

THE ROLE AND IMPORTANCE OF PHYSICAL EDUCATION AND MASS SPORTS TODAY

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ANNOTATION: This article covers the role of mass sports in society, its role in the formation of a healthy lifestyle and its importance in increasing the physical activity of the population. The state policy on the development of mass sports in the Republic of Uzbekistan, adopted laws and decisions, as well as existing infrastructure and activities are analyzed. The article also analyzes the state of development of mass sports on the basis of Statistics and presents suggestions and recommendations for topical problems and their elimination.

KEYWORDS: mass Sports, Physical Education, healthy lifestyle, sports infrastructure, youth sports, physical activity of the population, sports policy, Uzbekistan, healthy generation, physical health.

INTRODUCTION

Mass sports today are an important tool for promoting a healthy lifestyle and increasing the physical activity of the population. Sports for everyone is not only a guarantee of health, but also an effective way to spend free time meaningfully, increase social activity and relieve stress. The system of physical education is being strengthened by popularizing Sports on a state scale, encouraging citizens to move and actively engaging in sports activities. The creation of sports opportunities, especially for a wide range of residents, from school-age children to the elderly, serves as the main criterion for the development of mass sports. This article will analyze the essence of mass sports, its place in society and areas of development.

In modern society, the issue of the formation of a healthy lifestyle is becoming more and more relevant. Physical education and mass sports play an important role in this regard. While physical education serves the comprehensive development of children and young people, mass sports attract all segments of the population to physical activity. Their main task is to educate a healthy generation, prevent diseases, ensure human health and social activity. Therefore, the popularization of physical education and sports in state politics today is designated as one of the priority areas. This article will talk about the importance of physical education and mass sports, ways of their development and their role in society.

MAIN PART

Mass sports is a systematic movement aimed at popularizing sports activities among the general public, people of different ages and social classes. Its main purpose is to strengthen the health of the population, increase its need for action and form a healthy lifestyle. Mass sports, unlike professional sports, focus not on the result, but on the process itself – that is, physical activity.

The role of mass sports in society

In modern society, mass sports are directly related to such areas as health, education, social stability. Among people who regularly play sports, there are significantly fewer cases of cardiovascular disease, obesity, mental strain. By increasing interest in sports, especially among young people, they can be encouraged to spend free time meaningfully, to stay away from harmful habits.

Mass sports

Today, mass sports are developing in various forms:

- ▶ Running and walking marathons
- ▶ Cycling

- ▶ Outdoor fitness training
- ▶ Mass sports festivals and spartakiads
- ▶ Family sports competitions

Activities like this will change the attitude towards a healthy lifestyle in a positive way, ensuring active participation of the population.

Mass sports and social stability

Mass sports play a huge role not only in strengthening health, but also in creating a positive social environment in society. Through team sports events, people interact, a friendly atmosphere is formed, civic activity increases. Especially among young people, Sports form a positive attitude to life, hard work and discipline.

Mass sports

Mass sports is a complex of activities that promote the practice of sports among a wide segment of the population. Its main goal is to form a healthy lifestyle, increase the physical activity of citizens and improve the level of Health. Mass sports seeks not to win competitions in contrast to professional sports, but to ensure each person's need for action, a healthy life.

Today, many countries, including Uzbekistan, pay special attention to the development of mass sports. Every year "healthy lifestyle "and" walk, Uzbekistan!", with initiatives such as walking, running, cycling, fitness, and other activities being organised by the public. Initiatives like these serve to attract segments of the population of different ages.

Physical education and mass sports are two important areas that are closely related to each other, which occupy the main place in the formation of a healthy lifestyle. Physical education is usually conducted in educational institutions, kindergartens, schools and higher educational institutions on the basis of a curriculum. It serves to shape the younger generation's physical development, healthy growth and interest in sports.

Mass sports, on the other hand, are aimed at popularizing sports among the population, encouraging citizens to act, guiding them towards a healthier life. Physical education is usually the Giving of basic knowledge and skills, while mass sports is a means of putting them into practice, bringing them to life.

The laws "National Program of healthy lifestyle", "on Physical Education and sports" and other regulatory documents adopted by the state serve as an important legal basis in the development of these areas.

Score	Reference
<i>Percentage of people engaged in physical activities among the population of Uzbekistan (in 2021)</i>	60.7% (female – 43.4%, male – 56.6%) (Stat.uz)
<i>Share of people exercising among the population of Uzbekistan (2020, based on monthly survey)</i>	59.0%, including in the city-60.6%, in the village – 57.2%; male-65.4%, female – 52.4% (Stat.uz)
<i>Volume of sports, leisure and Entertainment Services (January-April 2025)</i>	1.235.7 billion; this was an increase of 18.6% from 2024 (. https://yuz.uz)
<i>Number of sports facilities in the country</i>	Approximately 52,417 sporting facilities (at the head of 2022)
<i>Number of groups in national sports</i>	As of 1 January 2022, 2,609 national sports groups are in operation; the 2020 figure was 2,485, i.e.

Score	Reference
	increased (Statistics Uzbekistana)
<i>Amount of State Sports budget and infrastructure investments</i>	Budget funds have been doubled in the last four years; around 3 trillion soums are planned to be spent. (https://yuz.uz)
The fact that the population is attentive to a healthy life	About 44% of residents do not have enough physical activity; 36% usually do not eat properly. (https://yuz.uz)

RECOMMENDATIONS

- ▶ Regular Organization of mass sports events it is possible to attract people to an active lifestyle by frequently holding sports events such as running, walking, mini-football, velomarafon in neighborhoods, educational institutions and workplaces.
- ▶ Expansion and modernization of sports infrastructure the construction of free-to-use sports fields, treadmills, track fields in each neighborhood, school and public places increases the physical activity of the population.
- ▶ The involvement of young people and women in mass sports it is especially important to increase special programs, grants and sports clubs to develop sports skills among women and young people.
- ▶ Promotion of participation in sports activities it is possible to increase participation through a system of stimulating measures in the involvement of the population in mass sports – certificates, souvenirs, small prizes.
- ▶ Carrying out extensive media propaganda about sports television show

SUGGESTIONS

- Development of local sports infrastructure in each neighborhood and residential area, it is proposed to install free-to-use sports fields, treadmills, outdoor simulators. This makes the sport simple and popular.
- The increase in sports events with the participation of family members can attract citizens of all ages to mass sports by regularly organizing family sports competitions (for example, "sports family", "Dad Run").
- Wide involvement of school and college students in mass sports through the extensive introduction of mass physical activity activities (running, football, volleyball, gymnastics) in extracurricular times, the habit of a healthy lifestyle is formed among young people.
- The introduction of a system to encourage participation in sporting events the system of scoring for citizens who actively participate in mass sports or the introduction of small prizes will more actively involve the population in sports.
- "Healthy employee-productive labor" tamoy

CONCLUSION

In conclusion, mass sports today are one of the most effective means of building a healthy society, strengthening the physical and mental health of the population, attracting young people to social activity. Increased physical activity ensures not only individual health, but also the well-being of the whole society. The special attention paid to mass sports in state politics, the popularization of various sports events have positive results in this regard. At the same time, it is necessary to further develop sports infrastructure, create equal opportunities for citizens of all ages, expand the scope of mass sports by strengthening sports

promotion. The regular participation of every citizen in sports is important in the upbringing of a healthy, harmonious generation and the formation of a society with high potential.

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