



## MAMLAKATIMIZ JISMONIY TARBIYA TIZIMIDAGI SPORT VA OMMAVIY SOG‘LOMLASHTIRISH SPORTI MASHG‘ULOTLARI MONITORINGI

Eshimov Temur

Sport o‘yinlari kafedrası o‘qituvchisi  
Farg‘ona Davlat Universiteti

### Annotatsiya

Ommaviy sog‘lomlashtirish sporti (OSS) mashg‘ulotlari STT jismoniy madaniyatining mazmuni tarkibidagi asosiy mashg‘ulotlar hisoblanib, mashg‘ulotlar davomida shug‘ullanuvchi organizmining harakat sifatlarini rivojlantirishni vazifa qilib belgilamaydi.

**Kalit so‘zlar:** organizm, xizmat faoliyati, funksional holat, yetakchi vazifa.

### Introduction

Boshqachasiga aytganda qayd qilingan sog‘lomlashtirish mashg‘ulotlarining yetakchi vazifasi, yuqori sport natijalariga erishishni nazarda tutmay, bo‘sh vaqtini aktiv dam olish, sportga bo‘lgan qiziqishini qondirish, layoqati shu sport uchun yetarli yoki yetarli emasligini sinab ko‘rish, eng muhimi organizmini shu kun,hafta oy uchun mushaklari tonusini yaratish,sovmatikasi holatini yaxshilashdan iborat. Qolaversa, organizmini aynan shu vositalar orqali xizmat faoliyati darajasini sinovdan o‘tkazish,yuzaga kelayotgan funksional holatdagi nuqsonlarni aniqlashdan iborat bo‘lishi lozim.

Tushunchaga sobiq Ittifoq davrida “ko‘ngilli” so‘zi qo‘shib qo‘yilar edi.Bu shug‘ullanuvchini xohishi bilan shusport turi yoki jismoniy mashqni tanlaganligini nazarda tutar edi. Bu tushuncha jamiyatimiz a‘zolarining barcha yoshdagilarini bo‘sh vaqtlarini samarali o‘tkazish, sog‘lom turmush tarzi jismoniy madaniyati sohiblarini jismoniy mashqlar bilan shug‘ullanish mashg‘ulotlari bilan “do‘stlashtirish”, jismini tarbiyalash, sog‘lomlashtirish vositasi tarzida foydalanish bilan bolalar, talaba-yoshlarning darsdan tashqari vaqtini foydali o‘tkazish uchun har bir individning o‘zining xohishi va tashabbusi bilan ko‘ngliga qarab amalga oshiriladi.

Ommaviy–ko‘ngilli sportatamasi o‘z mazmuniga ko‘ra bir vaqtni o‘zida ko‘pchilik shug‘ullanishi mumkin bo‘lgan sport turlari yoki ko‘pchilik shug‘ullanishni yoqtiradigan – mini - futbol, futbol, voleybol, basketbol, qo‘l to‘pi, yengil atletikaning yurish, yugurish mashqlari, suzish, shaxmat, shashka va boshqa qator sport turlari bilan xohishlariga ko‘ra ommaviy shug‘ullanish jarayoni orqali yo‘lga qo‘yiladi.

Turli xildagi harakatli o‘yinlar, o‘z qoidasi, o‘yin maydoniga ega bo‘lgan xalq milliy o‘yinlari va milliy sport turlari bilan ham ommaviy ko‘ngilli shug‘ullanish ham bundan mustasno emas. Maxsus adabiyotlar taxlili orqali shuni takidlashimiz joyizki, o‘zbek sport klassifikasiyasi tarkibiga hozirgi kunda quyidagi sport turlarining maqsadli mashg‘ulotlarini tashkillash mujassamlashtirilgan.



Ular: a) mamlakatimiz jismoniy tarbiya va *sport vazirligining boshqaruvi tasarrufidagi sport turlari* (Olimpiyada, Osiyo o‘yinlari, jahon birinchiliklari va qator sport federasiyalarining musobaqalari dasturidagi sport turlari);

b) *harbiy-hayotiy amaliy sport turlari va mamlakat qurolli kuchlarni shaxsiy tarkibi uchun, davlat ichki ishlari va davlat havfsizligini saqlashda* jismoniy va jangavor tayyorgarlikni amalga oshiradigan organlarining mashg‘ulotlari, musobaqalari;

v) *DOSAAF markaziy qo‘mitasi* tomonidan tashkillanadigan musobaqalar dasturidagi sport turlari va ularning mashg‘ulotlari;

g) *milliy sport turlari va xalq harakatli o‘yinlari* tarkibidagi sport turlari va ularning mashg‘ulotlari;

d) *noan‘anaviy, hayotiy-amaliy sport turlari* deb nomlanadigan sport turlari mashg‘ulotlari o‘zbek sport klassifikatsiyasi tarkibidagi qayd qilingan turlari bo‘yicha mashg‘ulotlar o‘tkaziladi.

Qayd qilingan sport turlarining umumiy soni qancha deb savol qo‘yish noo‘rin bo‘lib, sport turlarining tarkibi doimiy o‘zgarishdadir, lekin umumiy soni hozirgi kunda 150 dan ortishi tasdiqlangan maxsus raqam emas.

XIX asrning oxiri va XX asrning boshlarigacha unga dam olish, ko‘ngil ochish, bo‘sh vaqtini maroqli o‘tkazish, keyinchalik tanlab shug‘ullanayotgan alohida turidan yuqori sport ko‘rsatkichlariga erishish vositasi, musobaqalarda g‘alaba qozonish tarzidagi faoliyat deb qarash boshlandi.

Hozirgi kunga kelib esa unga inson organizmini jismoniy tarbiyasi, ko‘ngil ochish, bo‘sh vaqtni samarali o‘tkazish, organizmni sog‘lomlashtirish jarayonining vositasi, jismoniy tayyorgarlikni oshirish, sport mahoratini oshirish uchun jismoniy sifatlarni rivojlantirish bilan **umumiy jismoniy tayyorgarligini** yo‘lga qo‘yish mashg‘ulotlarining maxsus vosita sifatida foydalanilmoqda.

Mamlakatimizning oliy ta‘lim tizimida talaba yoshlarimizning “Universida” sport musobaqalari talaba yoshlarning mamlakat sport forumiga aylangan. Unda Olimpiada dasturiga kiritilgan sport turlarining 16 dan ortiq sport turi bo‘yicha musobaqalar o‘tkaziladi. Mamlakatimizda talabalar sportining qayd qilingan turlari bo‘yicha Respublikamizning 63 ta Oliy o‘quv yurtida o m m a v i y s p o r t m u s o b a q a l a r i, ya’ni “Universiada” sport musobaqalarining I va II bosqich ommaviy musobaqalari o‘tkaziladi.

O‘niversiadaning birinchi, ikkinchi, bosqichi ishtirokchilari ommaviy talabalar sporti va uning sog‘lomlashtirish sporti musobaqalarining ishtirokchilariga aylanadilar. O‘ch bosqichli musobaqalar tizimining “Barkamol avlod”, “Umid nihollari” musobaqalarini tashkillash Respublik nizomida qayd qilinganidek “har bir talaba, har bir o‘quvchi” yilida kamida ikki marotaba qayd qilingan musobaqalarning birinchi va ikkinchi bosqichlarida ishtirok etish uchun tayyorgarlik mashg‘ulotlari yoki ommaviy fakultativ sog‘lomlashtirish mashg‘ulotlarida ko‘ngli kusaganda emas, tizimli mashg‘ulotlar orqali tayyorgarlik qilishlari funksional tayyorgarlikni yaxshilashidek davlat buyurtmasini bajarilishiga ijobiy ta’sir ko‘rsatgan bo‘lar edi. Bunday shartni bajarish har bir qatnashchini musobaqalarda qatnashish uchun tayyorgarlik ommaviy mashg‘ulotlariga jalb qilinishini taqazo etadi. Ommaviy tayyorgarlik mashg‘ulotlari asosan, shu musobaqlarning birinchi va ikkinchi bosqichlarini o‘tkazishga bilan tugallanishi nazarda tutilgan edi. Afsuslarkim bu g‘oya o‘zini oqlamadi.

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