

## **The Effectiveness of Using Sport, Spirituality and Values in Youth Education**

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**Abstract.** *From the first days of independence of Uzbekistan, our republic has paid great attention to physical culture and sports. The Republic of Uzbekistan was one of the first among the CIS countries to adopt the resolution "On physical and legal acts". This resolution is about the content of law and the upbringing of a harmonious generation.*

**Key words:** *"New Uzbekistan", "Action Strategy", physical culture and sports, Healthy Generation, Mass Sports, "Sprouts of Hope", "Equal Generation", "Universiade", Olympics, healthy lifestyle, sports selection, 5 important initiatives.*

In the first years of independence, serious reforms in the economic, political and cultural processes in the country led to the emergence of new directions in the field of physical culture and sports that have historical significance. Particular attention was paid to strengthening the health of the population, educating schoolchildren and students in physical culture, improving the skills of talented athletes in accordance with the requirements of the time and international standards, as well as increasing the working capacity and productivity of the working masses and intelligentsia, and most importantly, prolonging life through a healthy lifestyle and raising a healthy generation. The Decree of the Government of the Republic "On measures for the further development of physical culture and sports in Uzbekistan" has historically taken a special place as the basic program of the physical culture and sports movement. It should be noted that physical education is taught as a subject in all types of educational institutions based on the state education system. In addition to classes, sports sections and various sports competitions are held, on the basis of which it becomes clear that physical training is a priority in content and essence in preparation for a profession. For this reason, prestigious multi-stage sports competitions such as "Umid Nihollari", "Barkamol Avlod", "Universiade", which are directly related to the continuity of education, have become traditional. One of the most important aspects is that the Decrees of the President and government regulations related to the development of children's sports pay more and more attention to the popularization of sports among schoolchildren, the selection of talented children, tests and experiments, and the education of worthy athletes from them. In the future, their goal is to defend the honor of our country at international sports competitions and bring it to even greater heights. [5] Currently, competition between countries of the world, demonstration of their strength is expressed in demonstration of sports and intellectual capabilities. As the First President of the Republic of Uzbekistan I.A. Karimov noted: "Sport is an ambassador of peace. Our goal is peace, tranquility and on this basis cooperation with the peoples of the world. Nothing can glorify a country in the world as quickly as sports". Indeed, the international authority of Uzbekistan is growing due to the successful participation and prize places of our country's athletes in the Central Asian and Asian Games, various international tournaments, world championships and the Olympic Games. These achievements in sports contribute to the growth of a sense of identity, solidarity and patriotism of

our people. The next four years in the Republic of Uzbekistan have become for our country and people, without any exaggeration, a period of fundamental qualitative changes and rapid development. All regions of our country have become an unprecedented construction site - modern enterprises based on the latest technologies, beautiful, comfortable housing, wide and smooth streets are being built.

The lives of our people have improved significantly, human rights and freedoms, the rule of law and social justice are being established. The creation of physical culture and sports events over the past four years has contributed to the improvement of public health. Additional conditions have been created, the country has a highly cultured, comprehensively mature, physically healthy generation of the social sphere over the past four years, the adoption of new regulatory legal acts on physical culture and sports, as well as:

- Decree of the President of the Republic of Uzbekistan dated February 7, 2017 No. PF-4947 "On the Strategy of Actions for Five Powerful Areas of Development of the Republic of Uzbekistan in 2017-2021",
- Resolution of the President of the Republic of Uzbekistan dated June 3, 2017 No. PP-3031 "On measures for the further development of physical culture and mass sports",
- Resolution of the President of the Republic of Uzbekistan dated August 10, 2017 No. PP-3197 "On measures for further provision of the Uzbek State University of Physical Culture and Sports",
- Resolution of the President of the Republic of Uzbekistan dated March 5, 2017 No. PF-5368 2018 "On measures to fundamentally improve public administration of physical culture and sports",
- Resolution of the President of the Republic of Uzbekistan No. PP-3583 dated March 5, 2018 "On the organization of the physical culture and sports industry of Uzbekistan",
- Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 864 dated October 25, 2018 "On further strengthening of republican sports competitions among schoolchildren and students",
- Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 118 dated February 13, 2019 "On the development of physical culture and sports in the Republic of Uzbekistan in 2019-2023",
- Resolution of the President of the Republic of Uzbekistan No. 24, 200 Decree No. PF-5924 "On measures to further ensure and popularize physical culture and sports in the Republic of Uzbekistan",
- Adoption CONCEPTS "Development of Physical Culture and Sports in the Republic of Uzbekistan until 2025".

Adoption of new regulatory legal acts in the field of physical culture and sports and the implementation of the document are associated with the creation of modern conditions for all segments of the country's population, especially the younger generation, for regular physical education and sports. Implementation of large-scale work that allows for mutual competition among young people, strengthening confidence in their strengths and capabilities, developing sportsmanship, achieving high results at the Olympic Games, World Championships, Asian Games and Championships and other prestigious competitions in our country, opens the door to great opportunities for every citizen of our country.

In conclusion, it is worth noting that today in the "New Uzbekistan" the attention paid to physical culture and sports, the conditions created for our youth to regularly engage in physical culture and sports, all this serves to ensure that our youth grows up spiritually mature, physically healthy, does not succumb to various alien ideas, and also that the Uzbek flag rises high in the world. Our President Shavkat Mirziyoyev in his speech at the ceremony dedicated to the 29th anniversary of the state independence of the Republic of Uzbekistan, noted that in the current era, when the

glorious power of our people is in full bloom, the foundation is being laid for a new awakening in Uzbekistan - the Third Renaissance. The fact that the Third Renaissance in Uzbekistan is also aimed at improving physical culture and sports is explained by the fact that this "vital ability" is aimed at increasing. It is no coincidence that our President Shavkat Mirziyoyev also emphasized that "We will continue to attach great importance to the rapid development of sports, encouragement and support of athletes who have achieved high results in international competitions.". On March 19, 2019, the President of the Republic of Uzbekistan Sh. Mirziyoyev put forward 5 important initiatives to create a new system of work in the social, spiritual and educational spheres in our country, the second of which is aimed at creating the necessary conditions for the physical development of young people and their ability to demonstrate their abilities in sports. This is the basis for the adoption of a healthy lifestyle in society - physical activity, physical education, regular sports.

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