

Issues Related to the Development of Scientific and Methodological Support for Sports in Uzbekistan

Khasanov Azizbek

Termiz State Pedagogical University, Uzbekistan

Email address: ahmedovfsh@gmail.com

Annotation— *The article discusses the state of scientific and methodological support in physical education and sports institutions and develops scientific conclusions on development.*

Keywords— *Physical culture, sport, education, system, criterion, supply and demand, development, integration, science.*

Today, it is necessary to study and analyze the level of scientific and methodological support of educational institutions in the field of physical education and sports in our country, and to consider the issues of providing them with new scientific developments and educational literature, which is of great importance for the sustainable development of the sector. Because the state of educational institutions and the full functioning of scientific and methodological support mechanisms contribute to the creation of new educational literature, the implementation of new research work, and ensuring the quality of education through teaching based on new methodologies.

Sport is of great importance in ensuring the physical and mental health of society, in the spiritual and moral education of young people, as well as in increasing the country's prestige at the national and international levels. Today, there is an increasing need in our country to develop the activities of sports institutions, implement modern scientific and methodological approaches, and strengthen the education system. Therefore, the scientific and methodological support of sports institutions and the use of innovative methods in the training of athletes are one of the urgent issues of today.

Sports institutions are institutions specially organized for the development of sports, physical education and training of athletes, designed to form educational, physical and psychological potential. They operate at all stages of training athletes, including in such areas as children's and youth sports, professional sports, physical education and mass sports. Scientific and methodological support of sports institutions increases the quality of their activities, allows further strengthening the physical and psychological potential of athletes.

Scientific and methodological support involves the development of teaching methods in various areas of sports, effective management of the training process, the introduction of new technologies, the improvement of athletes' health, as well as the development of the sports system on an international scale. Scientific and methodological support also

includes the systematic development of knowledge and technical means used at all stages of sports activities.

In our country, great attention is paid to the scientific and methodological support of sports institutions. The development and implementation of strategic plans for the development of sports by the government of Uzbekistan, the creation of new sports infrastructure, as well as the expansion of cooperation with international sports organizations are a vivid example of this.

Within the framework of the "Strategy for the Development of Sports for 2020-2030", approved by the Cabinet of Ministers of the Republic of Uzbekistan, a number of important measures are being implemented in the field of scientific and methodological support of sports institutions. In particular, scientific research on sports methodology and psychology, methods of physical education and sports training, and scientific approaches to the development of sports studies are being developed.

Effective organization of teaching and training processes plays a special role in the scientific and methodological support of sports institutions. By organizing training on a scientific basis, it is possible to take into account the individual characteristics of athletes, study their physical and psychological state, and also develop the necessary methods to achieve maximum results.

The use of modern technologies and scientific and technical tools in sports, such as biofeedback, analytical programs, and methods for measuring physical activity, helps athletes to reach a higher level. New techniques also allow athletes to be trained in accordance with their physiological state and develop an individual approach.

Analyzing the psychological state of athletes and developing appropriate methods for it plays an important role in the process of sports training. By developing motivation, stress management, self-analysis and decision-making skills, athletes can achieve their highest potential. The introduction of sports psychology, psychological training and the use of psychological tests help to ensure the mental preparation of athletes.

The scientific organization of physical training in sports institutions and the use of new technologies are crucial for athletes to achieve high results. Through physical training, a set of necessary knowledge, methods and exercises, athletes can achieve success in a particular sport. The methodology of the training process, developed through a scientific approach, helps athletes develop faster and more effectively.

However, there are some problems in the scientific and methodological support of sports institutions in our country. Among them are the following:

- Supporting research and methodologies with limited financial resources. Limited funding for sports-related research, difficulties in implementing new technologies.
- There are not enough skilled people in the areas of sports psychology and methodology. Lack of specialists with sufficient experience in this field, as well as the lack of widespread use of psychological approaches.
- Uneven development of sports infrastructure. Insufficient development of sports institutions and facilities in some regions.

To eliminate these problems, it is necessary to systematically organize the implementation of the following measures:

- Increase financial support for scientific research and innovative methodologies.
- Training and advanced training of specialists in sports psychology and methodology.
- Enhance regional sports infrastructure and construct new athletic amenities.

Scientific and methodological support of sports institutions in our country is one of the main directions of sports development. Through scientific and methodological support of sports institutions, we can achieve maximum development of the physical, mental and psychological potential of athletes, increase the global position of the country in the field of sports. Today, attention to the scientific and methodological support of sports institutions plays a decisive role in creating the necessary conditions for athletes to achieve high results.

The main goal of scientific and methodological support of sports institutions is not only to train athletes, but also to constantly improve their health, mental and physical condition. In this case, the activities of sports institutions should be carried out on the basis of scientific and practical experience. It is also necessary to introduce scientific approaches and methods to develop sports and make them successful on an international scale.

The scientific methodology of sports includes several stages:

- Training methodology: This is scientific research aimed at improving the effectiveness of the training process for athletes. Sports psychology, physiology, anatomy, and medical research provide the right approach to the athlete training process.
- Technology Implementation: Modern technologies (such as wearables or sports analysis software) are used to monitor athletes and manage their training.
- Physiological research: The scientific study of the effects of training and the body's responses to it is essential to achieve optimal fitness levels.

The scientific and methodological support of sports in Uzbekistan is developing significantly. State programs for the development of sports implemented by the Cabinet of Ministers of the Republic of Uzbekistan, as well as cooperation with international organizations, are providing positive changes in this area. The main focus is on the

renovation of sports facilities and improving the methodology for training athletes.

The need to use new methodologies and technologies in the scientific and methodological support of sports institutions is increasing. Based on international experience, the Uzbek sports system is implementing new methodologies, for example, creating individual programs for athletes, as well as new scientific research in sports medicine, physiotherapy, and sports psychology.

In Uzbekistan, great importance is placed on the training of sports teachers, coaches, and experts in sports medicine. In this regard, highly qualified personnel are being trained through scientifically based methodologies and advanced sports sciences. It is also necessary to constantly retrain specialists and involve them in scientific research.

It is important to exchange experience with other countries in improving scientific and methodological support in the field of sports. For example, in Japan, innovative methods are widely used in the development of sports psychology and training technologies. Similar experiences can be introduced to sports institutions in Uzbekistan.

It is important to develop an individual approach in the training of athletes. Each athlete needs an individual training plan and psychological preparation. Sports research institutes are creating new methods for developing an individual approach. New scientific methods are being developed in the development of athletes to strengthen technical and tactical skills, improve physical condition and improve psychological preparation.

1. Development of scientific and methodological support

- It is necessary to introduce innovative technologies to strengthen scientific and methodological support in the management of sports institutions.
- It is necessary to apply new scientific approaches and methods in training processes. For example, individualizing exercises and training athletes based on their condition and skills.

2. Development of sports research

- Increase funding for sports research and build the capacity of scientific experts.
- To develop cooperation with international scientific research centers in the sports system of Uzbekistan.

3. Athlete development and training optimization

- Developing methodologies and new training methods specifically tailored to each athlete.
- Development of infrastructure of sports facilities and introduction of new technologies.

Improving the process of scientific and methodological support of sports institutions has a significant impact on the development of the sports system. It is necessary to apply scientific approaches and modern technologies in this area in Uzbekistan. This will create opportunities for maximizing the training of athletes, maintaining their health, and achieving high results in the international sports arena.

The study of the scientific and theoretical foundations of the development of sports educational institutions involves an in-depth analysis of the current state of the sports education

system and its future development paths. The study examined the main tasks of sports educational institutions, their role in society, existing problems and proposed solutions to them from a scientific perspective.

Sports education institutions play an important role in training specialists in the field of physical education and sports, ensuring the popularization of sports, and promoting a healthy lifestyle. Sports education serves the comprehensive development of society, as well as supports the growth of interest in sports and participation in sports activities among young people.

The effectiveness of sports educational institutions depends on a number of factors, including:

-Infrastructure: Sports halls, training grounds, and other necessary conditions are important for the effectiveness of sports education. Medical and methodological support, technological tools are also one of the factors of development.

-Human Resources: The qualifications of teachers and coaches, their professional training and pedagogical skills determine the quality of sports education.

-Funding: Sufficient funds allocated to sports education institutions, the availability of the necessary funds to hold events and competitions, are one of the main conditions for the activities of the institutions.

For sports education to be effective, it is necessary to develop pedagogical methods and use new pedagogical technologies. This means making the learning process interactive, ensuring an individual approach, and taking into account the psychological characteristics of athletes. These methods serve not only to increase physical activity, but also to develop the mindset of athletes.

Innovative approaches, new technologies and methodologies allow developing the sports education system in line with modern requirements. In this regard, it is important to combine scientific research and practical work. New scientific developments in the field of sports pedagogy and psychology, as well as best practices in popularizing sports, should be studied based on effective practices in other countries.

The following proposals were made to develop the activities of sports educational institutions:

- Modernize the sports education system, improve the training of physical education and sports specialists;
- The establishment of contemporary sports facilities and equipment, as well as the growth of sports infrastructure;
- Improving the personnel training system and improving the skills of trainers;
- Expanding research to attract young people to sports and increase the popularity of sports;
- Strengthening the financial and material and technical base of sports education institutions.

Thus, it is important to develop the activities of sports educational institutions, improve their pedagogical, scientific and technological foundations. A sports education system that meets modern requirements is of great importance not only in training specialists in the field of sports, but also in ensuring increased physical activity in society, promoting a healthy lifestyle and popularizing sports among young people. Close cooperation between state policy and the education system is necessary to support this process scientifically and practically.

REFERENCES

- [1]. O'zbekiston Respublikasining 2019-yil 29-oktyabrda "Ilm-fan va ilmiy faoliyat to'g'risida"gi qonuni".-B.37.
- [2]. O'zbekiston Respublikasining 2015-yil 4-sentyabrda "Jismoniy tarbiya va sport to'g'risida"gi (yangi tahriri) qonuni. -B.29.
- [3]. Саламов Р.С. Совершенствование образовательного процесса подготовки бакалавров по направлению «Физическая культура и спорт». /дисс. док. наук. –Ташкент, 2003. -236 с.
- [4]. Столяров В.И. Инновационные направления, формы и методы физкультурно-спортивной работы с населением (отчетный и зарубежный опыт). Ч II. монография: / Москва: РУСАЙНС, 2020.- 194 с.
- [5]. Курамшин Ю.Ф. Теория и методика физической культуры: учебник. - М.: Советский спорт, 2004. - 464 с.
- [6]. Хасанов А.В. Sport ta'limini rivojlantirish: zamonaviy yo'nalishlar va ahamiyati//«NamDU axborotnomasi» ilmiy-nazariy jumali, №11/2024 yil. B.1358-1360.
- [7]. Хасанов А.В. Спорт таълим муассасаларида таълим сифатини ривожлантириш йўллари// "JISMONIY TARBIYA VA SPORT AXBOROTNOMASI" Ilmiy-uslubiy jurnal, №5/2024 йил. B.122-125.