

Department of "Physical Culture".

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DEGREE	• 2022 Urganch State Pedagogical Institute (p.f.b.f.d. (PhD)) • 2010-2012 yy. - Master of Urgench State University (Master) • 2005-2009 yy. - Urgench State University student (Bachelor)	
EXPERIENCE	• 2022 Associate Professor of the Department of Physical Culture of Urganch State Pedagogical Institute. • 2020-2021 Senior teacher of the Department of Physical Culture Theory and Methodology of Urganch State University. • 2012-2020, teacher of the Department of Physical Culture Theory and Methodology of Urganch State University.	
MAJOR	• Physical culture	
TEACHING	• Gymnastics and its teaching methods.	
REPRESENTATIVE RESEARCH	• “Developing methods of professional skills of students at the faculties of physical education of pedagogical universities with the help of volleyball” (PhD theme).	
RESEARCHES	• Khudayberganov O.E., O'L. Matnazarov, J. Kenjaev. Initiative in the development of our national struggle. Publishing department of UrDU, Urganch, 2011. Pages 93-95. • Khudayberganov O.E. Continuous development of physical culture in continuous education // Continuous education Scientific-methodological journal. Tashkent - 2019 pp. 32-35. • Khudayberganov O.E. The Activities Of A Specialist In Physical Culture As The Basis For Improving The Educational Process // New York Science Journal 2019 .– R. 10-13. • Khudayberganov O.E. Distribution of training loads taking into account the training and competition activities of freestyle wrestlers. • Khudayberganov O.E. On the issue of teaching volleyball at the faculties of physical culture of pedagogical universities. //European Journal of Research and Reflection in Educational Sciences Great Britain. Progressive Academic Publishing Vol. 7 No. 12, 2019. – R. 735-740. [13.00.00 No. 3]. • Khudayberganov O.E. Modeling the activity of a specialist in physical education is the basis for improving the educational process. // Science is also society. Nukus 2019. No. 4 - B. 99-101. [13.00.00 N • Khudayberganov O.E. Possibilities and perspectives of pedagogical skill formation based on volleyball specifications and tools // Ilim ham Jamiyet. Nukus 2019. No. 4 - B. 101-103. [13.00.00 No. 3]. • Khudayberganov O.E. Formation of professional skills of students of the faculty of physical education with the help of Cport games //Fan-sportga scientific-theoretical magazine. Chirchik 2020. No. 8 - B. 52-55 [13.00.00 No. 16]. • Khudaiberganov O.E., Ruzmetov N.Q. Methodology of studying sports and action games (volleyball) // Study guide. Tashkent 2021 year 149 p.	

CURRENT RESEARCH	• Khudayberganov.O.E. Development of physical education in continuous education" // "Continuing Education" scientific methodological magazine. Tashkent. 2022 special issue. pp. 51-55. • Khudayberganov.O.E. "Improving the physical qualities of future physical education and sports specialists with the help of volleyball equipment." // "Science and innovation" international scientific magazine. Tashkent. No. 5 of 2022, pp. 271-276. • 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. • Khudaiberganov.O.E. "Distribution of volume and intensity of training loads by stages of preparation, taking into account training and competition activities of wrestlers." // Scientific-theoretical and methodical magazine "Pedagogy and psychology" Bukhara 2022 pp. 162-166. • Khudaiberganov.O.E, Matnazarov.O`L, Muratov.S.J (Textbook) Gymnastics and its teaching methodology. // "Lesson press" Tashkent 2022 122 pages. • Khudaiberganov.O.E, Masharipov.R.M (Study manual) Types of wrestling and methods of teaching it (Wrestling)// "Lesson press" Tashkent 2022 130 pages. • Khudayberganov.O.E Methodology of teaching basketball technique (Methodological manual) // "Lesson press" Tashkent 2022 year 93 pages.
ACTIVITY IN THE 2022-2023 ACADEMIC YEAR	• Xudayberganov.O.E Strategies for forming the leadership skills of students through physical education International bulletin of applied science ibast and technology Volume 3, Issue 8, August 2023. 58.60 p. • Xudayberganov.O.E, Muratov.S.M O`yinlararo sikllarda malakali voleybolchilarning maxsus jismoniy tayyorgarligini takomillashtirish Ilmiy-nazariy, metodik jurnal Urganch 2023 yil 21-27 bet. • Xudayberganov.O.E The improving of physical qualities of future specialists in physical education and sports with the help of basketball tools. "Innovations in science and Technologies" scientific electronic journal www.innoist.uz ISSN 3030 Volume 1 February 2024. 89-96 p. • Xudayberganov.O.E, Babajanova Sh Maktabgacha ta`lim muassasalarida umumrivojlantiruvchi mashqlarga o`rgatish metodikasi Ilmiy tatqiqot va jamiyat muammolari jurnali Vol. 4 N 2 Toshkent (2023) 44-48 bet • Xudayberganov.O.E, Bekchanov N 18-20 yoshdagi dzyodochilarning musobaqa oldi mashg`ulotlarida maxsus chidamliligini oshirish metodikasi Journal of Effective Learning and Sustainable Innvation. 2023 Vol. 1 No. 4 135-140 p.</li> <li>• Xudayberganov.O.E, Xaitbayeva D. Kichik maktab yoshidagi o`quvchilarning jismoniy sifatlarini tarbiyalashda aylanma trenirofka metodining axamiyati Journal of Effective Learning and Sustainable Innvation. 2023 Vol. 1 No. 4 25-31 p • Xudayberganov.O.E, Baxramov U. Basketbol vositalari yordamida tashkiliy - • metodik usullarini ishlab chiqish va samaradorligini tajribalar yordamida tekshirish Journal of Effective Learning and Sustainable Innvation. 2023 Vol. 1 No. 4 32-36 p. • Xudayberganov.O.E, Kurbanboyev X. Suzish bo`yicha tayyorlov guruhlarida suzishni o`yinlar orqali o`rgatish uslubi Journal of Effective Learning and Sustainable Innvation. 2023 Vol. 1 No. 4 19-24 p.
ACTIVITY IN THE 2023-2024 ACADEMIC YEAR	• Xudayberganov.O.E The improving of physical qualities of future specialists in physical education and sports with the help of basketball tools. "Innovations in science and Technologies" scientific electronic journal www.innoist.uz ISSN 3030 Volume 1 February 2024. 89-96 p. • Xudayberganov.O.E Voleybol vositalari va muammoli o`qitish usullari yordamida bo`lajak jismoniy tarbiya o`qituvchilarining kasbiy ko`nikmasini bosqichma-bosqich shakllantirish. Ta`lim va innovatsion tadqiqotlar xalqaro ilmiy-metodik jurnal № 11 2023 yil 306-311 bet.</li> <li>• Xudayberganov.O.E "Gimnastika va uni o`qitish metodikasi" "Lesson press" Toshkent 2023 йил 368 bet. • Xudayberganov.O.E, Muratov. S, Madaminov. M "Basketbol texnikasini va taktikasini o`rgatish uslubi" "Lesson press" Toshkent 2023 йил 169 bet.</li> <li>• Xudayberganov.O.E, Muratov. S Gimnastika va uni o`qitish metodikasi fanidan mustaqil ta`limni tashkil etish. "Lesson press" Toshkent 2023 йил 30 bet.</li> <li>• Xudayberganov.O.E. "Voleybol vositalari yordamida pedagogik oliygohlarda jismoniy madaniyat fakultet talabalarining kasbiy ko`nikmalarini shakllantirish mexanizmi". "Lesson press" Toshkent 2023 йил 150 bet. • Xudayberganov.O.E "Globallashuv jarayonida talabalar sporti va jismoniy tarbiya ta`limining dolzarb muammolari va yechimlari" mavzusidagi respublika ilmiy-amaliy anjuman. Urganch 2024 253-255 bet.

