

## Physical Culture" Department of the Faculty of Exact and Applied Sciences



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| DEGREE           | 1982-1988 -Student of the State Institute of Physical Culture of Uzbekistan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| EXPERIENCE       | <p>1992-1994, he was a teacher of the Department of Special Physical Education of Urganch State University</p> <p>1994-1997 Senior teacher of the department of special physical education of the university</p> <p>1997 - 2006 Head of the Department of General Physical Education</p> <p>2006 - 2009 Dean of the Faculty of Physical Culture</p> <p>2009 -2011 Head of the Department of General Physical Education</p> <p>2011- 2015 Head of the Department of Physical Education and Sports</p> <p>2015 - 2017 associate professor of the Department of Theory and Methodology of Physical Culture</p> <p>2018-professor of the Department of Theory and Methodology of Physical Culture</p> <p>2019-2022 Head of the Department of Physical Culture Theory and Methodology of Urganch State University</p> <p>2022- From 2006 to the present, he is the head of the Department of Physical Culture of Urganch State Pedagogical Institute</p>                                                                                                                                                                                                                |
| SPECIALIZATION   | Physical culture and sports                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| TEACHED SUBJECTS | Organization of scientific activities in the field of physical education and sports, Theory and methodology of physical education and sports, Sports pedagogy.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| RESEARCH WORK    | Preparatory students for the use of national pedagogy and physical education flying secondary school in Uzbekistan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| RESEARCH         | <ul style="list-style-type: none"> <li>Podgotovka studentov k pedagogicheskoy praktike po organizatsii fizicheskogo vospitaniya uchashchihsya Ilm charchashmalari scientific-methodical journal Urganch No. 9. 2019 pp. 151-153</li> <li>The body of football players reacts to climate conditions International scientific journal. Polish 2020 u 154-155 pages</li> <li>Novyy etap v mejdunarodnom partnershipstve i obrazovatelnom sotrudnichestve Science research scientific-methodical journal Urganch No. 1 2020 pp. 103-106</li> <li>Parametric formation and 10-11-year-old flying coordination skills through basketball professional Bulletin science and practice. Scientific journal. No. 7 (July) 2020, pp. 343-346</li> <li>Preparatory students for the use of national pedagogy and physical education in the field of science and practice of the Bulletin. Scientific journal. No. 12 (July) 2020, pp. 401-406</li> <li>Sovremennaya teoricheskaya interpretatsiya primeneniya krugovoy trenirovki pri zanyatiyax fizkulturoy uchashchixsya obshcheobrazovatelnyx shkol Natsionalnaya associatsiya uchenyx. ISSN – 2413-5291 No. 71.</li> </ul> |
| CURRENT RESEARCH | <ul style="list-style-type: none"> <li>Swimming and its teaching methodology Textbook Barkamol fayz media. Tashkent 2021.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

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|  | <ul style="list-style-type: none"> <li>• Sports and action games and their teaching methodology (Basketball) Textbook Barkamol fayz media. Tashkent 2021.</li> <li>• Sports dietetics and pharmacology Study guide Perfect fayz media. Tashkent 2020</li> <li>• Theory and methodology of physical culture (History of physical culture) Study guide Barkamol fayz media. Tashkent 2021.</li> <li>• Theory and methodology of physical culture. Study guide "Lesson Press" Tashkent-2022.</li> <li>• Light athletics and teaching methods. Study guide "Lesson Press" Tashkent -2022.</li> <li>• Gymnastics and its teaching methodology. Study guide "Lesson Press" Tashkent -2022.</li> <li>• Action games and teaching methods. Study guide "Lesson Press" Tashkent-2023</li> </ul> |
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