



Faculty of Sports and Arts, Department of Theory and Methodology of Physical
Culture

FULL NAME Osmonbekova Nurjamol Makhsutkanovna

POSITION Senior Lecturer of the Department

TEL . (+99899)526 97 54

Email. [nurjamolosmonbekova @ gmail. com](mailto:nurjamolosmonbekova@gmail.com)

ORGANIZATION
TEL. +998622246628

ORGANIZATION
address Urgench city Hamid Olimjon street 14. 220100

Degree	1985-1989 - Uzbek State Institute of Physical Culture (Master)
EXPERIENCE	1985-1989 - Student Uzbek State Institute of Physical Culture 1985-1992. - Teacher of school 47, Tashkhovuz district, Republic of Turkmenistan. 1992-2001 - Teacher of the 38th school of Urganch district 2001-2002 - Teacher of school 44 of Urganch district 2002-2006 - Teacher of Urganch District Industrial Vocational College 2006 - h.v. - Teacher of the "Physical Education Theory and Methodology" department of Urganch State University
Major	<ul style="list-style-type: none"> • Physical education and sports
Teaching	<p>Children's physical education (preschool education)</p> <ul style="list-style-type: none"> • Sports metrology (Physical culture).
Representative Research	<ul style="list-style-type: none"> •
RESEARCHES	<ol style="list-style-type: none"> 1. On the concept of physical education and science. Collection of scientific and methodological articles on regional, pedagogical-psychological, medical-biological issues of the development of physical education and sports. Tashkent-Jizzakh 2009. 2. Healthy lifestyle in the heritage of ancestors. Youth of Khorezm, Urgench, 2009. 3. The importance of Amir Temur's heroism in educating youth in the spirit of patriotism. Collection of scientific articles of the scientific conference "Timur and the Timurid Empire", Khiva, 2009. 4. On the concept of education and science. Collection of scientific and methodological articles on regional, pedagogical-psychological, medical-biological problems of the development of physical education and sports, Tashkent-Jizzakh, April 24-27, 2009, 103 pages. 5. Optional training in athletics in higher educational institutions (for short-distance runners) Publishing department of UzJTI Tashkent 2009 6. Features of the development of physical qualities of young athletes. "Current issues of physical education and sports in higher educational institutions" Collection II. 2009 Tashkent, 103 pp. 7. A healthy lifestyle, which is the heritage of our ancestors," "Physical culture and sports in higher educational institutions." things " _ _ _ 2010 Stone Kent 96 pages 8. Physical education and sports. "Physical education and sports are relevant things in higher educational

- institutions" things " 2010 Stone Kent 36 pages
- The relationship between mental and physical health "Physical education and sports in higher educational institutions" things " 2010 Stone Kent 111 pages
10. Assessment of the physical fitness of highly qualified judokas Fan Sportga Tashkent 2010 issue 3, p. 31
 11. Methodology for dividing people involved in physical education into medical groups "Current problems of physical education in secondary schools, academic lyceums and vocational colleges" Tashkent 2011, 69 pages.
 12. Methodological features of increasing the efficiency of the training process of female athletes during judo classes Publishing department of UzJTI Tashkent 2011
 13. Dynamics of the level of physical development and physical training of judokas. Science and Sports, Tashkent, 2011, issue 3, 33 pages.
 14. Physical training of female judokas, taking into account the health-improving direction in the training process. Regional scientific and practical conference on the topic "A learned woman is a strong support for the family." April 13, 2012 Tashkent - Urgench
 15. Forms and methods of medical examination of working students. Modern problems of the theory and methodology of physical education and sports training. International scientific and practical conference Tashkent 2012.
 16. Features of the organization of athletics training of students Formation of a harmoniously developed generation in modern generations Tashkent 2012 .
 17. Involving women and girls in physical education and sports is a requirement of today. Materials of the 5th scientific and practical conference on women's spirituality, May 3, 4, 2013, Jizzakh
 18. Organize and hold a girls' sports festival in girls' vocational colleges. Problems of training physical education teachers for school academic lyceums and professional vocational colleges Proceedings of the 2013 scientific and theoretical conference. Tashkent.
 19. The influence of outdoor physical education on the body of students. Harmonious development generation state stable development in the Republic of Uzbekistan Tashkent 2014 22 r.
 20. We teach students to jump in class Harmoniously developed generation state stable development in the Republic of Uzbekistan Tashkent 2014 166 pages
 21. Physical education and health Harmonious development generation state of stable development in the Republic of Uzbekistan Collection of scientific and methodological articles Tashkent 2014 December 29 p.
 22. Action games as a means of physical education in the educational process. A harmoniously developed generation is the condition for stable development in the Republic. Uzbekistan Collection of scientific and methodological articles, Tashkent, December 2014.
 23. The influence of the social environment on the education of youth in the context of globalization Materials of the scientific and practical seminar on universal human values and the education of youth Tashkent 2015 January 30.
 24. Features of the physical training of Uzbek judokas, masterpieces of artistic and philosophical thought, materials of a scientific and practical seminar, Tashkent, March 2, 2015 .
 25. Theoretical and practical foundations of education of physical qualities. Current challenges of modern science September 26-27, 2016. Pereyaslav Khmelnskiy Ukraine. Collection of scientific works.
 26. Methods of using special exercises aimed at developing speed . State youth policy is a development factor. Materials of the scientific and practical seminar of the Republic, January 10, 2017.
 27. Factors for increasing the scientific creative intellectual competence of youth . State youth policy is a development factor. Materials of the scientific and practical seminar of the Republic, January 10, 2017.
 28. Physical development of schoolchildren of different ages and features of their upbringing. Current challenges of modern science. February 26-27, 2017. Pereyaslav Khmelnskiy Ukraine. Collection of scientific works.
 29. Introduction of simulated training tools in the training system for sprinters...POLISH SCIENTIFIC JOURNAL (ISSUE 6(15), 2019) - Warsaw: Sp. z oo "iScience", 2019. Part 1 – 135 p.
 30. Physical activity healthy wedding style main factor as POLISH SCIENTIFIC JOURNAL (ISSUE 2(23), 2020) - Warsaw: Sp. z o. O. "iScience", 2020. – 162
 31. Before school age in children movement adjectives formation o _ to myself special aspects ... POLISH SCIENTIFIC JOURNAL (ISSUE 2(23), 2020) - Warsaw: Sp. z o. O. "iScience", 2020. – 162
 32. Amir Temurin state of management in the field of reform ACADEMIC RESEARCH IN

	<p>EDUCATIONAL SCIENCES VOLUME 2 ISSUE 4 2021 ISSN: 2181-1385 2021 Scientific Journal Impact Factor (SJIF): 5.72</p> <p>33. ORGANIZATIONAL FOUNDATIONS FOR THE DEVELOPMENT OF MASS SPORTS IN MODERN UZBEKISTAN ACADEMIC RESEARCH IN PEDAGOGICAL SCIENCES VOLUME 2 ISSUE 1 2021 ISSN: 2181-1385 Scientific Journal Impact Factor (SJIF) 2021: 5.723 Academic Research, Uzbekistan 67 www.ares.uz</p>
<p>CURRENT RESEARCH</p>	<p>MUSCLE TIGHTENING IN THE PROCESS OF EXERCISES METHODS OF PROVIDING A HIGH LEVEL. INTERNATIONAL SCIENTIFIC JOURNAL SCIENCE AND INNOVATION VOLUME 1 ISSUE 5 UIF-2022: 8.2 ISSN: 2181-333</p>