

SPORTDA ILMIY TADQIQOTLAR

ILMIY-NAZARIY JURNAL

2026/1



www.uzjtsiti.com

JISMONIY TARBIYA VA SPORT ILMIY TADQIQOTLAR INSTITUTI



@jtsiti_rasmiy_uz



@jtsiti_rasmiy



@jtsiti



H.S.Arapov - Futbol sport turi orqali 11-12 yoshli maktab o'quvchilarni jismoniy tayyorgarligini oshirish mexanizmi.....	119
I.Q.Kimsanboyev - Sport gimnastikasi erkin mashqlarini o'rgatish uslubiyatini takomillashtirish	123
A.A.Allambergenov - Yuqori malakali amputant futbolchilarni texnik tayyorgarligini takomillashtirish.....	127
Е.Люлина - Эффективность интегрирования средств crossfit в развитие силовой и скоростно-силовой подготовленности квалифицированных дзюдоистов 15–17 лет.....	130
N.Y.Valiyeva - Qaddi-qomati buzilgan bolalar bilan jismoniy tarbiya mashg'ulotlarida adaptiv fitnes texnologiyalarini joriy etish.....	133
F.Ibragimov - Voleybolida hujum zarbasi sakrovchanlik mahsuli bo'lsa, uning natijadorligi dinamik muvozanatga bog'liqmi? (muammoning manbalarda o'rganilganligi).....	137
G.U.Xudoyorova - Talabalarning jismoniy tayyorgarlik ko'rsatkichlarini krossfit vosita va usullari yordamida yaxshilash bo'yicha tajriba boshidagi natijalar tahlili.....	142
B.M.Tohtasinov - Implementation of the author's methodology for training belt wrestlers in the educational process of physical education universities.....	146
O.E.Toshmurodov, M.R.Hamroyev - Milliy o'yinlar orqali maktab o'quvchilarida jismoniy sifatlarni rivojlantirishning nazariy asoslari.....	149
M.Raxmatillaev - Gandbolchilarda individual texnik mahoratni rivojlantirish.....	153
M.Y.O'razova - Reproductiv yoshdagi ayollarni sog'lomlashtirish va ortiqcha vaznni kamaytirishda gimnastik mashqlar samaradorligi.....	157
D.Tolibovna - Uzunlikka sakrovchi qizlarda tayyorgarlik bosqichlarini modellashtirish.....	161
И.Р.Солиев - Анализ физической подготовки и соревновательной деятельности прыгунов в длину в многолетнем цикле подготовки.....	166
M.F.Farhodova - O'quv mashg'ulot bosqichidagi yosh badiiy gimnastikachilarni musobaqalarga tayyorlashda yillik tayyorgarlik mexanizmini takomillashtirish.....	170
Бадаев Р.Р - Анализ эффективности применения подвижных игр в подготовке юных баскетболистов по результатам анкетирования.....	174
Н.К.Мададиев - Использование цифровых технологий, как методов исследования в тренировочном процессе.....	176
J.M.Dexqonov - Jahon taekvondosidagi zamonaviy tendensiyalar asosida sportchilarning texnik-taktik tayyorgarlik darajasini monitoring qilish tizimi.....	179
A.A.Boltaev - An'anaviy mashg'ulotlar orqali voleybolchilarning jismoniy-funksional va texniko-taktik tayyorgarlik darajasini tahlil qilish.....	183
S.D.Berdiyev - Imkoniyati cheklangan talabalarning psixofiziologik jarayonlarini tadqiq qilishning ilmiy-nazariy asoslari.....	186
Z.Sh.Yusupov - Boshlang'ich tayyorgarlik bosqichida yosh gandbolchilarning maxsus jismoniy tayyorgarligini tahlil qilish usullari.....	188
Z.B.Matyaqubova - Badiiy gimnastikachilarni sakrash qobiliyatini oshirish samaradorligi.....	192
Y.Y.Aripov - O'quvchilarda bilim, malaka va ko'nikmalarini shakllantirish jarayonida tabaqalashtirilgan ta'lim texnologiyasi.....	195
D.B.Shaymardanov - Mini-futbol sport turiga tanlovining kriteriylari va strukturasi.....	200
Sh.N.Nuritdinova - Malakali taekvondochilarni jismoniy rivojlanganlik darajasini taxlili.....	203
D.N.Ergashaliyev - O'quv mashg'ulot bosqichi tajriba guruhida shug'ullanuvchi gandbolchilarning tajriba boshi va oxirida jismoniy va texnik tayyorgarlik natijalarining shakllanish dinamikasi tahlili.....	208



Ushbu zikr etilgan faktlar 1-bosqich talaba yoshlar bilan boshlangan pedagogik tajribani uslubiy jihatdan to'g'ri tashkil etilganligining isboti hisoblanadi va pedagogik tajribani davom etish maqsadga muvofiq ekanligini tasdiqlaydi.

Foydalanilgan adabiyotlar:

1. Бакиев З.А., Тастанов Н.А. Индивидуализация технико-тактической подготовки борцов на основе автоматизированного анализа соревновательной деятельности // Педагогик таълим. – Тошкент, 2008. – №3. – Б. 125-130.
2. Богачев ЕМ., Универсальный кроссфит / Гераклион. – 2014. – № 1. С. 6-7.
3. Калашников Ю.Б. Построение комбинаций боевых действий в таэквондо / Ю.Б. Калашников, О.Б. Малков, Т.Б. Басик //

Тактика ведения спарринга в таэквондо – ИТФ.-М.: РГАФК, 2000. – С. 56-61

4. Ли А. А. Методика обучения прямым ударам в каратэ-до (ой-цуки, кизами-цуки, гйяку-цуки): учебно-методическое пособие / А. А. Ли. – Томск: ТГУ, 2009. – 52 с.

5. Маряшин Ю. Современное каратэ. Функциональная гимнастика / Ю. Маряшин. – М.: АСТ, 2004. – 176 с.

6. Панков В.А. Специальная физическая подготовка в видах спортивных единоборств (Текст) / В.А. Панков, А.О. Акопян // Теория и практика физической культуры, 2004, № 4, с. 6-9.

7. Толстенков А. Н. Методика обучения ударам ногами в каратэ: практическое пособие: учебное пособие / А. Н. Толстенков, Д. В. Лисуненко. – Гомель: ГГУ имени Ф. Скорины, 2022. – 19 с.



Mallif bilan bog'lanish uchun:

Associate Professor of Theory and Methodology of Combat Sports, Fergana State University
B.M.Tohtasinov
Fergana, Uzbekistan.

IMPLEMENTATION OF THE AUTHOR'S METHODOLOGY FOR TRAINING BELT WRESTLERS IN THE EDUCATIONAL PROCESS OF PHYSICAL EDUCATION UNIVERSITIES

Аннотация

Цель данной статьи — обосновать возможности и пути внедрения методики, разработанной в диссертационном исследовании, направленной на совершенствование атакующих и контратакующих действий борцов поясной борьбы, в учебный процесс высших учебных заведений физической культуры и спорта. В статье рассматриваются организационно-педагогические условия адаптации методики к учебным программам, особенности её применения в учебно-тренировочном процессе, а также формы контроля и оценки достижений студентов-спортсменов. Показано, что интеграция экспериментально апробированных упражнений и программ в систему подготовки студентов способствует повышению качества их технико-тактической и скоростно-силовой подготовленности, а также развитию у будущих тренеров компетенций по проектированию современных тренировочных программ.

Ключевые слова: поясная борьба, университет физической культуры, учебный процесс, интеграция науки и практики, методика тренировки, учебно-тренировочные занятия.

Annotation

Ushbu maqolaning maqsadi dissertatsiya tadqiqotida ishlab chiqilgan belbog'li kurashchilarning hujum va qarshi hujum harakatlarini takomillashtirish metodikasini jismoniy tarbiya va sport oliy ta'lim muassasalarining o'quv jarayoniga joriy etish imkoniyatlari hamda yo'llarini asoslab berishdan iborat. Maqolada metodikani o'quv dasturlariga moslashtirishning tashkiliy-pedagogik shart-sharoitlari, uni o'quv-mashg'ulot jarayonida qo'llash xususiyatlari, shuningdek talaba-sportchilarning yutuqlarini nazorat qilish va baholash shakllari ko'rib chiqilgan. Eksperimental ravishda tasdiqlangan mashqlar va dasturlarni talabalar tayyorgarligi tizimiga integratsiya qilish ularning texnik-taktik hamda tezkor-kuch tayyorgarligi sifatini oshirishga, shuningdek bo'lajak murabbiylarda zamonaviy mashg'ulot dasturlarini loyihalash kompetensiyalarini rivojlantirishga xizmat qilishi isbotlangan.

Kalit so'zlar: belbog'li kurash, jismoniy tarbiya oliy ta'lim muassasasi, o'quv jarayoni, ilm va amaliyot integratsiyasi, mashg'ulot metodikasi, o'quv-mashg'ulot mashg'ulotlari.

The aim of this article is to substantiate the possibilities and ways of implementing the methodology developed in dissertation research for improving the attacking and counter-attacking actions of belt wrestlers in the educational process of physical education and sports universities. The article examines the organizational and pedagogical conditions for adapting the methodology to curricula, the specifics of its application in educational and training sessions, and the forms of monitoring and evaluating student-athletes' achievements. It has been demonstrated that integrating experimentally validated exercises and programs into the student training system contributes to improving the quality of their technical-tactical and speed-strength preparedness, as well as developing competencies in designing modern training programs among future coaches.

Keywords: belt wrestling, physical education university, educational process, integration of science and practice, training methodology, training sessions.

Introduction. Analysis of international research on wrestling shows that most authors focus on the interrelationships between special physical preparedness, competitive activity structure, and performance success. In a comprehensive review, H. Chaabene et al. demonstrate that the combination of strength, speed-strength, aerobic, and anaerobic characteristics defines the model profile of elite wrestlers and serves as the basis for developing highly targeted training programs. The work of J.

García-Pallarés and colleagues has proven the prognostic significance of individual physical fitness components (maximum strength, power, special endurance) for Olympic-level performance, emphasizing the need for precise pedagogical monitoring of these indicators in long-term training systems. Comparative studies by E. Demirkan et al. show that freestyle and Greco-Roman wrestlers differ in their strength and speed-strength preparedness profiles, necessitating a differentiated



approach to training program design even within the same sport .

The physiological profile of elite wrestlers is detailed in research by B. Mirzaei et al., highlighting high demands for anaerobic power and capacity, as well as specific cardiorespiratory system responses under competitive load conditions [4]. The development and validation of special field tests for wrestlers (A. Utter et al.) have brought assessment closer to real competitive activity and complemented laboratory methods for evaluating functional state [5]. J. Nilsson and colleagues' study on the temporal structure of matches at the World Greco-Roman Wrestling Championships revealed a characteristic ratio of work and rest periods and high lactate load levels, providing an important basis for modeling training tasks .

A separate area of international research involves using video recording and notation analysis to study the technical and tactical structure of matches. D. E. Lopez-Gonzalez and B. Miarka proposed and tested a reliable time-motion analysis model based on technical and tactical interactions in wrestling, enabling quantitative description of the activity, effectiveness, and structure of offensive and defensive actions. Further development of this approach in subsequent works by D. E. Lopez-Gonzalez provided a detailed characterization of the competitive activity model for wrestlers of various styles and qualification levels, using the obtained data to substantiate training programs. A study by H. Kajmović et al., conducted on young female wrestlers, revealed significant differences in technical and tactical activity indicators between winners and losers, underscoring the importance of objective notation analysis for assessing the effectiveness of offensive and defensive actions and planning preparation. Although most of these studies were conducted on freestyle and Greco-Roman wrestling, the resulting models of physical and technical-tactical preparedness are of considerable interest for adaptation to belt wrestling (belbogly kurash) conditions and for use in developing training programs for future coaches.

Organizational and pedagogical conditions for implementing the methodology. Adapting the author's methodology for improving the attacking and counter-attacking actions of belbogly kurash wrestlers to the conditions of the university educational process requires adherence to several organizational and pedagogical conditions. First and foremost, the curriculum must include disciplines focused on the theory and methodology of wrestling, sports training, and national and international martial arts. The presence of such

disciplines creates a substantive basis for incorporating the theoretical and practical elements of the developed methodology into them.

An important condition is the readiness of the department's teaching staff (instructors and coaches) to integrate the experimentally substantiated provisions of the methodology into the working curricula of disciplines, as well as to use it in educational and training work with student-athletes. This involves preliminary familiarization with the dissertation research materials, discussion of possible adaptation forms, and agreement on unified approaches to its implementation.

Implementation of the methodology is impossible without the appropriate material and technical base: a specialized wrestling hall, necessary sports equipment, and video recording and playback devices that allow for the analysis of technical and tactical actions. Support from the university administration, interested in developing national sports, improving the quality of student sports training, and strengthening the research component of the educational process, is also of significant importance.

Structure of implementing the methodology in the educational process. The introduction of the methodology into the higher education system can be organized in several interconnected areas.

Training sessions on the disciplines "Theory and Methodology of Wrestling" and "National Wrestling Types."

Within the framework of these disciplines, it seems appropriate to:

- include lecture blocks that reveal the theoretical foundations of the author's methodology and its place in the system of training belt wrestlers;

- conduct an analysis of sample training microcycles built on the principles of the methodology;

- use video materials demonstrating the specifics of attacking and counter-attacking actions developed based on this methodology, with subsequent analytical discussion.

Practical and training sessions.

At the practical level, the methodology can be implemented through:

- purposeful training in special speed-strength exercises and technical-tactical tasks provided for in the author's program;

- modeling of competitive situations with the inclusion of typical attacking and counter-attacking actions practiced within the framework of the methodology;

- fulfillment by student-athletes of individualized training programs developed based



on the author's recommendations, taking into account their level of preparedness and sports specialization.

Students' research work.

An effective direction for implementing the methodology is the inclusion of its elements in the system of students' research work:

completion of course papers and final qualifying works devoted to the issues of training belbogly kurash wrestlers and the testing of individual aspects of the methodology;

participation of students in scientific and scientific-practical conferences with reports based on experimental data obtained during the use of the methodology in the training process;

conducting small experimental studies under the guidance of instructors using individual exercises and program modules of the methodology, which contributes to the formation of research competencies in future coaches.

Expected results from the implementation of the methodology. The experience of testing the methodology in the context of a specialized university presented in the dissertation research has shown that its purposeful implementation in the educational process contributes to a number of positive changes. Firstly, an increase in the level of technical-tactical and speed-strength preparedness of student-athletes specializing in belt wrestling is noted, which is expressed in an increase in the effectiveness of offensive and counter-attacking actions and the overall performance in competitive activity.

Secondly, the use of the methodology in the training process contributes to the development of practical skills in future coaches for developing, implementing, and analyzing modern training programs tailored to the requirements of a specific type of martial art. Students master the algorithms for planning microcycles, selecting preparation tools and methods, and evaluating their effectiveness based on pedagogical monitoring.

Discussion. The implementation of dissertation developments in the educational process of physical culture and sports universities allows for the simultaneous solution of several strategically important tasks. Updating the content of academic disciplines by incorporating relevant scientifically grounded methodologies makes the training of future coaches more aligned with the modern requirements of competitive practice and the development trends of specific sports.

The formation of a "vertical link" between bachelor's, master's, and postgraduate studies based on a unified research focus creates conditions for the continuity of scientific research, allowing students at different levels of education to deepen

and develop the same direction, moving from mastering ready-made methods to their modification and independent development.

It is of particular importance that within the framework of the educational process, students not only master the proposed exercises, complexes, and programs but also learn to critically evaluate their effectiveness, analyze experimental data, and conduct small-scale research. This approach contributes to the formation of key professional competencies for coaches: the ability to connect theoretical knowledge with practice, justify their methodological decisions, evaluate their effectiveness, and make adjustments when necessary.

Conclusion. The analysis undertaken in this study indicates that the author's methodology for improving attacking and counterattacking actions in belbogly kurash wrestlers, based on the targeted development of speed-strength qualities, has substantial potential for implementation within the educational process of higher institutions of physical education and sport. The methodology is consistent with contemporary requirements for practice-oriented professional training, is grounded in experimentally validated material, and allows the learning process to be brought closer to the real conditions of training and competitive activity.

Successful adaptation of the methodology to the context of higher education is feasible provided that a set of organisational and pedagogical conditions is ensured. These include its formal integration into course syllabi and working programmes, systematic use of its elements in practical and training sessions, and incorporation of its components into student research activities. Such a comprehensive approach creates a coherent educational environment in which theory, practice and scientific inquiry mutually reinforce one another.

The implementation of the methodology contributes to an improvement in the quality of preparation of student-athletes specialising in belt wrestling, which is reflected in higher levels of their technical-tactical and speed-strength preparedness. At the same time, key professional competencies of future coaches are developed, particularly those related to the design, implementation and evaluation of modern training programmes tailored to the specific demands of a given combat sport. The experience of integrating the results of the dissertation research into the educational process may be regarded as a model both for other styles of wrestling and, more broadly, for applied research in the field of theory and methodology of physical education, thereby



opening up prospects for further enhancement of university-level training of sport specialists.

References:

1. Chaabene H., Negra Y., Bouguezzi R., Mkaouer B., Franchini E., Julio U., Hachana Y. Physical and physiological attributes of wrestlers: an update // *Journal of Strength and Conditioning Research*. 2017. Vol. 31, № 5. P. 1411–1442. DOI: 10.1519/JSC.0000000000001738.
2. García-Pallarés J., López-Gullón J. M., Muriel X., Díaz A., Izquierdo M. Physical fitness factors to predict male Olympic wrestling performance // *European Journal of Applied Physiology*. 2011. Vol. 111, № 8. P. 1747–1758. DOI: 10.1007/s00421-010-1809-8.
3. Demirkan E., Kutlu M., Koz M., Özal M., Favre M. Physical fitness differences between freestyle and Greco-Roman junior wrestlers // *Journal of Human Kinetics*. 2014. Vol. 41, № 1. P. 245–251. DOI: 10.2478/hukin-2014-0052.
4. Mirzaei B., Curby D. G., Rahmani-Nia F., Moghadasi M. Physiological profile of elite Iranian junior freestyle wrestlers // *Journal of Strength and Conditioning Research*. 2009. Vol. 23, № 8. P. 2339–2344. DOI: 10.1519/JSC.0b013e3181bb7350.
5. Utter A., Goss F., DaSilva S., Kang J., Suminski R., Borsa P., Robertson R., Metz K.

Development of a wrestling-specific performance test // *Journal of Strength and Conditioning Research*. 1997. Vol. 11, № 2. P. 88–91.

6. Nilsson J., Csörgő S., Gullstrand L., Tveit P., Refsnes P. E. Work-time profile, blood lactate concentration and rating of perceived exertion in the 1998 Greco-Roman wrestling World Championship // *Journal of Sports Sciences*. 2002. Vol. 20, № 11. P. 939–945. DOI: 10.1080/026404102320761822.
7. Özbay S., Ulupinar S. Strength-power tests are more effective when performed after exhaustive exercise in discrimination between top-elite and elite wrestlers // *Journal of Strength and Conditioning Research*. 2022. Vol. 36, № 2. P. 448–454. DOI: 10.1519/JSC.0000000000003456.
8. Lopez-Gonzalez D. E., Miarka B. Reliability of a new time-motion analysis model based on technical-tactical interactions for wrestling competition // *International Journal of Wrestling Science*. 2013. Vol. 3, № 1. P. 21–34. DOI: 10.1080/21615667.2013.10878967.
9. Lopez-Gonzalez D. E. Wrestler's performance analysis through notational techniques // *International Journal of Wrestling Science*. 2013. Vol. 3, № 2. P. 68–89. DOI: 10.1080/21615667.2013.10878990.



Mallif bilan bog'lanish uchun:
Email: t.hamroyev522@gmail.com

Ilmiy rahbar, dotsent
O.E Toshmurodov
Orental universitet Samarqand kampusi
magistranti
M.R.Hamroyev
Samarqand, O'zbekiston.

MILLIY O'YINLAR ORQALI MAKTAB O'QUVCHILARIDA JISMONIY SIFATLARNI RIVOJLANTIRISHNING NAZARIY ASOSLARI

Аннотация

В данной статье анализируются теоретические и педагогические основы развития физических качеств у школьников посредством народных игр. Подчеркивается понятие физических качеств, их типы и особенности развития детей школьного возраста. Также научно обосновывается важность народных подвижных игр в формировании у учащихся таких качеств, как сила, скорость, выносливость, ловкость и гибкость. Разработаны методические рекомендации по эффективному использованию народных игр в образовательном процессе.

Ключевые слова: Национальные игры, физические качества, физическое воспитание, здоровый образ жизни, школьники, ловкость, выносливость, скорость, сила, гибкость, педагогический подход.

Mavzuning dolzarbligi. Milliy o'yinlar – bu har bir xalqning an'anaviy o'yinlari bo'lib, ular nafaqat madaniyatni saqlash, balki bolalarning jismoniy, aqliy va ijtimoiy rivojlanishiga ham

Annotation

Ushbu maqolada maktab o'quvchilarida milliy o'yinlar orqali jismoniy sifatlarni rivojlantirishning nazariy va pedagogik asoslari tahlil qilingan. Jismoniy sifatlarni tushunchasi, ularning turlari hamda maktab yoshidagi bolalarning rivojlanish xususiyatlari yoritib berilgan. Shuningdek, milliy harakatli o'yinlarning o'quvchilarning kuch, tezkorlik, chidamlilik, chaqqonlik va egiluvchanlik sifatlarni shakllantirishdagi ahamiyati ilmiy jihatdan asoslangan. Ta'lim jarayonida milliy o'yinlardan samarali foydalanish bo'yicha metodik tavsiyalar ishlab chiqilgan.

Calit so'zlar: Milliy o'yinlar, jismoniy sifatlarni, jismoniy tarbiya, sog'lom turmush tarzi, maktab o'quvchilari, chaqqonlik, chidamlilik, tezkorlik, kuch, egiluvchanlik, pedagogik yondashuv.

This article analyzes the theoretical and pedagogical foundations of the development of physical qualities in schoolchildren through national games. The concept of physical qualities, their types, and the development characteristics of school-age children are highlighted. Also, the importance of national movement games in the formation of students' qualities of strength, speed, endurance, agility, and flexibility is scientifically substantiated. Methodological recommendations for the effective use of national games in the educational process are developed.

Key words: National games, physical qualities, physical education, healthy lifestyle, schoolchildren, agility, endurance, speed, strength, flexibility, pedagogical approach.

yordam beradi. Maktab yoshidagi bolalar (7–17 yosh) jismoniy rivojlanishning eng faol davrida bo'lib, ularning kuch, chidamlilik, tezlik, moslashuvchanlik va koordinatsiya kabi jismoniy

JISMONIY TARBIYA VA SPORT ILMIY TADQIQOTLAR INSTITUTI



@jtsiti_rasmiy_uz



@jtsiti_rasmiy



@jtsiti

JISMONIY TARBIYA VA SPORT ILMIY TADQIQOTLAR INSTITUTI



☎ + 998 94 276 13 03

📍 Toshkent shahari, Yashnobod tumani, Yangi O'zbekiston ko'chasi

🌐 <https://uzjtsiti.uz>

