

Urganch State Pedagogical Institute
"Technology and Physical Culture" Department



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EDUCATION	• 2013-2015 – Master’s student at Urgench State University (Master’s degree) • 2009-2013 – Bachelor’s student Urgench State University (Bachelor's degree)
EXPERIENCE	2022-present-Teacher of the Urganch State Pedagogical Institute, "Technology and Physical Culture" Department. • 2021–2022 - Teacher, Theory and Methodology of Physical Culture Department, Urgench State University • 2015-2020 –Teacher, Interfaculty Physical Culture and Sports Department, Urgench State University • 2013-2014 - Teacher at school No. 5 in Urgench
SPECIALIZATION	• Physical culture
TEACHING LOAD	• Theory and methodology of kurash types; • Theory and methodology of physical culture
RESEARCH WORK	• "Effectiveness of using electronic textbooks in the process of professional-pedagogical training of physical culture students" (Master's thesis). • "Determination of Anthropometric Correlation of Students of Urganch Olympic Reserve College" (Bachelor's thesis).
ARTICLES	• H.Bekmanova, S.Bekmanova “Sog’lom bola-yurt boyligi” Sog’lom bola-vatan tayanchiUrgench-2014. • A.Sharipov, H.Bekmanova “Jismoniy madaniyat yo’nalishi talabalarining kasbiy pedagogik tayyorgarlik jarayonida elektron darsliklardan foydalanish samaradorligi” Ilm ziyosi Urgench-2014 • H.Bekmanova “Jismoniy madaniyat bo’yicha mutaxassislarni tayyorlashda innovatsion texnologiyalarning ahamiyati” Respublika ilmiy-amaliy anjuman Toshkent-2014. • H.Bekmanova “Kurashchilarning psixologik tayyorgarligi” Сборник научных трудов выпуск 5, часть 5/2017. • H.Bekmanova “Yosh dzyudochilarni jismoniy sifatlarini tarbiyalashda harakatli o’yinlarning ahamiyati” Сборник научных трудов выпуск 5, часть 5/2017. • Kalandarov.Sh, Xasanov.O, H.Bekmanova “Адаптивное плавание с наущением опорно двигательного аппарата” Сборник научных

	трудов выпуск 5, часть 5/2017. • Kalandarov.Sh, Xasanov.O, H.Bekmanova” Плавание в комплексной реабилитации детей с ограниченными возможностями” Сборник научных трудов выпуск 5, часть 5/2017. • H.Bekmanova “O`zbek sportchilarining olimpiada arenalarida qo`lga kiritgan yutuqlaria” Сборник научных трудов выпуск 9, часть 3/2017. • H.Bekmanova “Yoshlarni har tomonlama barkamol qilib tarbiyalashda sog`lom turmush tarzi va sportning ro`li” Сборник научных трудов выпуск 9, часть 3/2017. • Bekmanova Xurshida, Egamberganova Dilnoza “Yuksak salohiyatli sog`lom avlodni tarbiyalashda antropometrik o`lchamlarning ahamiyati” Сборник научных трудов выпуск 11, часть 1/2017. • H.Bekmanova “Trenerovka jarayonining uzluksizligi, yuklama va damolishning zichlangan rejimi” Сборник научных трудов выпуск 11, часть 1/2017. • S.Kenjaye, H.Bekmanova, M.Otaxonova. “Jismoniy tarbiya tizimida malakali ilmiy kadrlartayyorlash” Respublika ilmiy-amaliy konferensiya.1-jild Urgench-2018. • S.Kenjaye, H.Bekmanova, N.Otaboyeva.“Yoshlarni har tomonlama barkamol qilib tarbiyalashda sportning roli”Respublika ilmiy-amaliy konferensiya.2-jild Urgench-2018. • X. Bekmanova. “Bolalar sportining anatomik asoslari” Respublika ilmiy-amaliy konferensiya.2-jild Urgench-2018. • J.Jammaov, X.Bekmanova“Maktab o`quvchilarining tezlik-kuch qobiliyatlarinirivojlantirishning innovatsion usuliyati” Respublika ilmiy-amaliy anjuman Toshkent-2019</li> <li>• Bekmanova.X.Sh., Urunov.B.A. “Jismoniy tarbiya darslarida o`quvchilarga tabaqali individual yondashish”Материалы республиканской научно-практической конференции с международным участиемБухоро-2019. • T.Salayev, H.Bekmanova “Jismoniy tarbiya darslarini tashkil etishda ta`lim uslublariningahamiyati”Respublika ilmiy-amaliy online konferensiya. Urganch-2020.
CURRENT ARTICLES	• J.Jammaov, X.Bekmanova “Gandbolchilarni tayyorgarlik jarayonida o`yinchilarni saralash mezonlari va metodlari” Respublika ilmiy-amaliy anjuman Toshkent-2021.
ACTIVITY IN THE 2022-2023 ACADEMIC YEAR	• In the academic year 2022-2023, 1 methodical manual (Sole author), 1 scientific article (in HAC magazine) was published and participated in 2 conferences (2 in foreign conferences). • The institute participated in spiritual and educational events. It also organized the "Volleyball" sports club at the Faculty of Pedagogy, which was held in order to meaningfully spend the free time of female students. • Students' dormitory was visited and organized meetings with the students living there.