

O'ZBEKISTON RESPUBLIKASI SPORT VAZIRLIGI

**O'ZBEKISTON RESPUBLIKASI
OLIY TA'LIM, FAN VA INNOVATSIYALAR VAZIRLIGI**

**O'ZBEKISTON DAVLAT JISMONIY TARBIYA VA SPORT
UNIVERSITETI**

"Kiritdi"
O'zbekiston davlat
jismoniy tarbiya va
sport universiteti rektori
R. Matkarimov
" _____ 2024-y

"Kelishildi"
O'zbekiston Respublikasi
Oliy ta'lim, fan va
innovatsiyalar vazirligi
" _____ 2024-y

"Tasdiqlayman"
O'zbekiston Respublikasi
Sport vaziri o'rinbosari
Sh. Maxmudov
" _____ 2024-y

**IJODIY (KASBIY) IMTIHONLAR DASTURI
VA BAHOLASH MEZONI**

61010200 - Sport faoliyati (basketbol, boks, voleybol, velosport, gimnastika, suzish, yengil atletika, gandbol, qilichbozlik, og'ir atletika, eshkak eshish, tennis, futbol, badiiy gimnastika, dzyu-do, erkin kurash, belbog'li kurash, taekvondo WT, sambo, kurash, sinxron suzish, badminton, yunon-rim kurashi, ot sporti, triatlon, biatlon, xokkey, regbi, shaxmat, karate WKF, tog' chang'isi, stol tennisi, figurali uchish, chim ustida xokkey, kik-boks, mini-futbol, kamondan otish, muay tay, kibersport, suv polosi, akademik eshkak eshish, zamonaviy besh kurash, bodybuilding va fitnes, snovbord, qo'l jangi, ayollar kurashi), kunduzgi va sirtqi ta'lim yo'nalishlari uchun.

61010300 - Adaptiv jismoniy tarbiya va sport kunduzgi ta'lim yo'nalishi uchun.

CHIRCHIQ – 2024

O‘zbekiston davlat jismoniy tarbiya va sport universiteti Kengashida ko‘rib chiqilgan va ma’qullangan. 2024 yil 29 fevral dagi 7 -sonli majlis bayoni.

O‘zbekiston Respublikasi xududlarida jismoniy tarbiya va ommaviy sportni yanada rivojlantirish, aholining barcha qatlamlari, ayniqsa yoshlarni jismoniy tarbiya va sport bilan muntazam shug‘ullanishga jalb etish, mamlakatimizda bu borada yaratilgan sharoitlardan samarali foydalanish hamd natijalarini oshirish muhim ahamiyat kasb etadi. Mamlakatimizda mazkur soha rivojiga qaratilgan qator me’yoriy – huquqiy hujjatlar qabul qilingan va jadallikda hayotga tatbiq etib kelinmoqda.

Jumladan, O‘zbekiston Respublikasi Prezidentining 2020-yil 24-yanvardagi “O‘zbekiston Respublikasida jismoniy tarbiya va sportni yanada takomillashtirish va ommalashtirish chora-tadbirlari to‘g‘risida” **PF-5924-son farmoni**, 2021-yil 24-dekabrda “Davlat oliy ta’lim muassasalarining akademik va tashkiliy-boshqaruv mustaqilligini ta’minlash bo‘yicha qo‘shimcha chora-tadbirlar to‘g‘risidagi” **PQ-60-son qarori**, 2022-yil 3-noyabrda “Jismoniy tarbiya va sport sohasida kadrlarni tayyorlash hamda ilmiy tadqiqotlar tizimini yanada takomillashtirish chora-tadbirlari to‘g‘risidagi” **PQ-414-son qaror va farmonlari** ijrosini sifatli bajarish ko‘rsatib o‘tilgan.

O‘zbekiston davlat jismoniy tarbiya va sport universiteti va uning Nukus va Fargona filiallaridagi Sport faoliyati (faoliyat turlari bo‘yicha) ta’lim yo‘nalishi bo‘yicha kasbiy (ijodiy) imtihon dasturlari sport maktablari hamda Respublika Olimpiy va paralimpiy sport turlariga tayorlash markazlarining jismoniy tarbiya va sport dasturlari asosida tuzilgan va abituriyentlarning jismoniy mashqlari bajarishdagi amaliy harakat ko‘nikma va malakalarini baholashga mo‘ljallangan.

Mazkur dasturlarni tuzishda sport assosatsiyalar, sport federatsiyalar, oliy sport mahorati maktablar va sport maktablar takliflari inobatga olingan hamda ular tomonidan taqrizlar berilgan.

Dasturda **kunduzgi va sirtqi ta’lim** shaklining 61010300–Sport faoliyati (faoliyat turlari bo‘yicha) ta’lim yo‘nalishi (basketbol, boks, voleybol, velosport, gimnastika, suzish, yengil atletika, gandbol, qilichbozlik, og‘ir atletika, eshkak eshish, tennis, futbol, badiiy gimnastika, dzyu-do, erkin kurash, belbog‘li kurash, taekvondo WT, sambo, kurash, sinxron suzish, badminton, yunon-rum kurashi, ot sporti, triatlon, biatlon, xokkey, regbi, shaxmat, karate WKF, tog‘ chang‘isi, stol tennisi, figurali uchish, chim ustida xokkey, kik-boks, mini-futbol, kamondan otish, muay tay, kibersport, suv polosi, akademik eshkak eshish, zamonaviy besh kurash, bodybuilding va fitnes, snovbord, qo‘l jangi, ayollar kurashi, adaptiv jismoniy tarbiya va sport (parasport) kabi sport turlari bo‘yicha (kasbiy) ijodiy imtihonlarni o‘tkazish tartibi, abuturiyentlarning jismoniy tarbiya va sport sohasidagi amaliy mahorati, ko‘nikma va malakalariga qo‘yilgan talablar hamda baholash mezonlari o‘z aksini topgan.

2024/2025 O'QUV YILI UCHUN **TRIATLON** IXTISOSLIGIDAN KASBIY (IJODIY) IMTIHONLARINING ME'YORIY TALABLARI VA
BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar va ayollar uchun

1	Suzish 300 m (daqiqqa, soniya)	3 ball	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball
		5:21,0- 5:30,0	5:11,0- 5:20,0	5:01,0- 5:10,0	4:51,0- 5:00,0	4:41,0- 4:50,0	4:31,0- 4:40,0	4:21,0- 4:30,0	4:11,0- 4:20,0	4:01,0- 4:10,0	4:00,0
2	Velosiped haydash 8 km (daqiqqa, soniya)	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball	33 ball
		16:21,0- 16:30,0	16:11,0- 16:20,0	16:01,0- 16:10,0	15:51,0- 16:00,0	15:41,0- 15:50,0	15:31,0- 15:40,0	15:21,0- 15:30,0	15:11,0- 15:20,0	15:01,0- 15:10,0	15:00,0
3	Yugurish 2 km (daqiqqa, soniya)	3 ball	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball
		7:51,0- 8:00,0	7:41,0- 7:50,0	7:31,0- 7:40,0	7:21,0- 7:30,0	7:11,0- 7:20,0	7:01,0- 7:10,0	6:51,0- 7:00,0	6:41,0- 6:50,0	6:31,0- 6:40,0	6:30,0
Ayollar											
1	Suzish 300 m (daqiqqa, soniya)	3 ball	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball
		5:51,0- 6:00,0-	5:41,0- 5:50,0	5:31,0- 5:40,0	5:21,0- 5:30,0	5:11,0- 5:20,0	5:01,0- 5:10,0	4:51,0- 5:00,0	4:41,0- 4:50,0	4:31,0- 4:40,0	4:30,0
2	Velosiped haydash 8 km (daqiqqa, soniya)	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball	33 ball
		17:51,0- 18:00,0	17:41,0- 17:50,0	17:31,0- 17:40,0	17:21,0- 17:30,0	17:11,0- 17:20,0	17:01,0- 17:10,0	16:51,0- 17:00,0	16:41,0- 16:50,0	16:31,0- 16:40,0	16:30,0
3	Yugurish 2 km (daqiqqa, soniya)	3 ball	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball
		9:51,0- 10:00,0	9:41,0- 9:50,0	9:31,0- 9:40,0	9:21,0- 9:30,0	9:11,0- 9:20,0	9:01,0- 9:10,0	8:51,0- 9:00,0	8:41,0- 8:50,0	8:31,0- 8:40,0	8:30,0

Izoh: Belgilangan sahifa ko'rsatkichidan past natija qayd etilgan bo'lsa "0" ball beriladi, belgilangan sahifa ko'rsatkichidan yuqori natija qayd etgan bo'lsa eng yuqori ball beriladi

2024/2025 O'QUV YILI UCHUN **TRIATLON** IXTISOSLIGIDAN KASBIY (JODIY) IMTIHONLARINING ME'YORIY TALABLARI VA
BAHOLASH MEZONLARI

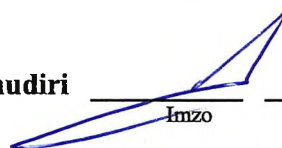
(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

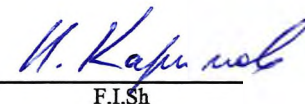
Erkaklar va ayollar uchun

Erkaklar											
1	«Pistolet» (marta)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		11-12	13-14	15-16	17-18	19-20	21-22	23-24	25-26	27-28	29-30
2	Cho'p bilan qo'lni oldinga - orqaga aylantirish (kenglik o'lchami sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		70-68sm	67-66sm	65-64sm	63-62sm	61-60sm	59-58sm	57-56sm	55-54sm	53-52sm	51-50 sm
3	Turgan joyidan uzunlikka sakrash (sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		180- 184sm	185- 189sm	190- 194sm	195- 199sm	200- 204sm	205- 209sm	210-214sm	215-219sm	220-224sm	225-230sm
Ayollar											
1	«Pistolet» (marta)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25
2	Cho'p bilan qo'lni oldinga - orqaga aylantirish (kenglik o'lchami sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		80-78sm	77-76sm	75-74sm	73-72sm	71-70sm	69-68sm	67-66sm	65-64sm	63-62sm	61-60sm
3	Turgan joyidan uzunlikka sakrash (sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		150- 154sm	155- 159sm	160- 164sm	165- 169sm	170- 174sm	175- 179sm	180-184sm	185-189sm	190-194sm	195-200sm

Izoh: Belgilangan sahifa ko'rsatkichidan past natija qayd etilgan bo'lsa "0"ball beriladi, belgilangan sahifa ko'rsatkichidan yuqori natija qayd etgan bo'lsa eng yuqori ball beriladi

Kafedra mudiri


Imzo


F.I.Sh