



## Faculty of Pedagogy Department of "Technology and Physical Culture".



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DEGREE	<ul style="list-style-type: none"> <li>• 1994-1998. - Student of Urganch State University</li> </ul>
EXPERIENCE	<ul style="list-style-type: none"> <li>• 2023 Teacher of the Physical Culture Department of Urgench State Pedagogical Institute.</li> <li>• 2021-2023 Teacher of the Department of Physical Culture Theory and Methodology of Urgench State University.</li> </ul>
MAJOR	<ul style="list-style-type: none"> <li>• Physical culture</li> </ul>
TEACHING	<ul style="list-style-type: none"> <li>• Swimming and teaching method.</li> </ul>
REPRESENTATIVE RESEARCH	<ul style="list-style-type: none"> <li>• "Improving the methodology of information competence development in future physical education teachers"(PhD topic).</li> </ul>
RESEARCHES	<ul style="list-style-type: none"> <li>• • Khudaiberganov.O.E, Muratov.S.J. Normalization of daily and weekly microcycle loads in wrestling training.// Ilm Sarchashmalari scientific-methodical journal Urganch 2022 p. 63-66.</li> <li>• • Muratov S.J. "Handball Teaching at School Features" // "International scientific and methodical journal." 2022 Pages 93-95</li> <li>• • Muratov S.J. "Scientific Views of Eastern Scholars on Education and Sports"//. "International scientific-methodical journal". 2022 pp. 99-107</li> <li>• • Khudaiberganov O.E., Muratov S.J. "Problems of improving the physical education system in general education schools" //". "International Scientific and Practical Conference" Urganch, May 26-27, 2023. 61-32. pp. 51-55.</li> <li>• • Khudaiberganov.O.E, Muratov.S.J. "Methods of regulating the training loads of wrestlers".</li> <li>• • Muratov S.J. "Examples of Martial Arts Training Planning." // "Organization of public sports events: international scientific-practical online conference". 2023 year. pp. 563-565.</li> <li>• • Khudaiberganov.O.E, Matnazarov.O`L, Muratov.S.J (Textbook) Gymnastics and its teaching methodology. // "Lesson press" Tashkent 2022 122 pages.</li> </ul>
ACTIVITY IN THE 2023-2024 ACADEMIC YEAR	<ul style="list-style-type: none"> <li>• • In the 2023-2024 academic year, 1 study guide (co-authored), 2 scientific articles participated in 2 conferences (1 foreign conference). UrDPI Workout sports coach took the proud 3rd place in the Republican final stage of the "Universiade-2022" sports competition in the Workout sport.</li> </ul>