



MONITORING OF SPORTS AND MASS HEALTH SPORTS EVENTS IN OUR COUNTRY

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Annotation. Mass health-improving sports activities are the main activities in the content of physical culture of a healthy lifestyle and do not set the task of developing the motor qualities of the body involved during classes.

Keywords: organism, service activity, functional state, leading task.

In other words, the leading task of health training, which does not imply the achievement of high sports results, is to actively relax free time, satisfy interest in sports, test performance, sufficient or insufficient for this sport, and most importantly, to create muscle tone of the body on this day, week, month, improvement of the state of somatics. In addition, it is with the help of these means that the level of performance should be checked, and defects should be detected in the emerging functional state. In the days of the former Soviet Union, the word "volunteer" was added to the concept. This meant that the athlete, at will, chose a sport or physical exercise. This concept is aimed at the effective leisure of all ages of the members of our society, the "introduction" of the carriers of physical culture of a healthy lifestyle to physical exercises, the education of physical condition, its use as a health tool for the useful spending of extracurricular time for children, students, is carried out at their own request. and the initiative of each individual. Grassroots-volunteer sport in its content is both a sport that most people can play, or a sport that most people like to play - futsal, football, volleyball, basketball, handball, walking, running exercises, swimming, chess, checkers and a number of other sports that are launched in the process of mass training at will. Mass volunteer activities with a variety of outdoor games, folk national games and national sports with their own rules and playing field are no exception. An analysis of the special literature can be noted that the organization of targeted trainings in the following sports is currently included in the Uzbek sports classification.

These are: a) sports under the jurisdiction of the Ministry of Physical Culture and Sports of our country (sports in the program of the Olympic Games, Asian Games, world championships and competitions of a number of sports federations);

b) classes, competitions of military-applied sports and bodies that carry out physical and combat training of personnel of the Armed Forces of the country, internal affairs of the state and protection of state security;

c) sports and their preparation in the program of competitions organized by the Central Committee of DOSAAF;

g) sports and their training as part of national sports and folk outdoor games;

d) classes in sports, which are called non-traditional, life-applied sports, are held in sports registered in the Uzbek sports classification. It is inappropriate to ask what is the total number of

registered sports, while the composition of sports is constantly changing, but the total number is now over 150. a means of achieving high sports results from a particular type of activity, selectively, as an activity in the style of winning in competitions. Today it is used as a means of physical education, entertainment, effective leisure, health-improving process of the human body, as a special means of training general physical fitness with the development of physical qualities to improve physical fitness, sportsmanship. In the higher education system of our country, the student youth sports competitions “Universida” have become the national student sports forum. It hosts competitions in more than 16 sports included in the program of the Olympics. Mass sports competitions, that is, the I and II stages of the Universiade sports competitions, are held in 63 higher educational institutions of our republic in registered types of student sports. Participants of the first, second, stages of the Universiade become participants in mass student sports and its recreational sports competitions. The organization of the “Barkamol avlod”, “Umid nihollari” competitions of the three-stage competition system “Barkamol avlod”, “Umid nihollari” is not a preparatory lesson or a mass optional health-improving lesson for participation in the first and second stages of the competition, which are celebrated at least twice a year " every student, every student", as stated in the republican charter, their preparation through systematic training would have the same positive impact on the implementation of the state order as the improvement of functional training. Fulfillment of such a condition requires the involvement of each participant in preparatory mass training for participation in competitions . Mass preparatory classes were mainly supposed to be completed by holding the first and second stages of these competitions. Unfortunately, this idea did not materialize. The required level of assimilation of systematized knowledge about the physical culture of the individual and the skills of maintaining a healthy and sports lifestyle, which determine the adaptation of students to further education and life; consists in the development of interests, abilities, thinking, attention, perseverance, memory, emotions, will, cognitive and practical skills.

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