

**METHODS AND SKILLS OF TEACHING PHYSICAL CULTURE AND SPORTS  
IN HEALS OF THE REPUBLIC OF UZBEKISTAN**

**Mirzakulov Isazhan Musazhanovich**

*Associate Professor of the Department of Physical Education and Sports of the Tashkent  
State Transport University*

**Inomov Ulugbek Ikromjon ugli**

*Student of the BT-3-25 group of Tashkent State Transport University*

**MAQOLA MALUMOTI**

**MAQOLA TARIXI:**

*Received: 29.12.2025*

*Revised: 30.12.2025*

*Accepted: 31.12.2025*

**KALIT SO'ZLAR:**

*physical education, students,  
teaching methods, sports  
training, physical qualities,  
pedagogical experiment, higher  
education of Uzbekistan,  
motivation for physical activity,  
innovative methods, sports  
pedagogy.*

**ANNOTATSIYA:**

*The study examines the methods and skills of teaching physical education and sports in higher educational institutions of the Republic of Uzbekistan. The work analyzes modern pedagogical approaches used in higher education institutions and assesses their impact on students' physical fitness levels. The study used comparative analysis, pedagogical experiment, and quantitative methods of data processing. The obtained results show that the combination of traditional exercises and innovative methods contributes to a more pronounced development of physical qualities and increases the motivation of students to regularly engage in sports. The presented conclusions can serve as a basis for improving educational programs and developing new variable physical education modules in higher education.*

Physical education occupies a special place in the system of higher education of the Republic of Uzbekistan. Physical education requires a comprehensive approach, including the theoretical and practical training of students in higher educational institutions. In the Republic of Uzbekistan, there is a trend towards modernizing educational programs aimed at improving the quality of specialist training.

Physical culture and sports occupy a priority place in the policy of modern Uzbekistan. In recent years, the state has been actively implementing a policy aimed at forming a healthy

lifestyle and developing mass sports. The adopted «Development Strategy of New Uzbekistan for 2022-2026» defines the main goals in the field of sports - increasing physical activity of the population, modernizing infrastructure, and strengthening personnel potential.

The topic of the research is devoted to the strategic approach of the state to the development of physical culture and sports. The goal is to determine the role of state programs in improving the quality of physical education, to analyze the effectiveness of implemented measures and their impact on youth policy.

Dozens of programs and decisions aimed at the development of sports have been adopted in Uzbekistan. Among them, the Decree of the President of the Republic of Uzbekistan dated January 5, 2022 №. PP-5283 «On Measures for the Further Development of Physical Culture and Mass Sports» and the State Program for the Implementation of the Development Strategy for 2022-2026 are of particular importance. These documents provide a comprehensive approach to youth education, the construction of sports facilities, and support for professional athletes.

Special attention is paid to physical education in schools and universities. The Ministry of Sports and Education is implementing modern programs and methods aimed at improving the physical condition of students and developing sports skills. Within the framework of youth policy, conditions are being created for attracting boys and girls to sports, holding championships and festivals.

The approach turned out to be complex. Observation of the learning process has begun - sometimes the simplest details, such as the arrangement of tables, provide more information than theory. To hear live grades, surveys were conducted among teachers and students. The analysis of the literature helped to see how the topic is developing in the scientific field. In addition, small game skills tests were used to assess the actual level of preparedness and the dynamics of changes.

The obtained data indicate that physical education requires a comprehensive approach, including the theoretical and practical training of students in higher educational institutions. In the Republic of Uzbekistan, there is a trend towards modernizing educational programs aimed at improving the quality of specialist training.

Uzbekistan's strategy in the field of physical culture and sports reflects the state's aspiration to form a healthy and active society. The implementation of the programs will allow improving the quality of physical education, strengthening personnel potential, and creating a system for supporting athletes. Together, these measures contribute to strengthening the country's international image and raising a harmoniously developed generation.

The results show that the main thing remains the flexibility of the system, Not the infrastructure. Even in places with limited space, it is possible to create an effective learning model - folding tables, a modular table, simple corrections to the methodology allow table

tennis to be «plugged» into the overall learning rhythm. At the same time, it is important to take into account psychological characteristics: students are more engaged when there is an opportunity to develop in a free environment and at their own pace.

Analysis of the results shows that. Physical education requires a comprehensive approach, including the theoretical and practical training of students in higher educational institutions. In the Republic of Uzbekistan, there is a trend towards modernizing educational programs aimed at improving the quality of specialist training.

Thus, the conducted research allows us to draw several main conclusions. Physical education requires a comprehensive approach, including the theoretical and practical training of students in higher educational institutions. In the Republic of Uzbekistan, there is a trend towards modernizing educational programs aimed at improving the quality of specialist training.

The study confirms that physical culture and sports are key elements in the implementation of the direction «Creating decent conditions for the realization of the potential of every person» in the «Uzbekistan - 2030» Strategy. They strengthen health, develop personal qualities, contribute to social integration, expand the opportunities of young people, and improve the quality of life of the population.

For further development, it is necessary:

- improve infrastructure and ensure its accessibility;
- Development of personnel potential and implementation of innovative approaches in pedagogy;
- expand the participation of the population in mass sports;
- strengthen the interaction of educational institutions and sports organizations;
- support inclusive programs and digitalization of the sphere.

A comprehensive approach will create conditions for the realization of the potential of every citizen and the achievement of the goals of the «Uzbekistan - 2030» Strategy.

## **References**

1. Development Strategy of New Uzbekistan for 2022-2026.
2. Resolution of the President of the Republic of Uzbekistan dated January 5, 2022 №. PP-5283 «On Measures for the Further Development of Physical Culture and Mass Sports.» Nishonov A.A. Talabalar jismoniy tarbiyasiga zamonaviy yondashuvlar. – Toshkent, 2021.
3. Muxammadiyev K.B. Jismoniy tarbiya va sport. (Darslik). – T.: «Innovatsion rivojlanish nashrivot-matbaa uyi», 2024, 328 b.