



BRIEF HISTORICAL INFORMATION ABOUT THE ANCIENT WORLD AND MODERN SPORTS FACILITIES

Utepbergenova Aysara Jaksimuratovna

Assistant Teacher of the Faculty of Physical Culture of NDPI Named After Ajiniyaz

Annotation:

This article briefly describes the ancient sports facilities and modern sports facilities. The construction of sports facilities is developing rapidly in our country.

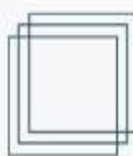
Keywords: Student, youth, education, health, sports, physical education, sports facility, competition, complex, task.

Introduction

The first President of the Republic of Uzbekistan I. A. Karimov spoke with great pride about the great value of public health and the ways to achieve it in the future. That is, "When our ancestors met or said goodbye to people, first of all, they sincerely wished them good health. These traditions are a rich heritage of our time for our heroes and defenders, and they are nurtured with love. Today, national sports are being revived everywhere. The culture of personal care should be instilled in young people with the help of schools, neighborhoods, health care, physical education and sports organizations," he said.

The national physical culture of the Uzbek people is inextricably linked with the history of our ancient ancestors. As noted in the previous chapter, courage is praised in the epics of the series "Alpomish", "Kuntugmush", "Kirgiz", "Gorogly". Physical qualities such as horse racing, javelin throwing, fencing, archery and sniping reflect the life, culture and movement of the whole nation through the image of heroes. These exercises have been passed down from generation to generation, enriching their content, form and methods of performance, and today they have become a favorite pastime of the peoples of the world and a sport of young people fighting for mastery.

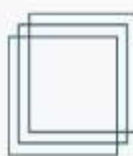
It should be noted that the most important measures are being taken to further develop physical culture and sports in independent Uzbekistan. The Law of the Republic of Uzbekistan "On Physical Culture and Sports" (January 14, 1992, new edition) guarantees the strengthening of health of the entire population, the creation of conditions for their participation in physical culture and sports. At the same time, the law states that "Preschools and universities conduct physical examinations of preschool children and students at least once a year. Physical education exams are held in secondary schools and other educational institutions." It aims to improve the health of students, increase their physical development, and train them to be able to work and defend themselves. Every student should understand these opportunities and activities with their own minds, do their best to contribute to the future of independent



Uzbekistan and fulfill their duties. It is known that the Law "On Education" (July 1992, new edition 1997) was adopted at the session of the Oliy Majlis of the Republic. called The content and essence of these two laws are intertwined and are aimed at the development of physical culture and sports. The education and constant health of students should be interpreted as protecting them by state law and ensuring a bright future for future professionals. As a result, all students, wherever they study, will need to take advantage of the benefits provided to them, to ensure their physical development, and thus to further the social and historical significance of physical education, to inherit it as a high factor in human life. practice is the basis. Therefore, one of the important tasks is to be aware of the state of the main sources of the future of sports in the country and the factors of its development. While international sports events (competitions) were not held in Uzbekistan before independence, in recent years our country has gained a reputation as a country capable of hosting the largest international competitions at a high organizational level.

The construction of modern sports facilities allows us to hold the largest international competitions in our country. Sports facilities are the material and technical basis of physical education. They are specially constructed facilities for physical education in all sports. After independence, it was said that children are the backbone of our great future. Raising a healthy generation begins in early childhood. Physical education, especially sports, plays an important role in this. The subject of "sports facilities" is a part of it at the stage of sports pedagogy. At this stage, in order to study science, it is necessary to have a certain knowledge of sports hygiene, biomechanics, pedagogy, theory and methods of physical education.

Sports facilities are a multifaceted cultural and health-improving sports complex for special activities. Sports grounds, swimming pools, maneges and other facilities are built in the country for training and public events. The planning of sports facilities in the Republic of Uzbekistan is also included in the national program. experiences and development. At present, great attention is paid to the development of sports in our country. Therefore, it is necessary to find solutions to such issues as planning in the construction of sports facilities, which should meet today's requirements. The historical roots of physical education and sports have long been known. Archaeological excavations have revealed that sports were also practiced in the Stone Age. This is based on the discovery of sports facilities in historical excavations. (India, Arabia, Central Asia and South America). From ancient times, scientists have been well aware of the importance of physical education. Physical education and sports are the main sources of health, improving the ability of workers to develop productive forces. History has shown that sports competitions were held in ancient Greece. Each city had sports facilities for these competitions. Archaeological excavations have also proved this. For example, excavations in Mycenae, Crete, on the shores of the Aegean Sea, depict various games, exercises, and disputes. Exercise was used for military physical



training. The beginning of the Middle Ages was characterized by a complete decline in physical education. The reason for this is, first of all, Christianity. According to Christianity, the culture and all-round development of the human body was denied. As a state religion, many stadiums and sports facilities were illegally demolished. However, in the tenth and eleventh centuries, sports and exercise gradually began to develop. This was due to the trade conquests of the East in the 11th century, marches, and the emergence of knights. In their spare time, knights practiced military exercises and participated in tournaments. The bourgeois regime took over the economies of European countries and took over political power. Capitalist production was able to create large sports facilities in rapidly developing countries. The largest of these was the Milan Sports Arena, built in 1806-1807. In the middle of the 19th century, large gyms were built in Europe (railway stations, department stores, etc.). Gyms and playgrounds appeared. However, the construction of public sports facilities in various European countries began at the end of the 19th century, when sports societies, clubs, and other countries established contacts, developed sports ties, and hosted the Olympic Games. During this period, not only stadiums and gyms were built, but also facilities for cycling tracks, springboards, winter and summer water sports. In the study of Olympic sports facilities, we understand the basic technological requirements for them, and over time, we understand that the construction of sports facilities in different countries has developed. Categories of sports facilities are determined in accordance with the Ministry of Physical Culture and Sports. Categories I and II are determined by the republican sports committees, the rest by the regional and district committees. Many sports facilities are being built not only in cities, but also in district and regional centers and villages. It gathers people in mass physical culture and treatment centers and prepares young people for work and defense of the Motherland. Great work has been done in our country to develop the material and technical base of physical culture and sports. In particular, Tashkent, Namangan, Fergana, Bukhara, Khorezm, Andijan, Samarkand, Gulistan and others. A number of sports complexes meeting international standards have been built in the cities. Among them are Yunusabad in Tashkent, Jar, the National Bank, Pahlavon in Namangan, sports complexes of the College of Olympic Reserve in Jizzakh and others. By 2000, the number of sports facilities in the country reached 7,407, an increase of 19% compared to 1992. Particular attention is paid to the construction of complex sports facilities - stadiums, swimming pools, gyms.

References

1. Rakhimkulov K., G. Khorazov Sports facilities. Study guide. Tashkent, 2014
2. Salomov R.S. Theoretical bases of sports training - Tashkent., Uzbek State Institute of Physical Culture, 2005
3. Decree of the President of the Republic of Uzbekistan No. 3481 of August 29, 2004 "On measures to improve the activities of the Fund for the Development of



- Children's Sports of Uzbekistan."
4. Ayrapetyants L.R., Pulatov A.A., Isroilov Sh.X. Volleyball. II Textbook for general students of higher educational institutions. T.: 2009. - 77 p.
 5. Aristova L.V. «Fizkulturno-sportivnye sooruzheniya», - M.: «SportAkademPress», 1999g.
 6. Bezverxov V.P. «Tennis, table tennis and badminton» - T.: UzGIFK, 1990g.
 7. Burlakov I.R., Neminushchiy G.P. «Sportivno-ozdorovitelnye sooruzheniya i ix oborudovanie» - M.: «SportAkademPress», 2002g.
 8. Musaev B.B., Chastoedova A.Yu. «История развития спортивных сооружений: с древних времен до наших дней», Т., UzGIFK, 2013 г.
 9. Sultanova M.M., Yanchenko N.V. "Theory, shape and dimensions of sports facilities", Tashkent. 1994 y.
 10. Umarov J.X. Chastoedova A.Yu., «Atlas on sports constructions» - Tashkent: UzGIFK, 2009.
 11. Khodjaev M.S., Tolamatov A.A., Nurmukhamedov A.M., Umarov J.X. "Sports facilities" - Tashkent, 2009.