

“Jismoniy madaniyat” kafedrası



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DARAJASI	2022 Urganch davlat pedagogika instituti (p.f.b.f.d. (PhD)) 2010-2012 yy. - Urganch davlat universiteti magistranti (Magistr) 2005-2009 yy. - Urganch davlat universiteti talabasi (Bakalavr)
TAJIRIBA	h.v 2022 Urganch davlat pedagogika instituti Jismoniy madaniyat kafedrası dotsenti. 2020-2021 Urganch davlat universiteti Jismoniy madaniyat nazariyasi va metodikasi kafedrası katta o'qituvchisi. 2012-2020 Urganch davlat universiteti Jismoniy madaniyat nazariyasi va metodikasi kafedrası o'qituvchisi.
MUTAXASSISLIGI	Jismoniy madaniyat
O'QITADIGAN FANLARI	Gimnastika va uni o'qitish metodikasi.
TADQIQOT ISHI	“Voleybol vositalari yordamida pedagogik oliygohlarda jismoniy madaniyat fakultet talabalarining kasbiy ko'nikmalarini shakllantirish mexanizmi” (PhD mavzusi).
TADQIQOTLARI	- Xudayberganov O.E., O' L. Matnazarov., J. Kenjaev. Milliy kurashimiz rivojida tashabbuskorlik // Ilm sarchashmalari” ilmiy- metodik jurnal. UrDU noshirlik bo'limi Urganch 2011 y. 93-95 bet. - Xudayberganov O.E. Uzliksiz ta'limda jismoniy madaniyatni uzliksiz rivojlantirish // Uzliksiz ta'lim Ilmiy –uslubiy jurnal. Toshkent – 2019 y 32-35 bet. - Xudayberganov 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. - Xudayberganov O.E Erkin kurashchilarning mashg'ulot va musobaqa faoliyatini hisobga olgan xolda mashg'ulotlar yuklamalarini taqsimlash.// Ilm sarchashmalari Urganch 2019 y 63-66 bet - Xudayberganov 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 № 3]. - Xudayberganov O.E. Mutaxassis faoliyatini jismoniy tarbiya bo'yicha modellashtirish – o'quv jarayonini takomillashtirishning asosi. // Ilim ham Jamiyet. Nukus 2019. № 4 - B. 99-101. [13.00.00 № 3]. - Xudayberganov O.E. Voleybol spetsifikasi va vositalari asosida pedagogik mahoratni shakllantirish imkoniyatlari hamda istiqbollari // Ilim ham Jamiyet. Nukus 2019. № 4 - B. 101-103. [13.00.00 № 3]. - Xudayberganov O.E. Sport o'yinlari yordamida jismoniy tarbiya fakulteti talabalarining professional ko'nikmalarini shakllantirish //Fan-sportga ilmiy-nazariy jurnal. Chirchiq 2020. № 8 - B. 52-55 [13.00.00 № 16]. Xudayberganov O.E., Ruzmetov N.Q. Sport va harakatli o'yinlarni o'qinish metodikasi (voleybol) // O'quv qo'llanma. Toshkent 2021 yil 149 b.
TADQIQOTLARI	- Xudayberganov O.E. Uzliksiz ta'limda jismoniy tarbiyani rivojlantirish” // “Uzliksiz ta'lim” ilmiy uslubiy jurnal. Toshkent. 2022 yil maxsus son. 51-55 bet. - Xudayberganov O.E. Voleybol vositalari yordamida bo'lajak jismoniy tarbiya va sport mutaxassislarining jismoniy sifatlarini takomillashtirish”. // “Science and innovation” halqaro ilmiy jurnal. Toshkent. 2022 y № 5. 271-276 bet. - Xudayberganov O.E, Muratov S.J Kurash mashg'ulotlarida kunlik va haftalalik mikrotsikllar yuklamalarini me'yorlash.// Ilm sarchashmalari ilmiy- metodik jurnal Urganch 2022 y 63-66 bet.

	- Xudayberganov.O.E. “Kurashchilarning mashg’ulot va musobaqa faoliyatini hisobga olgan xolda mashg’ulotlar yuklamalarini tayyorgarlik bosqichlari bo’yicha hajmi va shiddatini taqsimlash”. // “Pedagogika va psixologiya” ilmiy - nazariy va metodik jurnal Buxoro 2022 y 162-166 bet. - Xudayberganov.O.E, Matnazarov.O`L, Muratov.S.J (O`quv qo`llanma) Gimnastika va uni o`qitish metodikasi. // “Lesson press” Toshkent 2022 yil 122 bet. - Xudayberganov.O.E, Masharipov.R.M (O`quv qo`llanma) Kurash turlari va uni o`qitish metodikasi (Kurash)// “Lesson press” Toshkent 2022 yil 130 bet.</li> <li>Xudayberganov.O.E Basketbol texnikasini o`rgatish uslubi (Uslubiy qo`llanma) //“Lesson press” Toshkent 2022 yil 93 bet.
2022-2023- O`QUV YILIDAGI FAOLIYATI	- 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`im muassasalarida umumrivojlantiruvchi mashqlarga o`rgatish metodikasi Ilmiy tatqiqot va jamiyat muammolari jurnali Vol. 4 No. 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.
2023-2024- O`QUV YILIDAGI FAOLIYATI	- 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.