

## THE RESULTS OF ACHIEVEMENTS IN THE FIELD OF SPORTS TODAY

**Sirojov Otajon Orifjonovich**

Associate professor of the Department "sports activities"

**ABSTRACT:** This article highlights the achievements made in the field of sports in Uzbekistan in recent years and their social and international significance. It discusses the results achieved by national athletes in international competitions, the development of sports infrastructure, and the growing popularity of sports among young people. Furthermore, the article analyzes the role of sports achievements in promoting a healthy lifestyle in society and demonstrates the increasing prestige of Uzbek sports on the global stage.

**KEYWORDS:** sport, achievement, result, Uzbekistan, international competition, athletes, healthy lifestyle, infrastructure, youth, development.

### INTRODUCTION

Today, sports have become not only an integral part of a healthy lifestyle but also an important factor in enhancing the reputation of a country. Since gaining independence, Uzbekistan has recognized the development of sports as one of the priority areas of state policy. In recent years, the achievements in this field have attracted the attention of the international community.

### MAIN PART

Nowadays, Uzbek athletes are achieving remarkable results on international arenas. At the 2024 Paris Olympics, Uzbek athletes demonstrated their skill and won several gold and silver medals. Similarly, at the Asian Games, World Championships, and other international tournaments, Uzbekistan's sports representatives have shown outstanding success.

Such results are the outcome of the expansion of sports infrastructure in the country — the construction of modern stadiums, sports complexes, and schools — as well as the creation of favorable conditions for youth. Recently, women's sports have also received significant attention and are developing rapidly.

Among the youth, sports such as football, boxing, judo, gymnastics, wrestling, and Paralympic sports are becoming increasingly popular. The victories of our athletes in international competitions raise Uzbekistan's global prestige and inspire young generations to take up sports. The national sport of "Kurash" is now developing in more than 50 countries and has been recognized as an international sport. This plays an important role in promoting the rich historical heritage and cultural values of the Uzbek people.

These achievements are the result of extensive opportunities created in Uzbekistan — modern sports facilities, qualified coaches, and strong government support. At the same time, attention to women's sports, the Paralympic movement, and youth sports continues to grow.

### MAIN CONTENT

Today, Uzbekistan has made great progress in the field of sports. The achievements of athletes in international competitions enhance the country's reputation and serve as an example for the youth. Modern sports complexes, stadiums, schools, and academies are being built throughout the nation, providing athletes with comfortable conditions to improve their skills.

Uzbek athletes are winning numerous medals at the Olympic Games, Asian Games, and World Championships. The attention given to women's sports has led to remarkable growth, and

sports achievements contribute not only to physical well-being but also to the moral and spiritual development of the youth.

Such results are a reflection of the ongoing reforms in the country, demonstrating that Uzbekistan is gaining its rightful place in the global sports arena. In recent years, Uzbek athletes have achieved victories in many international competitions. For example, in boxing, judo, gymnastics, kurash, taekwondo, athletics, and weightlifting, our athletes have become world champions and Olympic medalists.

**Table 1. Achievements of Uzbekistan in the Field of Sports and Their Results**

№	Type of Sport	Achievements (Recent Years)	Results and Significance
1	Boxing	Several gold medals at Asian and World Championships	Uzbekistan's boxing gained global recognition
2	Judo	Medals at the Olympics and Asian Games	Increased youth interest in judo
3	Kurash (national sport)	Developed in over 50 countries	Recognized as an international sport
4	Gymnastics	Young athletes achieving success at world championships	Growth of women's sports in Uzbekistan
5	Football	Youth and women's teams showing progress at the Asian level	Expansion of football infrastructure
6	Paralympic Sports	Multiple medals in competitions for people with disabilities	Growth of inclusive sports

## CONCLUSION

In conclusion, the achievements in the field of sports today are a symbol of the dedication, hard work, and unity of our people. These results demonstrate that Uzbekistan is gaining a strong position in global sports. In the future, strengthening these achievements and training a new generation of athletes will remain one of the country's main priorities.

## PROPOSALS

1. Expand sports infrastructure – Build and renovate modern sports halls in every district and rural area.
2. Improve coaches' qualifications – Strengthen cooperation with internationally experienced trainers and organize regular seminars.
3. Promote sports among youth – Regularly organize competitions in schools and universities.

4. Enhance women's sports – Develop women's sports to contribute to a healthy and active society.
5. Combat doping – Create an atmosphere of fairness and healthy competition in sports.
6. Strengthen media promotion – Widely cover athletes' achievements to inspire young people.
7. Support sports for people with disabilities – Expand inclusive programs and provide facilities for Paralympic sports.

### RECOMMENDATIONS

1. Continue implementing sports policies – Ensure the full implementation of state sports programs.
2. Identify young talents early – Select and support talented youth in schools and sports academies.
3. Study international experience – Adapt successful sports systems of developed countries to Uzbekistan's context.
4. Train qualified coaches and referees – Ensure professionalism and fairness in sports.
5. Promote a healthy lifestyle – Increase physical activity through mass sports events.
6. Increase the number of local and international tournaments – Provide more opportunities for athletes to gain experience.
7. Develop sports journalism and media – Broaden sports coverage to attract youth to athletics.

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