



## SOCIAL DETERMINANTS OF STUDENT SPORTS TRAINING ORGANIZATION AND MANAGEMENT

**Abdullayev Dilshod Hamudullo o'g'li**

Associate Professor, Jizzakh State

Pedagogical University

<https://doi.org/10.5281/zenodo.18752590>

### ARTICLE INFO

Qabul qilindi: 20- fevral 2026 yil

Ma'qullandi: 22- fevral 2026 yil

Nashr qilindi: 24- fevral 2026 yil

### KEY WORDS

*students, students, physical education, mass sports, theoretical and practical basis, training, recommendations.*

### ABSTRACT

*This article reveals the social implications of physical education and mass sports. A different approach assesses the social essences of sports, points out ways to improve the organization, and conducts various activities among different segments of the population, including youth..*

**Introduction.** Higher education institutions are an organizational structure that performs huge organizational and management tasks in bringing up the growing young generation and providing them with a future profession. The stage of socio-economic development of the current society places various demands on people, especially young people, related to exemplary organization, management and living of their lives. These are concentrated around medical-biological, pedagogical-psychological, socio-economic and legal students and are aimed at ensuring the whole life of a person constitutes a system of needs. Nowadays, the development of physical education and sports is given great importance in higher education institutions. [1].

**Literature analysis and methods.** In the process of research, the method of logicity, historicity, consistency, and objectivity of scientific knowledge was used, descriptive and comparative methods were used to illuminate the topic. In the article, the organization of sports training of students and while the social factors of management are objectively covered, the Law of the Republic of Uzbekistan "On Physical Education and Sports" was taken as a methodological source in explaining the relevance of the topic.

**Discussion and results.** The contribution of physical education and sports is incomparable in raising the young generation to become physically fit and intellectually mature people. In order to further develop physical education and sports, the Law of the Republic of Uzbekistan "On Physical Education and Sports" (September 4, 2015, New Edition), "On Measures to Develop Physical Education and Mass Sports" (Presidential Resolution No. 3031 of June 3, 2017) was adopted, and the main conceptual directions for the implementation of the tasks set in it were developed. The law envisages a conceptual approach to the physical education of the population and a step-by-step solution of cultural-educational, social-economic tasks through physical education and sports in the continuous education system. [2]

As a result of this, our athletes have been winning more and more victories on the world stage year after year, making a great contribution to the popularization of sports in our country, and its further development from a scientific and methodological point of view. Sports training sets huge tasks related to strengthening the achieved results and their further development in the following years. 25 student athletes participated in the 69 members of the Uzbekistan national team that participated in the XXXI Summer Olympics and XV Paralympics held in Rio de Janeiro, Brazil in 2016. This was 32.2% of the total number of participants. Considering that 18,648 students are studying in the State Institute of Physical Education of Uzbekistan and 15 faculties of physical culture in the regions, we can see that Olympiad students make up only 0.13% of them. Representatives from only 6 of the 15 physical culture faculties in the regions (UrganchSU, AnSU, SamSU, BukhsU, Kokand DPI, QarSU) took part in the Olympic Games. No representative from the remaining 10 faculties was able to join the national team. This is the case of sports students at these faculties it indicates that the organization and management of the preparation is unsatisfactory. Naturally, this indicator does not satisfy us and creates the need to review the work and look for other, optimal ways to solve the problem. This necessity requires mobilization of a huge reserve force consisting of students and professors of physical culture faculties in the regions, organization and management of their work at the level of modern requirements. Of course, what we mentioned applies to the training process of high-class athletes. Because the training process of high-class athletes goes through great muscle tension. For example, the annual running volume of runners has increased from 3000-3500 km to 6500-7500 km. Individual swimmers cover up to 3,800 km, rowers up to 12,000 km, and cyclists up to 40,000 km. Athletes who maintain their level in world-level competitions spend at least 7-8 years of hard sports work.

8 people provide services for an individual high-class athlete in foreign sports experience. For example, an athlete's general physical fitness coach, special physical fitness coach, psychologist, cook, manager, masseur, doctor, etc. These require the organization and management of the sports training process in accordance with the recommendations proven by the results of scientific, theoretical and methodological research, not just by intuition or arbitrariness. At this point, it is necessary to emphasize that mass sports have a special place as a huge reserve force for training high-class athletes. Mass sports in higher education institutions are carried out through sports clubs.

If we approach the work situation of sports clubs in terms of today's requirements and scientifically and methodologically, we have to refer to certain indicators to determine their useful work coefficient. Currently, 60 higher education institutions, 7 foreign branches and 13 branches of republican higher education institutions are operating in our republic.

There are 80 of them in total. More than 271,000 students and more than 9,000 graduate students study in them. Sports clubs in these higher education institutions are active on a public basis, they do not have a source of financial resources. Therefore, in most cases, they cannot participate in student sports competitions held at the national and international level. Legal basis of activity in some higher education institutions as economic subjects, coming from students of market economy, in order to provide themselves with funds there are also sports clubs. But their number is very small, they make up 10-11%. This situation also creates a big problem of organizing sports clubs, which are the main core of the organization and management of student sports training in higher education institutions, as economic entities

and given legal status. [3] Today, the great attention and opportunities and privileges given to the development of small business and entrepreneurship in all sectors in our country require the need to apply them on a large scale to the process of physical education and sports training in the educational system. [4] Judging from the experience of advanced countries, entrepreneurship and business, in turn, give a great impetus to the development of sports and wellness activities among students. For example, in the most developing countries, such as China and Korea, 40% of the money spent on physical culture and sports is spent from the state budget. The remaining 60% of funds will be earned through self-sufficiency. This is 100% in a country like the USA, which means that the state spends almost no money on the development of independent sports among the population. [5]

**Conclusions and suggestions.** Despite the fact that many decisions of the President and the Cabinet of Ministers serve as an important basis for entrepreneurship and business in the field, the results in the system remain unsatisfactory in order to solve the financial-economic and organizational-legal problems of the independent sports training process of students. Despite this, three-level system competitions are held regularly, every year, but due to the lack of funds, a specific interruption in sports training is felt in the 2-2.5 years between each level. The following are the main reasons for this.

First of all, there is a lack of legal knowledge, qualifications and skills in the field of sports professionals that meet the requirements of the market economy.

Secondly, the system of organization and management of independent sports training of students does not respond to today's students, they lack a source of financial resources.

Thirdly, there is a lack of important life goals related to the improvement of one's economic situation through initiative and independent sports training among professionals in the field, etc.

One of the biggest problems is finding a source of financial resources for students' independent sports training system, creating conditions, holding training, competitions and meetings of various levels and participating in them. Therefore, it is important to solve the important material and moral tasks set by our government to open sports clubs with a legal status based on entrepreneurship and business in higher education institutions, create jobs, organize and manage their work, in particular, to physically train students and young people. mature, healthy and long years create great opportunities for them to continue their independent sports activities, to establish their own business and entrepreneurship through sports. This is one of the most urgent problems facing today's professionals.

#### References:

1. O'zbekiston Respublikasining "Jismoniy tarbiya va sport to'g'risida"gi qonunini (2015 yil 4 sentabr, Yangi tahrir)Xalq so'zi gazetasi, 2015 yil 5 sentyabr soni.
2. "Jismoniy tarbiya va ommaviy sportni rivojlantirish chora-tadbirlari to'g'risida" (2017 yil 3 iyundagi 3031-sonli Prezident Qarori). Xalq so'zi gazetasi, 2017 yil 4 iyun soni.
3. Зубарев Ю.А. Маркетинг физической культуры и спорта: Курс лекций. Волгоградская государственная академия физической культуры. - Волгоград - 2008 - 206 стр.
4. Васенков, Н.В. Динамика состояния физического здоровья и физической подготовленности студентов / Н.В. Васенков // Теория и практика физической культуры. - 2005. - № 5. - С. 91 - 92