

ORGANIZATIONAL AND LEGAL BASIS OF PREPARING ATHLETES FOR INTERNATIONAL COMPETITIONS

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Annotation

This article covers the development and popularization of physical education and sports so as to promote a healthy lifestyle among young people, educate a harmoniously developed generation, as well as create an organizational basis for preparing young people for international competitions.

Key words: *gene pool, “Umid nikhollari”, “Barkamol Avlod”, “Universiyada”, special test of “Alpomish” and “Barchinoy”.*

Uzbekistan pays great attention to the development and promotion of sports and physical education. Over the years of independence Uzbekistan has established an effective system of training of professional athletes and coaches. The importance of the development of physical education and sports in the formation of a healthy lifestyle, further strengthening the gene pool of the nation, the upbringing of generation that has grown physically and mentally nowadays has been identified as one of the most priorities of State policy.

Uzbek athletes first participated in the Olympic Games as an independent team in 1996, Atlanta, USA and have been repeatedly participating in the Olympic Games, winning high prizes and proving that they are second to none. “Umid Nihollari”, “Barkamol Avlod” and “Universiyada” competitions play a crucial role in preparing the youth of our country for not only the national but also international arenas. Uzbekistan has created an organizational framework for the preparation of athletes for international competitions, as well as a clear mechanism for preparing young people for the international tournaments. As the Republic of Uzbekistan stabilizes its independence all over the world every year, its future depends on the development of today's generation into educated, spiritually, physically and well-rounded people. It should be noted that physical education and sports play an important role in the

development of physical preparation and performance ability of the population of the Republic.

In accordance with the schedule of sporting events in 2015, training sessions, national and international competitions were organized at a high level. 7,985 mass sports events were held among all level of population, which attracted more than 1.6 million participants. 2,320 athletes (*714 girls*) took part in 297 international competitions on National and Olympic sports during the year and won 861 medals: 311 gold, 274 silver and 276 bronze [4].

At the centre of the efforts aimed at further development of sports and physical education in our country is to ensure that our children grow up physically healthy and well-rounded. In particular, the adoption of the Law of the Republic of Uzbekistan "On Physical Education and Sports" (new edition) on September 4, 2015 testifies to the special attention paid to the development of physical education and sports in our country. According to Article 17 of this law "On the Olympic movement of Uzbekistan. The National Olympic Committee of Uzbekistan", which strengthens the structural foundations of the Olympic movement and the organization of the Olympic Games. According to it, "The Olympic Movement of Uzbekistan is an integral part of the International Olympic Movement, which aims to promote the principles of the Olympic Movement, promote the development of physical education and sports, strengthen international cooperation in sports, participation in other international sporting events led by the International Olympic Games.

Olympic Movement of Uzbekistan National Olympic Committee of Uzbekistan – is managed by the Republican Non-Governmental Organization of the National Olympic Committee of Uzbekistan, which operates in accordance with the legislation of the Republic of Uzbekistan, the Olympic Charter of the International Olympic Committee and its regulation. This article of the Law of the Republic of Uzbekistan "On Physical Education and Sports" sets out the powers and responsibilities of the National Olympic Committee of Uzbekistan which is the organization responsible for ensuring the participation of Uzbek athletes in the Olympic Games, namely National Olympic Committee of Uzbekistan:

- promotes the principles of the Olympic movement, the development of high-achieving and mass sports;
- acts on behalf of the Republic of Uzbekistan in the Olympic Games and other international sporting events under the auspices of the International Olympic Committee in accordance with the Olympic Charter of the International Olympic Committee;
- participates in the development and implementation of measures to ensure the required level of preparation of athletes for participation in the Olympic Games and other international sports events under the auspices of the International Olympic Committee;
- promotes the prevention and combat against doping in sports, as well as the prevention of all forms of discrimination and violence in the field of physical education and sports;

Indeed, the National Olympic Committee of Uzbekistan is taking significant measures to develop the Olympic movement in our country so as to widely promote the ideas of the Olympics, a representative of the republican sports delegations at the Olympics, Asian and World Youth Games.

Furthermore, the National Olympic Committee of Uzbekistan provides comprehensive assistance in physical and spiritual education of the population of the Republic, physical education and sports, especially national sports, development of sports among the people who have a disability, training of national teams and sports reserves, promotes friendship and brotherhood with athletes who are from other countries, educates young people on the principles of fair wrestling in competitions, how to treat their opponents with kindness and respect, widely promotes the achievements of Uzbek athletes and sports among professionals. It should be noted that significant work is being done to exchange experiences, organize conferences and seminars in order to improve their skills. In recent years, a lot of work has been done in this field, for instance, a system of special tests "Alpomish" and "Barchinoy" was introduced to determine the level of physical preparation and health of the population. To improve the management of the sector, Ministry of Physical

Education and Sports of the Republic of Uzbekistan was established. The concept of development of Physical education and Mass sports in 2019-2023 was confirmed.

According to five initiatives and the programs "Obod Kishlok" and "Obod Mahalla", sports facilities are being launched and young people are actively involved in physical education and sports. 204 athletes who were winners of the Asian, World Championships and Olympic Games are attached to the districts and cities, some of them opens sports schools. "...representatives of Uzbekistan won a total of 70 medals at the 2018 Asian Games including 21 gold, 24 silver and 25 bronze medals and ranked 5th place in the team event. So far this year, a total of 442 medals including 145 gold, 134 silver and 163 bronze medals have been won at the international competitions [5]. "According to the achievements that were achieved on January-November months of 2019, Uzbek athletes participated in 175 international sports competitions with 943 athletes and won 514 medals including 175 gold, 156 silver and 183 bronze medals. For comparison, the National teams of Uzbekistan in various sports had participated in 143 international competitions with 572 athletes and won 416 medals including 160 gold, 142 silver, 114 bronze [6].

On September 4, 2019 a video conference chaired by the President of the Republic of Uzbekistan Shavkat Mirziyoyev was held on the development of physical education and sports, strengthening the preparation for international competitions. At this meeting, the issues of further preparation for upcoming future competitions and provide athletes with necessary conditions for it were discussed. It was criticized that the level of preparation for the XXXII Summer Olympic Games and XVI Paralympic Games in Tokyo in 2021 is unsatisfactory, a number of sports federations are not paying a great attention to the creation of conditions for high-achieving athletes, moreover the National Olympics Committee of Uzbekistan and the Ministry of Physical Education and Sports have been strictly set a task to provide the selected athletes to take a high place in international competitions in the coming months and obtain a license for the Olympics with the most favorable conditions.

To conclude, in the implementation of the State policy on the promotion of sports in Uzbekistan, a healthy lifestyle among young people, ensuring the worthy

participation of our athletes in the Olympic Games, the Law of the Republic of Uzbekistan "On Physical Education and Sports" serves as an important legal basis for ongoing reforms in this area. This law is also noteworthy so that implementation of the document promotes greater involvement of young people in physical education and sports, enhances the effectiveness of training system, the formation of a modern infrastructure, creates the necessary conditions for the training of high-class athletes and sports reserve. It clearly reflects the organizational mechanisms of preparation of our athletes for not only national but also international competitions.

LIST OF REFERENCES AND INTERNET WEBSITES

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