



Faculty of Exact and Applied Sciences



NAME Sapayev Ruzmat Radjapovich

Position Teacher of the department

Phone +998942302009

E-mail. ruzmat.s@urdu.uz

Office. +998622246628

Homepage Urgench city Gurlenskaya street 1. 220100

Degree	1982-1988 yy. – Student of the Institute of Physical Culture
Experience	2023 - present – Teacher of the Department of Physical Culture, Urgench State Pedagogical Institute 2020 – 2023 – Lecturer at the Department of “Theory and Methods of Physical Culture” at Urgench State University 1997-2019. –Physical education teacher at Urgench Medical College 1988-1997. –Physical education teacher at school No. 17 in Urgench
Major	Physical Culture and sport
Teaching	Chess, athletics, handball
Representative Research	“Methods of physical training and improving the health of students in sports and health tourism” (project theme).
Researches	R.R. Sapaev. Management technologies and psychological training athletes 169-172 pages. Tashkent - 2023
Current Research	R.R. Sapaev. Sports in our country current development problems 48-49 pages. February – 2024