

**ANALYSIS OF THE WORK CARRIED OUT IN THE FIELD OF SPORTS AND  
MASS HEALTH IN THE REPUBLIC OF UZBEKISTAN**

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**Annotation.** Mass wellness sports activities are considered the main activities in the structure of the content of Physical Culture and do not set the task of developing the qualities of the movement of the organism engaged in the course of training.

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

In other words, the leading task of the recorded wellness training, not referring to the achievement of high sports results, is to devote free time to active rest, to satisfy his interest in sports, to test whether his capacity is enough for this sport or not, most importantly, to improve the state of his body, to create muscle tone for this day, week. In addition, it is necessary to test the level of service activity of the organism through these tools, to identify defects in the functional state that are occurring.

The concept was added by the word “volunteer” in the days of the former Union. This meant that the practitioner chose a sport type or exercise at his discretion. This concept is implemented in order to effectively spend free time of all ages of members of our society, to “make friends” with physical culture owners of a healthy lifestyle with physical activity activities, to educate the body, to make useful extra-curricular time of children, students and young people in the form of a means of health, depending on the

The mass-volunteer sport, in its content, is established by the process of mass practice at the same time according to the wishes of many people who like to engage in sports that many can do at the same time or – mini - football, football, volleyball, basketball, handball, athletics, walking, running exercises, swimming, chess, checkers and a number of other sports.

Mass volunteering is no exception with various action games, people's National Games with its own rule, playing field, and National Sports. Through the special literature taxlili, we note that the composition of the Uzbek sports classification currently includes the organization of targeted training of the following sports.

They are:

a) sports under the management of the Ministry of Physical Culture and sports of our country (sports in Olympia, Asian Games, World Championships and the program of competitions of a number of sports federations);

b) training, competitions of military-life practical sports and bodies of the country that carry out physical and combat training for the personal composition of the armed forces, for the maintenance of State Internal Affairs and state security;

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

g) sports within national sports and folk action games and their training;

d) sports classes, which are called non-traditional, life-practical sports, are held classes on the recorded types of activities within the Uzbek sports classification.

It is inappropriate to ask the question of how much the total number of recorded sports is, and the composition of sports is in constant change, but the total number is not a special number, which is now confirmed to increase from 150.

Until the end of the 19th and the beginning of the 20th centuries, it began to be viewed as a means of recreation, entertainment, interesting leisure activities, the means of achieving high sports performance from a separate type, which was subsequently selectively engaged in, an activity in the manner of winning competitions.

And to date, it is used as a special means of training the human body to establish general physical fitness with physical education, entertainment, effective leisure activities, the development of physical qualities in order to improve physical fitness, improve physical fitness, improve sports skills.

In the system of higher education of our country, sports competitions “Universida” of our student youth have become the country sports forum of student youth. It hosts competitions in more than 16 sports of the sports included in the Olympic program. In our country, 63 higher educational institutions of the Republic in the recorded types of student sports are held on the A V I y S p O R T m U s o b a q A l A r I, that is, I and II stage mass competitions of sports competitions “Universiade”.

Participants of the first, second, stage of the O'niversiada become participants in mass student sports and its wellness sports competitions. The organization of competitions of the “harmonious generation”, “sprouts of hope” of the system of retaliation competitions is not at all disappointed in preparatory classes or mass elective wellness classes for participation in the first and second stages of competitions, which are noted at least twice in the Year of " each student, each student, their preparation through systematic training would have had a positive effect on the execution of the state order, as would improve functional training. The fulfillment of such a condition necessitates the involvement of each participant in preparatory mass classes for participation in competitions. Mass preparatory classes were mainly intended to be completed with the holding of the first and second stages of the same competitions. Sorry, this idea did not justify itself.

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society.

The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

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