connect each sports school with neighborhoods, schools and colleges in their area, and to organize at least 1 Olympic sports club in them.

In addition, the Ministry of Sports will launch an electronic platform for the selection of athletes from the neighborhood by the end of the year, introduce a system of incentives for successful neighborhoods, allocate 35 billion soums in 2022 to provide sports schools with medical equipment, medicines and sportswear. By September 1, schools, sports schools, colleges and universities will begin to address pressing issues such as the introduction of a procedure for free provision of halls to non-Olympic sports clubs.

Fourth, governors are now "throwing themselves into sports." Because, as the head of state rightly criticized, to date, the governors have not paid much attention to the development of sports. Sport remained an issue on the sidelines, not on the agenda. As a result, no provincial, district, or city governor has been able to establish a systematic approach to all sports.

 From today's selectors, especially district and city governors and sector leaders, it is necessary to accelerate the work on the development of mass sports. The demand in this regard will be constant and strong, - said the President.

Based on these tasks, the ministries and regional governors must take the necessary measures to ensure that 43% of young people (more than 6 million) are regularly involved in mass sports. Fifth, the activities of the University of Physical Culture and Sports, the Republican Institute of Advanced Training and Sports Research will be revived. The reason is that the head of our state also expressed critical views on the development of sports education and science, and set a number of specific tasks. We will start to increase the effectiveness of scientific research in the field.

### **CONCLUSIONS**

In short, it should be noted that today in "New Uzbekistan" the attention paid to physical culture and

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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 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".

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 have already competition begun. popularization of physical culture and sports is an important factor in ensuring the health of the population [4].

It is no coincidence that President Shavkat Mirziyoyev emphasized that "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" [5].

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 activity, 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 [6].

The creation of the methodology of Uzbek sports will also remain an urgent task. In this regard, we will develop a "Road Map" in cooperation with relevant ministries and agencies and take the necessary measures. The main focus will be on physical and mental training of athletes in Olympic sports, the development of healthy eating programs, training of specialists in sports nutrition, engineering and cardio at the Uzbek State University of Physical Culture and Sports, and at the Tashkent Medical Academy on sports medicine and pharmacology. Work will also begin to introduce at least 20 local coaches, sports doctors and other specialists a year, to critically review the activities of the Institute of Physical Education and Sports, and to improve it. In short, a healthy lifestyle, the development of mass sports and the transition to a new and modern system of training athletes capable of achieving high results in the international arena. This path, as noted by the President, is a policy. The solution of the problem of physical culture and sports, especially the development of mass sports, will, first of all, strengthen the health of our people, ultimately improve the gene pool of the people of New Uzbekistan. Today, the youth of New Uzbekistan repeatedly demonstrates that they are worthy successors to our great ancestors, winning the Olympics, World Championships and Asian Championships of the highest rank, in the fiercest struggles, testifies to the clear brilliant fruit of the incomparable noble deeds done for the future of the generation.

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