Fan name	Physical upbringing and sports (4 ECTS))
Subject/module code	JTS1204
Science teachable semesters	1/ 2 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. 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:** Training. Line up from one person to two, four, and eight people. **Topic 2 :** Teaching. Turning forward, backward, and sideways. **Topic 3 :** Teaching. Movement games used in physical education lessons are the "forty stones" game. **Topic 4 :** Tug of war game **Topic 5 :** Stages of basketball development. Understanding movement techniques. **Topic 6 :** "Basketball. Teaching. Methods and techniques for increasing the ball." **Topic 7 :** Basketball Teaching. Shooting Techniques and technique. **Topic 8 :** Basketball training. Ball dribbling techniques. One-handed dribbling and rolling dribbling **Topic 9 :** Volleyball. Teaching. Putting the ball into play from below. Putting the ball into play from above. **Topic 10 :** "Volleyball. Teaching. Methods of returning the ball passed by the opponent" **Subject 11:** "Volleyball. Training. Attacking the ball from zones 4 and 2 of the court" **Subject 12:** Volleyball training. Doubles game on given tasks. **Subject 13:** The history and development of the game of handball. **Subject 14:** Handball training. Ball possession, passing and carrying. **Subject 15:** Handball training. Jumping and falling shots. **Subject 16:** Handball training. Resisting possession of the ball. **Subject 17:** "Teaching football. Game technique and passing the ball to a partner." **Subject 18:** "Teaching football. Teaching techniques and tactics." **Subject 19:** "Football. Training. Stopping the ball with the chest." **Topic 20 :** "Teaching Football. Kicking the ball with both sides of the

	foot." **Topic 2 1:** Athletics. Training. 100m dash **Topic 2 2 :** Athletics. Training Long jump with a running leg bend method **Topic 2 3 :** Athletics. Training Running and throwing a 500 g and 700 g grenade **Topic 2 4 :** Athletics. Training. Middle distance running 1500 m. **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. Teaching turning and re-alignment techniques in line exercises. 2. Distance and spacing exercises in the formation. 3. Exercises for changing the order of rows when walking and running. 4. Develop speed and agility through action games. 5. Methodology for organizing and conducting action games. 6. Developing cooperation through team action games. 7. Teaching basketball dribbling techniques. 8. In basketball, passing the ball with both hands from the chest. 9. In basketball, passing the ball from above with two hands. 10. Passing and receiving the ball during movement in basketball. 11. In basketball, shooting the ball into the basket from a standing position. 12. Shooting a basketball in motion. 13. Teaching defensive positioning and defensive moves in basketball. 14. The interplay of attack and defense in basketball. 15. Teaching basic volleyball stances and movement techniques. 16. In volleyball, receiving the ball from above with two hands. 17. In volleyball, receiving the ball from below with two hands. 18. Volleyball exercises for accurately passing the ball to a partner. 19. Teaching blocking techniques in volleyball. 20. Volleyball attack preparation exercises. 21. Positioning and covering the court in defense in volleyball. 22. Positioning and replacing players on the court in volleyball. 23. In handball, the player's movement technique on the court. 24. In handball, passing the ball from above with two hands. 25. In handball, passing the ball long distance with one hand. 26. Receiving and passing the ball in motion in handball. 27. Handball goal-scoring technique. 28. The main actions of a goalkeeper in handball. 29. Organization of offensive and defensive actions in handball. 30. Teaching the technique of carrying the ball with the feet in soccer. 31. In soccer, passing the ball with the inside of the foot. 32. In soccer, passing the ball with the outside of the foot. 33. Teaching methods for stopping the ball with the sole of the foot in soccer. 34. Teaching the technique of heading the ball in football. 35. Teaching running from a high start in athletics. 36. Relay running technique and baton passing in athletics.

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 **Spring semester.**

Assignment	**"5" Rating**	**Score**	**“4” Rating**	**Score**	**"3" Rating**	**Score**
I- Current control maximum 20 points (pass) (term from 01.02.2027 to 03.04.2027)						
Cross country : (minutes , seconds) 2000m	8.30.0	6	9.00.0	5	9.30.0	4
Running come to length jump (cm)	450	7	430	6	410	5
Solo on the grass hanging in case contraction (times)	16	7	14	6	12	5
II- Current control maximum 20 points (pass) (term from 05.04.2027 to 15.05.2027)						
Solo on the grass power with around exit (times)	10	7	8	6	6	5
Football Shots 5 Chance	3	7	2	6	1	5
Two on foot sitting down stand (times) 1 minute	62	6	60	5	55	4
Independent work maximum 10 points (pass) (term from 01.02.2027 to 15.05.2027)						
1. Sports games (Basketball, Handball) ball, football , volleyball , tennis) theoretical information to give **Independent work I** (submit) (term from 01.02.2027 to 03.04.2027)	**5**	**5**	**4**	**4**	**3**	**3**
2. Gymnastics , Athletics athletics , athletic to the games theoretical information to give **Independent work II** (submission) (term from 05.04.2027 to 15.05.2027)	**5**	**5**	**4**	**4**	**3**	**3**
Maximum 50 points for the final examination						
1. Throwing a grenade (meter) 700gr	40m	25	38m	20	36m	15
2.100 m run (seconds)	13.20	25	13.50	20	14.00	15
Total :						

Spring for girls semester

Assignment	"5" Rating	Score	"4" Rating	Score	"3" Rating	Score
I- Current control maximum 20 points (pass) (term from 01.02.2027 to 03.04.2027)						
Cross : (minutes , seconds) 1000m	5.15.0	6	5.25.0	5	5.35.0	4
Running come to length jump (cm)	350	7	330	6	320	5
5 chances to hit the ball back from the volleyball net	4	7	3	6	2	5
II- Current control (submit) (term from 05.04.2027 to 15.05.2027)						
In the swing jump 1, per minute	150	6	145	5	135	4
Throwing a basketball into the basket 5 possibilities	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 (pass) (term from 01.02.2027 to 15.05.2027)						
1. Sports games (Basketball, Handball) ball, football , volleyball , tennis) theoretical information to give **Independent work I (** submit) (term from 01.02.2027 to 03.04.2027)	**5**	**5**	**4**	**4**	**3**	**3**
2. Gymnastics , Athletics athletics , athletic to the games theoretical information to give **Independent work II** (submit) (term from 05.04.2027 to 15.05.2027)	**5**	**5**	**4**	**4**	**3**	**3**
Maximum 50 points for the final examination						
Grenade throw (meter) 500gr	22 M	25	20 M	20	18 M	15
100 m run (seconds)	16.00	25	16.8	20	17.00	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