Fan name	Physical upbringing and sports (4 ECTS))
Subject/module code	JTS1104
Science teachable semesters	1/ 1 semester
Attached teacher	Kyrgyz Ismat Musurmonkulovich
Education language	Uzbek
Science type	Mandatory
Study hours (including independent learning)	**Total hours - 120.** Auditory training hour Lecture class hour Laboratory study hour **Practical study hours - 48** **Independent education -72 hour**
ECTS	4
Aims and objectives of science / learning outcomes	**The purpose of the subject** - The main purpose of the subject of physical education and sports is to form a healthy lifestyle in students and pupils, develop physical fitness, and form theoretical knowledge, practical skills and qualifications in the field of sports and physical education. The subject serves to ensure the physical development of the human body, strengthen health, increase motor activity, and educate active, spiritually mature and patriotic members of society, and plays an important role in actively participating in sports competitions introduced to provide our students and youth with a meaningful free time ("Five Initiatives Olympiad", "Students' League", "New Uzbekistan Students' Olympiad", "Minister's Cup", "Rector's Cup", "Universiade", etc.) and conducting selection work. **The task of science is –** – To provide students with knowledge about the theoretical foundations, history of development and modern trends of physical education and sports. – To develop skills in the effective use of physical exercises, sports, and wellness technologies. – To develop the need to adhere to a healthy lifestyle, abandon harmful habits and strengthen health. – Improving physical qualities such as strength, speed, endurance, agility, and flexibility. – Develop practical skills in planning, organizing, and managing sports activities. **Learning outcomes:** 1. This is a set of knowledge, skills, qualifications and personal qualities necessary for a specialist to effectively and qualitatively carry out his professional activities. Professional competence represents a person's ability to apply theoretical knowledge in their profession in practice, solve problems, make independent decisions, and perform professional duties responsibly. 2 To have the competence to apply theoretical knowledge in the field of physical education and sports. Demonstrate the ability to organize and manage classes in a pedagogically and methodologically correct manner. Acquire skills in planning, conducting, and evaluating sports and wellness activities. 3. To have the ability to determine and analyze the level of physical development of learners.

	Effective use of modern pedagogical technologies and innovative approaches in professional activities. To foster a culture of professional ethics, responsibility, and promoting a healthy lifestyle. 4. Can explain the theoretical foundations, goals and objectives of physical education and sports. Can justify the importance of establishing a healthy lifestyle and physical activity. Can apply the principles of physical exercise performance methodology and training planning. Uses methods of developing physical qualities in practical activities. Knows the basic rules for organizing sports training and competitions. Can use simple methods of monitoring and assessing physical activity. **Skills –** 5. Technically correct performance of physical exercises and sports elements . Using training planning and organization methods. Selection and application of exercises aimed at developing physical qualities. Compliance with safety rules during sports activities. 6. Assessment and control of the level of physical fitness. Promotion of a healthy lifestyle and its application in practical activities. Teamwork, organizing and managing sports events.
Course content (topics)	**I. Home part (Practical)** **Subject 1:** Athletics. Training short distance running 100m. **Topic 2 :** Athletics. Training in the running and bending method long jump. **Topic 3 :** Athletics. Training. Running and throwing a 500 g and 700 g grenade. **Topic 4 :** Athletics. Training. 1500 m. middle distance running. Grenade throwing. **Topic 5 :** Training. Football. Stopping the ball with the chest. Girls. Basketball. Passing the ball with one hand. **Topic 6 :** Football. Kicking the ball with both sides of the foot. Girls. Basketball. Catching the ball. **Topic 7 :** Football. Teaching techniques and tactics. Girls. Double play on given tasks. **Topic 8 :** Basketball. Throwing the ball into the basket from the penalty area. **Topic 9 :** Basketball. Playing a two-way game using basketball elements. **Subject 10:** Volleyball. Teaching. Passing the ball to each other correctly from above. **Subject 11:** Volleyball. Training. Passing the ball while jumping. **Subject 12:** Volleyball. Receiving the ball passed by the opponent from below and above. **Subject 13:** Teaching. Movement games used in physical education lessons include the game of "forty stones." **Subject 14:** Tug of war game. **Subject 15:** Gymnastics. Training. Line up from one person to two, four and eight people. **Subject 16:** Gymnastics. Training. Forward, backward and sideways rotation. **Subject 17:** Gymnastics. Teaching. Walking forward in a row and side by side. **Subject 18:** Repetition. Line up from a single line to a two, four, and eight person line.

Subject 19: Replay. Methods of playing back a ball passed by an opponent.

Topic 20 : Volleyball. Training. Attacking the ball from zone 4 and 2 of the court.

Topic 21 : Training. Volleyball. Double game on given tasks.

Topic 22 : Football. Boys. Technique of passing the ball to a partner. Girls. Basketball. Performing technical elements.

Topic 23 : Repetition of football, teaching techniques and tactics.

Girls. Two-way game on given tasks.

Topic 24 : Football. Repetition. Stopping the ball with the chest. Volleyball. Girls. Double play.

II. Practical for training instructions and recommendations

The teacher's preparation for a practical session begins with studying the initial documents (curriculum, thematic plan, etc.) and ends with the development of a lesson plan. The teacher should have an idea of the goals and objectives of the practical session, as well as the amount of work that each student must complete.

"Criteria" for physical education and sports science is the teacher's main methodological document in preparing and conducting practical classes.

The goal of practical training is to understand theory and acquire skills. Its conscious application in educational and professional activities consists in developing the ability to confidently formulate one's own point of view.

III. Independent study and independent work.

Independent learning competence serves to support students' independent self-development and increase the effectiveness of professional activities. Students perform independent work on their mobile devices under the guidance of a teacher in a traditional or electronic form.

Recommended topics for independent study:

1. Methodology and pedagogical principles of teaching athletics exercises.
2. Techniques of running events in athletics and methods of teaching them.
3. The role of athletics in the physical education system.
4. Goals and objectives of athletics in the areas of physical culture.
5. Technique and teaching methodology of jumping exercises in athletics.
6. Technique and safety rules of throwing exercises in athletics.
7. General description of athletics exercises.
8. The development of athletics in foreign countries.
9. Teaching deceptive movement techniques in football.
10. Teaching movement techniques in football.
11. Methods of taking the ball in football.
12. Ball carrying techniques in football and methods of teaching them.
13. Improving the technique of passing and receiving the ball in football.
14. Teaching the technical and tactical actions of a goalkeeper in football.
15. Basic principles of offensive and defensive tactics in football.
16. Group tactical actions in football and their teaching methodology.
17. Training in individual tactical movements performed with the ball.
18. Game tactics and its classification.
19. A technique for softly receiving a ball passed from above and below with both hands.
20. Putting the ball into play from below and above in a straight line (a pass).
21. Making attack shots over the net after a pass from the connecting player.
22. Teaching the technique of passing and receiving the ball in volleyball.
23. Teaching attacking hitting and blocking techniques in volleyball.
24. Player positioning and team tactical actions in volleyball.
25. The history of the origin and development of action games.
26. The importance and pedagogical properties of active games in physical education.
27. Developing students' physical qualities through active games.
28. Categories of modern national action games.
29. Theoretical foundations of gymnastics training.
30. Development trend of gymnastics.
31. Fitness assessment and screening in gymnastics.

	32. Managing the training of gymnasts. 33. Methods of teaching gymnastic exercises and organization of training. 34. General developmental exercises in gymnastics and their role in physical training. 35. Development of physical and technical training in gymnastics. 36. Improving the special physical training and sports skills of gymnasts.
Student assessment	a) To receive a grade of 5, the student's knowledge level must meet the following: ➢ have fully and thoroughly mastered theoretical knowledge in the subject; ➢ be able to clearly and consistently explain the concepts, principles, and laws related to physical education and sports; ➢ be able to correctly and effectively apply the acquired knowledge in practical exercises; ➢ perform physical exercises based on technical requirements and strictly follow safety rules; ➢ Perform control tasks and practical tasks completely, accurately and based on established requirements; ➢ has a clear idea of the theoretical or practical significance of the subject materials in science; ➢ can demonstrate the ability to think independently within the framework of science; ➢ can answer the questions asked clearly and concisely; ➢ has mastered all practical skills and qualifications; b) To receive a grade of 4, the student's knowledge level must meet the following: ➢ understands the essence and content of science and avoids scientific and logical confusion when explaining topics in science; ➢ be able to clearly and consistently explain the concepts, principles, and laws related to physical education and sports; ➢ if he/she can answer science questions correctly; ➢ has fully completed independent assignments in the subject; ➢ has tried to master all practical skills and qualifications; d) To receive a grade of 3, the student's knowledge level must meet the following: ➢ cannot clearly and consistently explain the concepts, principles, and laws related to physical education and sports; ➢ has a general understanding of science; ➢ Some confusion is allowed when covering and explaining topics in science in a narrow scope; ➢ has fully completed independent assignments in the subject; ➢ if he/she cannot fully answer questions about science; ➢ fails to perform physical exercises based on technical requirements and strictly adheres to safety rules; e) In the following cases, the student's level of knowledge may be assessed with an unsatisfactory grade of 2: ➢ if there is no preparation for the subject; ➢ if they have no idea about science classes; ➢ if he/she has not fully completed independent assignments in the subject; ➢ If questions about science are not answered, then one does not know the science. ➢ cannot clearly and consistently explain the concepts, principles, and laws related to physical education and sports;

Exam requirements

Criteria for assessing the physical fitness of students of the main educational group.

For the guys **Fall semester.**

Assignment	"5" Rating	Score	"4" Rating	Score	"3" Rating	Score
I- Current control maximum 20 points (pass) (term from 21.09.2026 to 1.11.2026)						
100 m run (seconds)	13.20	7	13.50	6	14.00	5
Solo on the grass power with around exit (times)	10	6	8	5	6	4
Cross : (minutes , seconds) 1000 meters	3.15	7	3.25	6	3.35	5
II- Current control maximum 20 points (pass) (term from 3.11.2026 to 14.12.2026)						
5 chances to hit the ball back from the volleyball net	4	6	3	5	2	4
Basketball penalty 5 chances	4	7	3	6	2	5
one leg sitting stand	16	7	10	6	6	5
Independent work maximum 10 points						
1. Sports games (Basketball, Handball) ball, football , volleyball , tennis) theoretical information to give **Independent work I** (submission) (term from 21.09.2026 to 1.11.2026)	**5**	**5**	**4**	**4**	**3**	**3**
2. Gymnastics , Athletics athletics , athletic to the games theoretical information to give **Independent work II** (submission) (term from 3.11.2026 to 14.12.2026)	**5**	**5**	**4**	**4**	**3**	**3**
Maximum 50 points for the final examination						
Solo on the grass hanging in case contraction (times)	16	25	14	20	12	15
Standing from the place to length jump (cm)	240	25	230	20	220	15
Total :						

Autumn for girls semester

Assignment	"5" Rating	Score	"4" Rating	Score	"3" Rating	Score
I- Current control maximum 20 points (pass) (term from 21.09.2026 to 1.11.2026)						
100 m run (seconds)	16.00	7	16.8	6	17.00	5
In the swing jump 1, per minute	150	6	145	5	135	4
Cross Country : (minutes , seconds) 500 meters	2.00	7	2.10	6	2.20	5
II- Current control maximum 20 points (pass) deadline from 3.11.2026 to 14.12.2026)						
5 chances to hit the ball back from the volleyball net	4	6	3	5	2	4
Basketball penalty 5 chances	4	7	3	6	2	5
Two on foot sitting down stand (times) 30 seconds	32	7	30	6	25	5
Independent work maximum 10 points						
1. Sports games (Basketball, Handball) ball, football , volleyball , tennis) theoretical information to give **Independent work I.** (submission) deadline from 21.09.2026 to 1.11.2026)	**5**	**5**	**4**	**4**	**3**	**3**
2. Gymnastics , Athletics athletics , athletic to the games theoretical information to give **Independent work II .** (submission) deadline from 3.11.2026 to 14.12.2026)	**5**	**5**	**4**	**4**	**3**	**3**
Maximum 50 points for the final examination						
Back to school lying down in case body lift	35	25	30	20	25	15
Standing from the place to length jump (cm)	1.80	25	1.70	20	1.60	15
Total :						

Recommendation literature

Main literature

1. Normurodov A.N. Athletics. Educational methodical manual. T 2002.
2. Morgunova II Gymnastics and its teaching methods. Textbook Tashkent 2013.
3. Nabiev T.E. "Physical culture and unspecialized diseases". Uchebnoe posobie. Year: 2019
4. Isakov R. Sh. Sports games and their teaching methods. Textbook. A.: 2019.
5. FA Toshpulatov “Physical Education and Sports” Textbook. Tashkent 2019.
6. Kha Abduvaliyev Sports games and teaching methods (football). Textbook Tashkent 2019.
7. Isakobulov Rajabboy Yusufovich Physical education and sports (Sports games) Textbook Jizzakh 2021.
8. TT Yunusov., Yu.M. Yunusova., Methodological manual for special tests "Alpomish" and "Barchinoy". T.: 2004.

	9. IM Kyrgyzov Methodology of teaching sports games. Manual Tashkent 2020. 10. Pulatov AA, Airapetyans LR Volleyball theory and methodology (volleyball). Textbook T.: 2012. **Additional literature** 1. AO Berdanov “Physical Culture and Sports” textbook Tashkent 2022. 2. B.Miradilov “Basketball Theory and Methodology” Textbook. Tashkent 2021. 3. FF Soliyev “Basketball” Methodical Guide Jizzakh 2023 4. R.Isakobulov “Physical Education and Sports” (Chess) Textbook Tashkent 2026. 5. IM Kirgizov XA Abduvaliyev. Methodology of the theory of wrestling. Textbook Tashkent 2023. 6. AO Berdanov “Athletics” textbook Tashkent 2025. 7. IM Kirgizov “Basketball Teaching Methodology” Textbook Tashkent 2026. **Internet (Information) sources** 1. www.ziyonet.uz 2. https://olympic.uz 3. https://olympics.com 4. www.lex.uz