
**NATIONAL UNIVERSITY OF UZBEKISTAN
NAMED AFTER MIRZO ULUGBEK
FACULTY OF TAEKWONDO AND SPORT
ACTIVITIES**

PART- I



COLLECTION OF ARTICLES

**II-INTERNATIONAL SCIENTIFIC AND PRACTICAL CONFERENCE "EDUCATION,
PERSONNEL TRAINING-APPLICATION OF INNOVATIVE TECHNOLOGIES IN THE
FIELD OF PHYSICAL EDUCATION AND SPORT: PROBLEMS AND SOLUTIONS"**

TASHKENT

**МИНИСТЕРСТВО ВЫСШЕГО ОБРАЗОВАНИЯ,
НАУКИ И ИННОВАЦИЙ
НАЦИОНАЛЬНЫЙ УНИВЕРСИТЕТ УЗБЕКИСТАНА
ИМЕНИ МИРЗО УЛУГБЕКА
ФАКУЛЬТЕТ ТАЭКВОНДО И СПОРТИВНОЙ
ДЕЯТЕЛЬНОСТИ**

**СБОРНИК
МЕЖДУНАРОДНОЙ НАУЧНО-ПРАКТИЧЕСКОЙ
КОНФЕРЕНЦИИ «ОБРАЗОВАНИЕ, ВОСПИТАНИЕ И
ПРИМЕНЕНИЕ ИННОВАЦИОННЫХ ТЕХНОЛОГИЙ В
ОБЛАСТИ ФИЗИЧЕСКОГО ВОСПИТАНИЯ И СПОРТА:
ПРОБЛЕМЫ И ПУТИ РЕШЕНИЯ»**

ЧАСТЬ I

**2023 год
3-4 ноября**

ТАШКЕНТ – 2023

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SPORTS ENDURANCE MANAGEMENT

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Annotatsiya: Ushbu maqolada boshqarish umumiy ko‘rinishda tizimni tartibga solish ya’ni uni mazkur sohadagi harakatdagi obyektiv qonuniyatga mos holatga keltirish sifatida belgilanishi, bunda tizimning boshqarilishi, unga ta’sir ko‘rsatadigan ishdan chiqaruvchi omillarga qarshilik ko‘rsatish tizimining o‘ziga xos bo‘lgan tabiiy vositalar va mexanizmlar bilan amalga oshirilishini hisobga olish muhimligi to‘g‘risida so‘z yuritiladi. Bu jihatdan dinamik tizim, o‘zida ikkita tizimosti bo‘linmalari – boshqariladigan va boshqaruvchi bo‘linmalariga ega bo‘lgan o‘zini-o‘zi boshqaruvchi tizim sifatida qaraladi.

Аннотация: В данной статье управление в самом общем смысле можно определить как регулирование системы, то есть приведение ее в состояние, соответствующее объективному закону действия в этой области. При этом важно учитывать, что управление системой, устойчивость к воздействующим на нее повреждающим факторам осуществляются естественными, уникальными для системы средствами и механизмами. В этом отношении динамическая система представляет собой самоуправляемую систему с двумя подсистемами – управляемой и управляющей.

Калит so‘zlar: boshqarish, obyekt, sport mashg‘uloti, tayyorgarlik jarayoni.

Ключевые слова: управление, объект, спортивная подготовка, процесс подготовки.

Management, in the most general view, can be defined as the regulation of the system, that is, bringing it into a state corresponding to the objective law in action in this area. In this case, it is necessary to take into account the fact that the control of the system is carried out by natural means and mechanisms inherent in the system, the resistance to destructive factors affecting it. In this respect, the dynamic system comes

out earlier as a self – managing system, with two systemost units in itself-managed and managing units. This, two systemost units, together form a control system. The main aspect of the processes of control of complex dynamic systems is the principle of reversible communication, according to which the success of control is carried out only when the controller receives information about the effectiveness of the object achieved under one or another influence on the controlled object. The non-conformance of the existing state of the system to the given state is a corrective signal that calls for the system to be rebuilt so that it functions in the given direction. In the process of sports training, specific goals for rational management and its subsequent development in a new way and the corresponding processes in soundness that occur in the system during the implementation of control tasks to achieve them – an approach that is performed in the first place should be provided. In this way, all elements remain interconnected not only structurally, but also functionally. In this case, it will be very complicated to exclude any MUX joint from the review, since each input in the process, of course, also corresponds to the output part. For example, the quality that determines the result of sports, the means and methods of its assessment, development, their distribution in time, the norms characteristic of the planned result, etc., are suitable. In this case, the control system is regulated, the structure of the competition activity and the corresponding preparatory structure are closely connected with the methodology for transporting the functionality of the athlete, with the descriptions of the models in a suitable layout, with a system of tools and methods aimed at improving various components of the preparation for the competition activity. These visions are most effective in developing a promising program for a relatively long period of preparation.

The purpose of managing the preparatory process is to optimize the behavior of the athlete, to purposefully develop the level of training and training, which ensures the achievement of the highest sports results. The object of control in sports training – the behavior of the athlete and his condition-is the operational, current and phased state of the applied training and competition loads, which is considered the consequence of all complexes of influences in the system of sports training.

Management of the training process, the possibilities of sports training (laws, principles, rules, tools and methods, etc.) as well as the non-training and non-competition factors of the sports training system (special equipment, devices and simulators, restorers, climate factors, organizational moments, etc.) also provides for complex application. On the one hand, this determines the extreme complexity of Management in sports training, and on the other – in the case of justification of the tasks carried out, it determines its high efficiency.

The management of the training process is carried out by the trainer during the active participation of the athlete and refers to three groups of procedures:

- Collection of information about the state of athletes, including data on

physical, technical-tactical, psychic training, reaction of various functional systems to training and competition loads, parameters of competition activities, etc.;

- To analyze this information based on a comparison of existing and given parameters, to plan and develop ways of correcting descriptions of training or competition activities in the direction that will ensure the achievement of the established effect;

- Making and implementing decisions through the development and implementation of goals and objectives, plans and programs, tools and methods, etc., which ensure the achievement of the specified effect of training or competition activities.

To control the process of sports training, information that comes from the athlete to the trainer with the help of various and constantly changing capabilities of the athlete, changes in its functional state, reversible connections of four types performs the main task. The four types of reversible connections are the following:

1. Information that comes from the athlete to the trainer (feeling, attitude to work, mood, etc.k.);

2. Information about the behavior of an athlete (the amount of training work, its implementation, identified shortcomings, etc.).k.);

3. Data on the effect of rapid training (size and character of deviations in functional systems called by the training load);

4. Data on the effect of deviated and cumulative training (changes in the level of training and state of readiness of the athlete).

Several types of management are distinguished in accordance with the need to control the various situations of the athlete in the training process:

- aimed at optimizing preparation in large structural derivatives of the step-by-step, training process (in multi-year stages of preparation, microcycles, stages);

- the current ensures that the athlete's behavior is optimized in micro - and mesocycles, in separate competitions;

- the operative puts in front of him the optimization of the training training programs in individual competition starts, withdrawals, competitions, etc., the reaction of the organism, the mode of operation and rest, descriptions of the actions at the moment of performing individual exercises and their complexes;

- the effectiveness of managing the state of the athlete, training and competition activities is determined by most elements, which can be conditionally divided into three main groups: 1) initial conditions; 2) process; 3) implementation (Scheme 1). Taking into account all these complex elements, during their complex interactions, is very important for the convenient implementation of the management process.

Step management implies the formation of preparatory processes in large structural formations in such a way that it must ensure the achievement of the goal and the halving of the concrete element of the macrostructure – a multi-year preparatory

stage, a special type of preparation, macrocycle, period or stage.

The effectiveness of stage management, first of all, is determined by the optimal structure of the competition's activities and the degree of training in one sport or another, and the existing picture of the structure of training in a suitable manner (providing) and its concrete discipline.

In the case of the presence of sufficiently clear and comprehensive knowledge, it is possible to successfully carry out other treatments of the stage management cycle. The unidirectionality or incompatibility of information reflecting the structure of competition activities and training sharply limits the possibility of objective control over the training process. For example, there will also be cases when there are no independent descriptions of significance in the structure of the competition's activities, or in the preparatory structure there are parameters related to the levels of technical and physical training, and at the same time the indicators of technical or psychic training are lowered.

As the most intensive treatment in the stage management cycle, the development of competition activities and preparatory models will be distinguished, which will have to be applied as an orientation at this stage of improvement.

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TAYM MENEJMENT “YENGIL ATLETIKA” SPORT TURI MISOLIDA

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Annotatsiya: Maqolada Olimpiada o'yinlari dasturida yengil atletika rivojlanish tarixi muhokama qilinadi. Muallif Olimpiada o'yinlarining turli davrlarida yengil atletika rivojlanishini tahlil qildi, taqdim etildi. Olimpiya fanlari sonining o'sishi dinamikasi va uni belgilovchi omillar asosida yengil atletika Olimpiya dasturining rivojlanish tarixi. Olimpiya o'yinlarining yengil atletika dasturiga kiritilishi mumkin

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ЧАСТЬ I

2023 год 3-4 ноября

Подписано в печать 27.10.2023г. Формат 60x84 ¹/₁₆
Учет.изд.листов 15,5. Усл.печат. лист 15,5. Тираж 50 экз.
Заказ № 107. Цена договорная.
Отпечатано в типографии НУУз им. М.Улугбека
ВУЗ-городок, НУУз им. М.Улугбека