



## **ORGANIZATION OF SPORTS WORK IN HIGHER EDUCATIONAL INSTITUTIONS**

**Gapparov Khafiz Zakhidovich**

Candidate of Pedagogical Sciences, Associate Professor,  
Tashkent State Law Institute Specialized branch, Uzbekistan  
(gapparov70@mail.ru)

**Hikmatilla Rakhmanberdievich Akhmedov**

candidate of pedagogical sciences  
Specialized branch of Tashkent State University of Law  
(hikmatilla616@gmail.com)

<b>Article history:</b>	<b>Abstract:</b>
<b>Received:</b> 28 <sup>th</sup> January 2022 <b>Accepted:</b> 28 <sup>th</sup> February 2022 <b>Published:</b> 6 <sup>th</sup> April 2022	The article reveals the main provisions of the organization and holding of sports competitions in higher educational institutions, as well as the concepts of competitions and the main issues.
<b>Keywords:</b> Competition, Student's Physical Training, Championship	

A sports competition is a competition (rivalry) of people in a playful way in order to find out the advantages in the degree of physical fitness, in the development of certain aspects of consciousness.

Competitions allow solving pedagogical, sports-methodical and socio-political tasks. During sports competitions, the same pedagogical tasks are solved as in physical culture and sports in general, i.e. improvement of physical, technical, tactical, mental and theoretical readiness. However, at the same time, all the changes occurring in the body exceed the level characteristic of training sessions. Competitions are one of the effective measures to improve the fitness of an athlete. The importance of sports competitions for the formation of strong-willed character traits is especially great. They also contribute to the development of physical culture and sports in general and allow pedagogical influence on the audience.

Sports competitions are a bright, emotional spectacle. The pleasure from sports shows arises as a result of the participation of the spectator in them, who is attracted by the high level of development of motor qualities, the bold and decisive actions of the participants, their high achievements.

### **Issues of organizing sports competitions**

The functions of teachers of physical culture and sports, organizers of competitions, sports judges and sports doctors related to the organization and conduct of sports competitions differ depending on the nature of the activities of these people.

One of the most important functions of physical education and sports teachers is to prepare students for participation in sports competitions. Before allowing students to participate in official competitions, one should not only teach them sports techniques and tactics, a certain range of knowledge

and develop the necessary motor qualities, but also teach them to compete. To do this, they need to participate in estimates, control and training competitions. The rules in them can be simplified or changed by the teacher himself. For example, the number of attempts or the size of the site is reduced, the length of the distance is reduced, the winner is determined by the quality of the performance of sports exercises, etc.

Organizational and methodological measures related to the holding of sports competitions, first of all, include the preparation of a calendar plan for competitions in this sport. It indicates the name of the competition, the dates and place of their holding and the persons responsible for their organization. The calendar of sports competitions for each sport is compiled separately. An important condition in the preparation of the calendar plan is the traditional nature of the planned events in terms of time, programs, participating persons. This increases the interest of children in them, facilitates the organization of the educational and training process, and makes the competition more popular with spectators. Sports competitions are an incentive for systematic training and contribute to the growth of sports results if they are held regularly. The expediency of participation in a certain number of competitions depends on the sports training of students.

Thus, the calendar of sports competitions should be compiled in such a way that the planned competitions are diverse in scale, composition of participants and conditions for holding, traditional in terms of timing, composition, and venue.

Another important measure of an organizational and methodological nature is the preparation of a regulation on competitions.



If the competitions are of a team or individual-team character, the system for determining the winners in the team event is indicated in the regulation. In each individual case, it may be different.

To participate in the competition, it is necessary to submit an application in the preliminary form within the established time limits, and then in the final one. The first application contains the desire of this team to participate in the competition. The second application contains data on the composition of participants and some other information. In some sports, at the beginning or during the competition, with the permission of the chief referee, re-entries can be made, i.e. instead of one participant, another can be put up, etc. Based on the submitted applications, competition protocols are drawn up.

For the competition, it is necessary to take care of bringing the places, equipment and inventory in full compliance with the established rules, their high quality and the required quantity.

If the program includes several varieties of the same sport, it is necessary to draw up a schedule of competitions in advance, i.e. determine the sequence and timing of each of them. Knowing the average duration of the exercise, the number of attempts and the number of participants, it is possible to determine the total duration of the competition and, based on this, draw up a schedule.

To serve sports competitions in accordance with their type and scale, the educational institution appoints a doctor and other medical personnel.

The most important document regulating the conduct of competitions and influencing their results are the rules of competitions in this sport. They regulate the actions of judges and participants, provide for the conditions for identifying winners and, in addition, determine the rules of conduct for an athlete, contain a list of prohibited actions that entail punishment that infringes on the interests of the team. Thus, the athlete who violated the rules is affected not only by the decision of the judge in relation to him personally, but also by the consciousness that the team is suffering damage due to his wrong actions.

The main organizer and leader of sports competitions, responsible for their conduct and, to a certain extent, for the results achieved, is a sports referee appointed from among the teachers of physical culture. The judge is also responsible for the health of the competitors. In all cases where damage to the health of the participants may be caused, he is obliged to eliminate the shortcomings, and if it is impossible to do this, cancel the competition or reschedule it to another date or place.

A sports judge must be, first of all, an impeccable expert on the rules of competitions in a given sport, an honest, objective, impartial, resolute, polite, calm person who enjoys authority and respect outside of competitions.

### **Planning and organizational forms**

Planning mass recreational, physical culture and sports events includes the development of programs, schedules, plans for group and individual classes, calendars and regulations for sports competitions; competitions, sports evenings, holidays, demonstration performances of athletes and athletes, etc. This planning is carried out by the board of the sports club with the participation of the Department of Physical Education. The direct holding of events, classes and sports competitions is provided by the forces of the public asset and paid employees of the sports club with the qualified assistance of the Department of Physical Education.

In the system of physical education of students, sports competitions occupy a large place. Only well-organized sports competitions can fully fulfill their functions and ensure that the participants achieve the highest sports results.

The successful holding of sports competitions depends on the level of preparatory organizational work, which consists of many points:

- drawing up a calendar plan for sports competitions;
- development of regulations on competitions;
- preparation of cost estimates for each competition;
- formation of the organizing committee for the preparation and holding of competitions; selection of the panel of judges and organization of its work;
- providing information about competitions (posters, information in the newspaper, on radio, television, etc.).

Organization of acceptance and processing of applications for participation in competitions from participating organizations and participants:

- drawing up the schedule (program, schedule) of competitions;
- drawing up a ritual of awarding winners, opening and closing competitions;
- preparation or rental of sports facilities;
- providing medical care for competitions;
- checking the preparedness of places for sports competitions of sports equipment and inventory;
- determination of measures for servicing the participants of the competition;
- determination of measures for servicing spectators;



providing clear and timely information about the preparation of competitions, about the results of athletes during competitions, about preliminary results and the course of personal and team wrestling, about the final results of competitions (reports).

The calendar plan of sports competitions is developed for the academic year. It is multiplied and sent to all departments of the educational institution: faculties, departments, services, etc., where it is brought to the attention of all athletes, athletes, activists, and is also posted on the sports stand in the form of posters. The calendar plan is developed by the sports club, coordinated with the department of physical education and approved by the rector.

Regulations on competitions - the main document that regulates all the conditions for holding this competition. The regulation is guided by the organization conducting the competition, in the educational institution - the sports club and the chief referee of the competition, the participating teams, captains and representatives of the teams, as well as all participants.

The regulations on competitions cover the following sections:

- the name of the competition, its nature and sport;

- the goals and objectives of this competition, the management of the competition, which indicates who organizes the competition and manages it;

- composition of the competition; dates and venue; competition program and standings;

- results evaluation system;
- procedure and deadline for submitting applications;

- health care and safety;
- conditions for awarding the winners of the individual and team championships;

- the procedure for filing protests and their consideration;

- additional conditions for the competition

When developing the regulation, the interests of sports teams and individual athletes are protected, equal conditions are provided for everyone.

Regulations on intra-university competitions are developed by the sports club with the active participation of the bureau of the sports section, the coaching council, teachers of the department of physical education and are approved by the rector (major competitions, for example, sports days) or the chairman of the board of the sports club. Regulations on competitions must be sent to participating organizations no later than one month before the start of the competition.

The Organizing Committee for the preparation and holding of the competition draws up a general plan for the preparation and conduct of the competition, creates commissions for propaganda and economic work, the main panel of judges and commissions for medical care, and approves the work plan of the commissions.

Health care and safety. At all sports competitions, regardless of their size, there must be medical personnel to monitor the sanitary condition of the competition venues, to serve participants and provide emergency medical care.

During the period of preparation for the competition, the panel of judges accepts applications from participating organizations only with a doctor's visa (permission), certified by a seal, without a visa, an athlete is not allowed to participate in sports competitions. The judge's decision on the admission of athletes to the competition is final and not subject to appeal. Organizers and referees of sports competitions must take all measures to prevent accidents and injuries. According to the rules of the competition, the responsibility for taking measures to prevent sports injuries rests with the chief judge and the head of the organization conducting the competition.

Judging boards. For the competition, the main panel of judges is approved in advance and the composition of judges is selected in accordance with the rules and regulations for these competitions. A seminar or meeting is held for judges, where the regulations on the competition are considered with the definition of a unified interpretation of its points, the main sections of the competition rules, the plan for the placement of judges.

Agitation and propaganda work during the preparation, during and after the end of the competition is carried out in the form of:

- coverage of the course of preparation for competitions in the press, release and distribution of posters, programs, invitation cards, information on radio and television;

- organizing photo booths, etc.;
- popularization of this sport through the grand opening (parade) and closing of competitions;

- wide radio information during the competition;
- timely completion of final tables, release of photomontages;

- timely summing up and solemn closing of the competition;

- presentation of certificates, diplomas, medals and prizes to the winners of competitions;

- holding demonstration performances and a parade of competition winners;



timely information in the press, on radio, television about the results of sports competitions.

Regardless of the venue of the competition, sports facilities on the days of the competition must be brightly and colorfully decorated.

### **CONCLUSION**

The education of physical qualities is based on a constant desire to do beyond what is possible for oneself, to surprise others with one's capabilities. But for this, from the time of birth, you must constantly and regularly follow the rules of proper physical education.

The main stage in the education of these qualities is the educational period in a person's life, during which the necessary educational material is consolidated for its further application in life.

The learning process is organized depending on the state of health, the level of physical development and readiness of students, their sports qualifications, as well as taking into account the conditions and nature of the work of their future professional activity.

In a higher educational institution, the general management of physical education and mass sports work among students, as well as the organization of monitoring the state of their health, is entrusted to the rector.

### **BIBLIOGRAPHY**

1. Абдуллаев А., Хонкелдиев Ш.Х. Жисмоний тарбия назарияси ва усулияти. – Т., 2000
2. Ахматов М.С. Узлуксиз таълим тизимида оммавий спорт-соғломлаштириш ишларини самарали бошқариш. - Т., 2001
3. Ачилов А.М. Акрамов Ж.А. Гончарова О.В. Болаларнинг жисмоний сифатларини тарбиялаш. – Т., 2004
4. Хужаев Ф.Ўзбекистонда жисмоний тарбия. – Т., 1998
5. Тер-Ованесян А. А. Педагогические основы физического воспитания. М., «Физкультура и спорт», 1980.
6. Ашмарин Б. А., Вилевский М. Я., Грантынь К. Х. Теория и методика физического воспитания. М., Просвещение, 1996
7. Коробков А.В., Головин В.А., Масляков В.А. Физическое воспитание. М. 1983.
8. Матвеев Л.П. Основы спортивной тренировки. -- М.: ФиС, 1977.
9. Новикова А.Д., Теория и методы физического воспитания.

10. Озолин Н.Г. Развитие выносливости спортсмена. - М.: ФиС, 1959, 128 с.