

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 ESHKAK ESHISH IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)**

Erkaklar va ayollar uchun

BAYDARKADA ESHKAK ESHISH (K-I)

1000 m	Ball	41	40	39	38	37	36	35
	E	3:56,0	3:56,5	3:57,0	3:57,5	3:58,0	3:58,5	3:59,0
	Ball	34	33	32	31	30	29	28
	E	3:59,5	4:00,0	4:00,5	4:01,0	4:01,5	4:02,0	4:02,5
	Ball	27	26	25	24	23	22	21
	E	4:03,0	4:03,5	4:04,0	4:04,5	4:05,0	4:05,5	4:06,0
	Ball	20	19	18	17	16	15	14
	E	4:06,5	4:07,0	4:07,5	4:08,0	4:08,5	4:09,0	4:09,5
	Ball	13	12	12	11	10	9	8
	E	4:10,0	4:10,5	4:11,0	4:11,5	4:12,0	4:12,5	4:13,0
	Ball	7	6	5	4	3	2	1
	E	4:13,5	4:14,0	4:14,5	4:15,0	4:15,5	4:16,0	4:16,5
500 m	Ball	41	40	39	38	37	36	35
	E	1:56,0	1:56,5	1:57,0	1:57,5	1:58,0	1:58,5	1:59,0
	A	2:06,0	2:06,5	2:07,0	2:07,5	2:08,0	2:08,5	2:09,0
	Ball	34	33	32	31	30	29	28
	E	1:59,5	2:00,0	2:00,5	2:01,0	2:01,5	2:02,0	2:02,5
	A	2:09,5	2:10,0	2:10,5	2:11,0	2:11,5	2:12,0	2:12,5
	Ball	27	26	25	24	23	22	21
	E	2:03,0	2:03,5	2:04,0	2:04,5	2:05,0	2:05,5	2:06,0
	A	2:13,0	2:13,5	2:14,0	2:14,5	2:15,0	2:15,5	2:16,0
	Ball	20	19	18	17	16	15	14
	E	2:06,5	2:07,0	2:07,5	2:08,0	2:08,5	2:09,0	2:09,5
	A	2:16,5	2:17,0	2:17,5	2:18,0	2:18,5	2:19,0	2:19,5
	Ball	13	12	12	11	10	9	8
	E	2:10,0	2:10,5	2:11,0	2:11,5	2:12,0	2:12,5	2:13,0
	A	2:20,0	2:20,5	2:21,0	2:21,5	2:22,0	2:22,5	2:23,0
	Ball	7	6	5	4	3	2	1
	E	2:13,5	2:14,0	2:14,5	2:15,0	2:15,5	2:16,0	2:16,5
	A	2:23,5	2:24,0	2:24,5	2:25,0	2:25,5	2:26,0	2:26,5
200 m	Ball	41	40	39	38	37	36	35
	A	47,0	47,5	48,0	48,5	49,0	49,5	50,0
	Ball	34	33	32	31	30	29	28
	A	50,5	51,0	51,5	52,0	52,5	53,0	53,5
	Ball	27	26	25	24	23	22	21
	A	54,0	54,5	55,0	55,5	56,0	56,5	57,0
	Ball	20	19	18	17	16	15	14
	A	57,5	58,0	58,5	59,0	59,5	1:00,0	1:00,5
	Ball	13	12	12	11	10	9	8
	A	1:01,0	1:01,5	1:02,0	1:02,5	1:03,0	1:03,5	1:04,0
	Ball	7	6	5	4	3	2	1
	A	1:04,5	1:05,0	1:05,5	1:06,0	1:06,5	1:07,0	1:07,5
OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI								

KANOEDA ESHKAK ESHISH (C-1)

500 m	Ball	41	40	39	38	37	36	35
	E	2:06,0	2:06,5	2:07,0	2:07,5	2:08,0	2:08,5	2:09,0
	A	2:20,0	2:20,5	2:21,0	2:21,5	2:22,0	2:22,5	2:23,0
	Ball	34	33	32	31	30	29	28
	E	2:09,5	2:10,0	2:10,5	2:11,0	2:11,5	2:12,0	2:12,5
	A	2:23,5	2:24,0	2:24,5	2:25,0	2:25,5	2:26,0	2:26,5
	Ball	27	26	25	24	23	22	21
	E	2:13,0	2:13,5	2:14,0	2:14,5	2:15,0	2:15,5	2:16,0
	A	2:27,0	2:27,5	2:28,0	2:28,5	2:29,0	2:29,5	2:30,0
	Ball	20	19	18	17	16	15	14
	E	2:16,5	2:17,0	2:17,5	2:18,0	2:18,5	2:19,0	2:19,5
	A	2:30,5	2:31,0	2:31,5	2:32,0	2:32,5	2:33,0	2:33,5
	Ball	13	12	12	11	10	9	8
	E	2:20,0	2:20,5	2:21,0	2:21,5	2:22,0	2:22,5	2:23,0
	A	2:34,0	2:34,5	2:35,0	2:35,5	2:36,0	2:36,5	2:37,0
	Ball	7	6	5	4	3	2	1
	E	2:23,5	2:24,0	2:24,5	2:25,0	2:25,5	2:26,0	2:26,5
	A	2:37,5	2:38,0	2:38,5	2:39,0	2:39,5	2:40,0	2:45,0
1000 m	Ball	41	40	39	38	37	36	35
	E	4:15,0	4:15,5	4:16,0	4:16,5	4:17,0	4:17,5	4:18,0
	Ball	34	33	32	31	30	29	28
	E	4:18,5	4:19,0	4:19,5	4:20,0	4:20,5	4:21,0	4:21,5
	Ball	27	26	25	24	23	22	21
	E	4:22,0	4:22,5	4:23,0	4:23,5	4:24,0	4:24,5	4:25,0
	Ball	20	19	18	17	16	15	14
	E	4:25,5	4:26,0	4:26,5	4:27,0	4:27,5	4:28,0	4:28,5
	Ball	13	12	12	11	10	9	8
	E	4:29,0	4:29,5	4:30,0	4:30,5	4:31,0	4:31,5	4:32,0
	Ball	7	6	5	4	3	2	1
	E	4:32,5	4:33,0	4:33,5	4:34,0	4:34,5	4:35,0	4:35,5
200 m	Ball	41	40	39	38	37	36	35
	A	52,0	52,5	53,0	53,5	54,0	54,5	55,0
	Ball	34	33	32	31	30	29	28
	A	55,5	56,0	56,5	57,0	57,5	58,0	58,5
	Ball	27	26	25	24	23	22	21
	A	59,0	59,5	1:00,0	1:00,5	0:01,0	1:01,5	1:02,0
	Ball	20	19	18	17	16	15	14
	A	1:02,5	1:03,0	1:03,3	1:04,0	1:04,5	1:05,0	1:05,5
	Ball	13	12	12	11	10	9	8
	A	1:06,0	1:06,5	1:07,0	1:07,5	1:08,0	1:08,5	1:09,0
	Ball	7	6	5	4	3	2	1
	A	1:09,5	1:10,0	1:10,5	1:11,0	1:11,5	1:12,0	1:12,5

**OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA
TEXNIKA BAHOLANADI**

Izoh: Masofadagi natijalar daqiqa va soniyalarda baholanadi, eshkak eshish texnikasi ballarda.

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (K-I)

M A X S U M A S O F A	Ball	42	41	40	39	38	37	36
	E	1,05	1,05,5	1,06	1,06,5	1,07	1,07,5	1,08
	A	1,15	1,15,5	1,16	1,16,5	1,17	1,17,5	1,18
	Ball	35	34	33	32	31	30	29
	E	1,08,5	1,09	1,09,5	1,10	1,10,5	1,11	1,11,5
	A	1,18,5	1,19	1,19,5	1,20	1,20,5	1,21	1,21,5
	Ball	28	27	26	25	24	23	22
	E	1,12	1,12,5	1,13	1,13,5	1,14	1,14,5	1,15
	A	1,22	1,22,5	1,23	1,23,5	1,24	1,24,5	1,25
	Ball	21	20	19	18	17	16	15
	E	1,15,5	1,16	1,16,5	1,17	1,17,5	1,18	1,18,5
	A	1,25,5	1,26	1,26,5	1,27	1,27,5	1,28	1,28,5
	Ball	14	13	12	11	10	9	8
	E	1,19	1,19,5	1,20	1,20,5	1,21	1,21,5	1,22
	A	1,29	1,29,5	1,30	1,30,5	1,31	1,31,5	1,32
	Ball	7	6	5	4	3	2	1
	E	1,22,5	1,23	1,23,5	1,24	1,24,5	1,25	1,25,5
	A	1,32,5	1,33	1,33,5	1,34	1,34,5	1,35	1,35,5
OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI								

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (C-I)

M A X S U M A S O F A	Ball	42	41	40	39	38	37	36
	E	1,15	1,15,5	1,16	1,16,5	1,17	1,17,5	1,18
	A	1,25	1,25,5	1,26	1,26,5	1,27	1,27,5	1,28
	Ball	35	34	33	32	31	30	29
	E	1,18,5	1,19	1,19,5	1,20	1,20,5	1,21	1,21,5
	A	1,28,5	1,29	1,29,5	1,30	1,30,5	1,31	1,31,5
	Ball	28	27	26	25	24	23	22
	E	1,22	1,22,5	1,23	1,23,5	1,24	1,24,5	1,25
	A	1,32	1,32,5	1,33	1,33,5	1,34	1,34,5	1,35
	Ball	21	20	19	18	17	16	15
	E	1,25,5	1,26	1,26,5	1,27	1,27,5	1,28	1,28,5-
	A	1,35,5	1,36	1,36,5	1,37	1,37,5	1,38	1,38,5
	Ball	14	13	12	11	10	9	8
	E	1,29	1,29,5	1,30	1,30,5	1,31	1,31,5	1,32
	A	1,39	1,39,5	1,40	1,40,5	1,41	1,41,5	1,42
	Ball	7	6	5	4	3	2	1
	E	1,32,5	1,33	1,33,5	1,34	1,34,5	1,35	1,35,5
	A	1,42,5	1,43	1,43,5	1,44	1,44,5	1,45	1,45,5
OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI								

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (K-I)

	Ball	40	39	38	37	36	35	34
	E	35,0	35,05	36,0	36,05	37,0	37,05	38,0
	A	45,0	45,05	46,0	46,05	47,0	47,05	48,0
	Ball	33	32	31	30	29	28	27

100 M	E	38,05	39,0	39,05	40,0	40,05	41,0	41,05
	A	48,05	49,0	49,05	50,0	50,05	51,0	51,05
	Ball	26	25	24	23	22	21	20
	E	42,0	42,05	43,0	43,05	44,0	44,05	45,0
	A	52,0	52,05	53,0	53,05	54,0	54,05	55,0
	Ball	19	18	17	16	15	14	13
	E	45,05	46,0	46,05	47,0	47,05	48,0	48,05
	A	55,05	56,0	56,05	57,0	57,05	58,0	58,05
	Ball	12	11	10	9	8	7	6
	E	49,0	49,05	50,0	50,05	51,0	51,05	52,0
	A	59,0	59,05	1,00	1,05	1,01	1,01,05	1,02
	Ball	5	4	3	2	1		

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (C-I)

100 M	Ball	40	39	38	37	36	35	34
	E	40,0	40,05	41,0	41,05	42,0	42,05	43,0
	A	50,0	50,05	51,0	51,05	52,0	52,05	53,0
	Ball	33	32	31	30	29	28	27
	E	43,05	44,0	44,05	45,0	45,05	46,0	46,05
	A	53,05	54,0	54,05	55,0	55,05	56,0	56,05
	Ball	26	25	24	23	22	21	20
	E	47,0	47,05	48,0	48,05	49,0	49,05	50,0
	A	57,0	57,05	58,0	58,05	59,0	59,05	1,00
	Ball	19	18	17	16	15	14	13
	E	50,05	51,0	51,05	52,0	52,05	53,0	53,05
	A	1,05	1,01	1,01,05	1,02,0	1,02,05	1,03,0	1,03,05
	Ball	12	11	10	9	8	7	6
	E	54,0	54,05	55,0	55,05	56,0	56,05	57,0
	A	1,04,0	1,04,05	1,05,0	1,05,05	1,06,0	1,06,05	1,07,0
	Ball	5	4	3	2	1		
	E	57,05	58,0	58,05	59,0	59,05		
	A	1,07,05	1,08,0	1,08,05	1,09,0	1,09,05		

IZOH:

1. Masofadagi natijalar daqiqa va soniyalarda baholanadi, eshkak eshish texnikasi ballarda.
2. Suv slalomida eshkak eshishda start oldidan "eskimoscha aylanish" mashqini ko'rsatish shart. Aks holda abituriyent imtihonga qo'yilmaydi.

2024/2025 O'QUV YILI UCHUN **ESHKAK ESHISH** IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

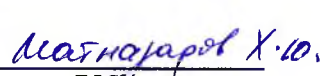
Erkaklar va ayollar uchun

Ball	Yotgan holda shtangani tortish 2 daqiqada (marta)		Shtangani yelkaga qoygan holda o'tirib turish 2 daqiqada (marta)		Yotgan holda shtangani ko'tarish 2 daqiqada (marta)	
	Erkaklar 35 kg	Ayollar 25 kg	Erkaklar 35 kg	Ayollar 25 kg	Erkaklar 30 kg	Ayollar 20 kg
21	75	65	65	55	75	65
20	74	64	64	54	74	64
19	73	63	63	53	73	63
18	72	62	62	52	72	62
17	71	61	61	51	71	61
16	70	60	60	50	70	60
15	69	59	59	49	69	59
14	68	58	58	48	68	58
13	67	57	57	47	67	57
12	66	56	56	46	66	56
11	65	55	55	45	65	55
10	64	54	54	44	64	54
9	63	53	53	43	63	53
8	62	52	52	42	62	52
7	61	51	51	41	61	51
6	60	50	50	40	60	50
5	59	49	49	39	59	49
4	58	48	48	38	58	48
3	57	47	47	37	57	47
2	56	46	46	36	56	46
1	55	45	45	35	55	45

Izoh: Yotgan holda shtangani tortish – grifni taxtaga tekkazib bajariladi. Shtangani yelkaga qoygan holda toliq utrib turish harakati bajarilishi kerak. Yotgan holda shtangani ko'tarishda qo'llar to'g'ri bo'lishi kerak

Kafedra mudiri


Imzo


F.I.S.