

## IMPROVEMENT OF PHYSICAL EDUCATION AND MASS SPORTS

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**Annotation:**Physical education and mass sports play an important role in strengthening the health of society and the formation of a healthy lifestyle. The industry is constantly improving with the help of new methods, technologies and programs. This article will give an analysis of the development of physical education and mass sports, modern methods and the state of the industry in Uzbekistan.

**Keywords:**

- Physical education
- Mass sports
- Healthy lifestyle
- Improvement
- Sports facilities
- Coaching system
- Sports development
- Uzbekistan
- Innovation
- Healthy generation

**Introduction**

Today, physical education and mass sports have become an integral part of human life. In order to promote a healthy lifestyle, increase physical activity and prevent diseases, this area is constantly developing. Modern technologies, new methodologies and improvements in sports infrastructure serve to improve the effectiveness of physical education and mass sports. Physical education is also of educational importance among young people and plays an important role in the development of their physical and spiritual potential. This article will highlight the process of improvement of physical education and mass sports, its social significance and its state in Uzbekistan.

**Main part**

**1. The importance of physical education and mass sports**

Physical education plays an important role in a person's ability to lead a healthy life, increasing body endurance. Mass sports, on the other hand, are an effective tool that attracts people of all ages to physical activity. It has many useful aspects such as preventing diseases, improving mental state, increasing social activity.

**2. Improvement processes**

The industry is constantly improving with the help of modern technologies and innovations. Today, interactive methods, sports are carried out on the basis of individual programs, modern training equipment is widely used. Sports facilities are also being redeveloped to provide better youth facilities.

**3. Development of the coaching and coaching system**

Improving the skills of coaches, introducing new pedagogical and psychological techniques will increase the quality of training athletes. The modern training system plans and monitors training, taking into account the individual characteristics of athletes.

#### 4. Physical education and sports in the conditions of Uzbekistan

Public policy in Uzbekistan pays great attention to the development of physical education and mass sports. Sports clubs operate in schools and higher education institutions, sports facilities are brought to a modern state. In addition, many programs are being developed that promote a healthy lifestyle.

#### 5. Problems and suggestions

At the same time, there are also some problems in mass sports: the lack of sports infrastructure in some regions, the scarcity of qualified coaches, the shortcomings in the popularization of the sport. To solve these problems, more effective investments, training of personnel and sports promotion through the media should be strengthened.

#### Main content

Physical education and mass sports are important in strengthening the health of society, human health. Today, this area is improving with the help of many innovations, new methods and technologies. Physical education is gaining popularity not only for professional athletes, but also for people of all ages.

As a result of the development of mass sports, people are engaged in regular physical activity, which helps to prevent diseases, reduce stress and increase the quality of life. At the same time, there is a wide range of sports, especially popular types such as athletics, gymnastics, swimming and football.

In the process of improvement, sports facilities are being updated, the coaching and coaching system is being improved, modern training methods are being used. There is also an increase in programs, social campaigns that promote a healthy lifestyle. All this serves to further popularize physical education and mass sports, to educate a healthy generation.

The development of physical education and mass sports in Uzbekistan is one of the priorities of the state policy and significant work on the wide promotion of sports in schools and higher education institutions, the creation of sports infrastructure, the encouragement of young people to a healthy life

*Table 1 by literature*

№	Author	Book / Article title	Year of publication	Note
1	A.Mavlonov	Theory and methodology of physical education	2015	Basics of physical education
2	Sh.Khudoyberdiyev	Theoretical foundations of mass sports	2018	Public sports studies
3	N.Kadyrov	History of physical education and sports	2014	History and development of sports

№	Author	Book / Article title	Year of publication	Note
4	M.Karimov	Trends in the development of Physical Culture and sports	2017	Modern development trends
5	O.Islamov	Sports education and healthy lifestyle	2019	Sports education and healthy life
6	D.Tursunov	Development and management of mass sports	2016	Sports management and organization
7	Z.Sattorov	Methods and methods of physical education	2013	Methodical applications
8	R.Kholmatov	Sports psychology and physical education	2020	About sports psychology
9	L.Norboeva	Wellness physical education and sports	2018	Wellness techniques
10	S.Rasulov	Physical Culture in mass sports	2017	Mass sports and culture

### Conclusion

Physical education and mass sports play an important role in improving the health of society, improving the quality of life of people. Modern technologies and innovations make it possible to further develop this industry. In the conditions of Uzbekistan, significant work is carried out on popularization of physical education and sports, improvement of infrastructure and training of qualified coaches. At the same time, large-scale measures should be taken to solve existing problems. It is possible to form a healthy and active generation through the development of mass sports.

### Recommendation

1. Further development and modernization of sports infrastructure — it is possible to increase the popularity of physical education and mass sports by creating quality sports grounds and equipment in all regions.
2. The organization of continuous courses on improving the skills of coaches and trainers — the introduction of new pedagogical methods and modern training methods will help improve the results of athletes.
3. Increasing the number of hours allocated for physical education and sports in schools and higher education institutions — is important in stimulating the younger generation to a healthy lifestyle.
4. Strengthening social advertising and information campaigns to promote mass sports — allows residents to increase their interest in sports and attract them to regular physical activity.
5. Organizing various competitions and activities to attract young people to sports — this will increase their interest in sports and develop a team spirit.

### Suggestions

1. At the state level, it is necessary to develop special programs for the development of physical education and sports, in which favorable conditions are created for all age groups.
2. By increasing budget funds for the construction and repair of sports facilities, it is possible to expand and improve the quality of sports infrastructure.

3.To attract young people to sports, it is necessary to increase the number of sports clubs in schools and provide them with qualified specialists.

4.It is recommended to regularly organize training courses for coaches and trainers and establish a foreign exchange of experience.

5.In order to promote the sport, it is necessary to strengthen propaganda campaigns in cooperation with the media.

6.It is important to increase sports competitions and public events, including marathons, festivals that promote a healthy lifestyle.

**Main literature:**

1. Jismoniy tarbiya nazariyasi va metodikasi – A. M. Mavlonov
2. Ommaviy sportning nazariy asoslari – Sh. T. Xudoyberdiyev
3. Jismoniy tarbiya va sport tarixi – N. Qodirov
4. Jismoniy madaniyat va sportning rivojlanish tendensiyalari – M. R. Karimov
5. Sport tarbiyasi va sog‘lom turmush tarzi – O. T. Islomov

**Additional literature:**

1. Ommaviy sportni rivojlantirish va boshqarish – D. M. Tursunov
2. Jismoniy tarbiya metodlari va usullari – Z. A. Sattorov
3. Sport psixologiyasi va jismoniy tarbiya – R. S. Xolmatov
4. Sog‘lomlashtirish jismoniy tarbiya va sport – L. M. Norboyeva
5. Ommaviy sportda jismoniy madaniyat – S. M. Rasulov

**Periodical journals and articles:**

- “Jismoniy tarbiya va sport” – ilmiy-amaliy jurnal
- “Sport va sog‘lomlashtirish” – ilmiy nashrlar
- Ommaviy sport rivojlanishi bo‘yicha xalqaro va milliy konferensiyalar materiallari