

THE ROLE OF ALPOMISH AND BARCHINOY SPECIAL TESTS IN THE DEVELOPMENT OF SPORTS AMONG THE POPULATION OF THE REPUBLIC OF UZBEKISTAN***Rakhmonov Ulugbek****Shahrisabz State Pedagogical Institute Faculty of Social**Sciences Teacher of the Department of Physical Culture****Panjiyeva Gulzoda****2nd year student of Physical Culture Women's Sports*

Abstract: This article analyzes the role of the special tests "Alpomish" and "Barchinoy" in the development of sports and increasing the physical fitness of the population in the Republic of Uzbekistan. These tests are an important tool for increasing interest in sports among young people, students, military personnel and the general population, forming a healthy lifestyle, and encouraging physical activity. Also, the results of these tests identify talented athletes and ensure their orientation to professional sports. The article highlights the importance of these tests in assessing physical fitness, increasing the popularity of sports, and preparing for military service.

Keywords: Alpomish test, Barchinoy test, physical fitness, development of sports, healthy lifestyle, physical education, popularity of sports, youth sports, military training, sports system of Uzbekistan.

About the special tests "Alpomish" and "Barchinoy" determining the level of physical fitness and health of the population of Uzbekistan. The special tests "Alpomish" and "Barchinoy" (hereinafter referred to as the tests) are the programmatic and normative basis of the physical education system of the population of Uzbekistan. With the help of control standards, the general level of physical fitness of the population for study, labor activity and military service is determined. The tests help to strengthen health, increase creative and labor activity. The special tests "Alpomish" are intended for boys (men), and the special tests "Barchinoy" are for girls (women).

Goals and objectives. The tests are a means of promoting a healthy lifestyle, attracting the population to special physical education and sports classes, satisfying the need to strengthen their health, and increasing physical fitness at different stages of life. The tests also help develop mass sports to acquire basic knowledge and practical skills for independent physical exercise, to use various forms of physical exercise in the study, work and leisure routine, and to identify and educate talented athletes.

System of tests. Tests aimed at determining the physical fitness of the population include types of tests reflecting flexibility, speed, strength, endurance and agility.

The "Alpomish" tests consist of 3 stages and are intended for men aged 5 to 60, and the "Barchinoy" tests are intended for women and girls aged 5 to 55.

"Alpomish" tests:

1. - Stage 1 - for boys aged 5 to 17 (students of grades 1-9 of general secondary schools and students of colleges and lyceums);
2. Stage 2 - for men aged 18 to 34 (students of higher educational institutions, military personnel, young people employed in production, etc.);
3. Stage 3 - for men aged 35 to 60 and older (employed in the national economy, pensioners, etc.).

"Barchinoy" tests:

1. Stage 1 - for girls aged 5 to 17 (students of grades 1-9 of general secondary schools and students of colleges and lyceums);
2. Stage 2 - for women aged 18 to 34 (students of higher educational institutions, military personnel, young people employed in production, etc.);
3. Stage 3 - for women aged 35 to 55 and older (those employed in the national economy, pensioners, etc.).

Trainings are organized at the places of study, work, and residence of the population. The work on the adoption of standards is approved by the orders of the administration and is carried out by the relevant local commissions on special tests in coordination with the relevant sports authorities in the area.

The "Alpomish" and "Barchinoy" tests provide for the acquisition of knowledge, skills, and qualifications for independent physical exercise, as well as theoretical and practical training in hygiene and civil defense.

The multi-sport type of wrestling based on the "Alpomish" and "Barchinoy" tests includes six types, taking into account the age and gender of the participant. Multi-sport competitions are held in accordance with the rules of competitions in sports.

Conditions and procedure for preparing and conducting tests based on the tests. Competitions based on tests are held among students of all classes of general secondary schools, all courses of colleges, lyceums and universities (except for those belonging to the medical group), as well as among teachers, trainers and other employees working in these institutions. Competitions in the field of health promotion are organized for young people working in other fields. Special trainings are organized for military personnel and employees of law enforcement agencies.

Organization of work on tests. Supervision and control over the implementation of test standards in the republic, region, city and district is carried out by the relevant authorities, sports committees and the Ministries of Higher and Secondary Specialized Education and Public Education and their local departments, Trade Union Committees of enterprises and organizations, commanders of military units and heads of departments of law enforcement organizations.

Conditions for the implementation of test types on tests.

1. Running for 60, 100, 1000, 2000 and 3000 meters is carried out on the running track of the playground.
2. Standing and running long jumps are carried out in special places.
3. Pull-ups on a high horizontal bar - performed in a hanging position with your feet hanging from above, holding your hands. If the barbell crosses the barbell bar, the exercise is counted. Stopping for more than 5 seconds is not allowed, the exercise begins with a complete stop in a hanging position, and swinging is not allowed.
4. Lifting the body is performed in a supine position, with the palms of the hands placed behind the head, and the soles of the feet are held.
5. Throwing a ball (soccer ball) at a target on a flat surface 150 cm. high. 100 x 100 cm. is performed from a distance of 8, 10, 12, 15, 20 m., from the grenade throwing-throwing sector or from any flat surface (700 gr. for men, 500 gr. for women).
6. "Shooting from a small-caliber rifle at a target number 6, from an air rifle at a target number 8. It is held in a swimming pool or in a specially equipped water body in compliance with safety rules.

Conditions for awarding the title of "Master of Sports" of the Republic of Uzbekistan and the category "Candidate for Master of Sports" for the "Alpomish" and "Barchinoy" multi-sport tests:

- The title of "Master of Sports" of the Republic of Uzbekistan is awarded to athletes who have fulfilled the standards or requirements of master of sports in the championships and championships of the Republic;

- The category of "Candidate for Master of Sports" is awarded to athletes who have fulfilled the standards or requirements of the candidate for master of sports category in the championships and championships of the Republic;

The category standards are determined in accordance with the points table and age coefficients.

Conclusions and awards. Participants of the competition who have fulfilled the standards and test requirements are awarded with badges and special certificates.

The costs of awarding medals and certificates to competition participants who have completed the standardized test requirements will be borne by the relevant educational organization, military unit, and law enforcement agencies.

According to the results of the special tests "Alpomish" and "Barchinoy", a ceremonial awarding of badges, certificates, diplomas and valuable gifts is held.

The special tests "Alpomish" and "Barchinoy" play an important role in the development of sports, physical education and the formation of a healthy lifestyle among the population in the Republic of Uzbekistan. These tests were introduced to assess the physical fitness of young people, students, military personnel and the general population and to encourage regular sports participation.

The role of the "Alpomish" and "Barchinoy" tests in the development of sports:

1. Assessment of physical fitness;

These tests help to assess the endurance, speed, strength and flexibility of people involved in sports in different age categories.

The "Alpomish" test is usually intended for men, and "Barchinoy" is for women.

2. Encouragement to engage in sports;

Those who successfully pass the tests are awarded special certificates and signs recognizing sports achievements.

This increases interest in sports among young people and forms healthy competition among them.

3. Promoting a healthy lifestyle;

These tests help to establish the habit of regular physical activity.

The more people engage in sports, the healthier and more resilient they become, and the more likely they are to prevent various diseases.

4. Preparation for professional sports;

Based on the test results, young people with a high tendency to engage in sports are identified and directed to special sports schools or competitions.

Thus, in the future, athletes who will participate in national and international competitions will be developed.

5. A useful program for the military and defense system;

These tests are used to assess the physical condition of conscripts and military personnel.

Strong and resilient young people can also achieve high results in military service.

In general, the special tests "Alpomish" and "Barchinoy" are an important tool for improving the physical fitness of the population of Uzbekistan, promoting a healthy lifestyle and identifying professional athletes. They serve to popularize sports and raise the younger generation to be healthy and strong.

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