



Faculty of Sports and Arts

**Department of theory and methodology of physical culture**

Name Karimov Abdulla Kamilovich

Position Teacher

Phone +99894-310-46-88

E-mail. Abdulla.k@urdu.uz

Office +998622246628

Organization address Urgench city Hamid Olimjon street 14. 220100

Degree	<ul style="list-style-type: none"> <li>• 2014-2016. - Master of Urgench State University (Master)</li> <li>• 2010-2014. - Urgench State University student (Bachelor)</li> </ul>
Experience	<ul style="list-style-type: none"> <li>• 2016 - Teacher of the "Physical culture theory and methodology" department of Urgench State University</li> <li>• 2014 – 2016 – Yangibozor district 2 - coach of the sports school for children and teenagers</li> </ul>
Major	<ul style="list-style-type: none"> <li>• Physical culture</li> </ul>
Teaching	<ul style="list-style-type: none"> <li>• Football, handball, athletics, gymnastics, sports facilities</li> </ul>
Representative Research	<p>“Optimization of training loads of wellness classes with the middle-aged population by cycling” (PhD).</p>
Researches	<ul style="list-style-type: none"> <li>• Karimov Abdulla Kamilovich &amp; Karimov Daniyori Komilovich Importance of effective tactical systems at football. European Journal of Research and Reflection in Educational Sciences Volume 7 Number 12, 2019 PART VII ISSN 2056-5852</li> <li>• Abdulla Karimov, Ernazarova Sharifa. Psychological training of handball players. WARSAW, POLAND Wydawnictwo Naukowe "iScience" 2020</li> <li>• Abdulla Karimov, Ernazarova Sharifa , General physical training of handball players, WARSAW, POLAND Wydawnictwo Naukowe " iScience " 2020</li> <li>• Karimov Abdulla Kamilovich. Improving the effectiveness of technical and tactical actions of 12-15 -year-old handball goalkeepers in competition activities. Mughallim also educates without a face No. 2 2012 vol</li> <li>• Karimov Abdulla Kamilovich . Optimizing training of handball goalkeeper . Mughallim also educates without a face 2023 1/1</li> <li>• Abdulla Kamilovich Karimov " Conducting and refereeing competitions in sports" Textbook. Lesson Press n; T. 2022; 245 p</li> <li>• Karimov Abdulla Kamilovich . Improving sports pedagogic skills (Handball) Instructional manual Lesson press 2022 y- 207 p.</li> </ul>