

2025/2026 O'QUV YILI UCHUN **OG'IR ATLETIKA** IXTISOSLIGIDAN KASBIY (IJODIY) IMTIHONLARINING ME'YORIY TALABLARI  
VA BAHOLASH MEZONLARI  
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar va ayollar uchun

| DAST KO'TARISH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <i>Dastlabki holatdagi hatoliklar:</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <i>Mashqni bajarish jarayonidagi hatoliklar:</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <ol style="list-style-type: none"> <li>shtanga grifini ushlashdagi semetriya;</li> <li>qo'llar (tirsak bo'g'imi) bukilgan holatda bo'lishi;</li> <li>oyoq joylashishida oyoq kafti uchlarini noto'g'ri holatda turishi;</li> <li>oyoq joylashishida tizza bo'g'im qopqog'ini noto'g'ri holatda turishi;</li> <li>belni bukilib turishi;</li> <li>sportchi tanasi og'irlik markazi chizig'idan oldinda yoki orqada bo'lishi;</li> <li>tos-son bo'g'imini yuqori yoki past joylashishi;</li> <li>oyoq tovonlari uzilgan holatda bo'lishi;</li> <li>boshni noto'g'ri joylashishi.</li> </ol>                                                                                                                                                                              | <ol style="list-style-type: none"> <li>mashq boshida birinchi tos-son bo'g'imi bilan boshlash;</li> <li>boldir va tizza bo'g'imiga shtanga grifini va tizzalarni taxtasupaga tegishi;</li> <li>shtangani yunalish traektoriyasi (aylana simon);</li> <li>irg'itish fazasini noto'g'ri bajarilishi;</li> <li>final tezlanish (ochilish) fazasini noto'g'ri bajarilishi;</li> <li>shtanga ostiga o'tirish davrini bajarishda oldinga yoki orqaga sakrash;</li> <li>shtanga ostiga o'tirishda qayd qilishda qo'lni bir vaqtda harakatlanmasligi;</li> <li>shtanga ostiga o'tirishda qayd qilishda oyoqlarni bir vaqtda harakatlanmasligi;</li> <li>shtanga ostiga o'tirishda qayd qilishda tanani taxtasupaga tegishi;</li> <li>shtanga ostiga o'tirishda qayd qilishda qo'llar (tirsak bo'g'imi) bukilib qolsa;</li> <li>shtanga ostiga o'tirishda qayd qilishda hamda yakuniy qayd qilishda shtangani oldinga yoki orqaga tushib ketishi.</li> </ol> |
| <p><b>Izoh:</b> - shtangani og'irligi abituriyentining shaxsiy vazniga nisbatan: dast ko'tarishda erkaklar uchun 105%; ayollar uchun 85% hisobida belgilanadi.<br/>- abituriyent tomonidan mashq texnik jihatdan to'g'ri bajarilsa maksimal <b>42,8 ball</b> beriladi. Jumladan, dastlabki holat uchun <b>15,3 ball</b> belgilanadi. Har bir texnik hatolikka yo'l qo'yilgani uchun <b>1,7 jarima ballga</b> belgilanadi (ballar ketma-ketligi: -1,7; -3,4; -5,1; -6,8; -8,5; -10,2; -11,9; -13,6; -15,3).<br/>- mashqni bajarish jarayoni uchun <b>27,5 ball</b> belgilanadi. Har bir texnik hatolikka yo'l qo'yilgani uchun <b>2,5 jarima ball</b> belgilanadi (ballar ketma ketligi: -2,5; -5,0; -7,5; -10,0; -12,5; -15,0; -17,5; -20,0; -22,5; -25,0; -27,5).</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| KO'KRAKKA KO'TARISH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <i>Dastlabki holatdagi hatoliklar:</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <i>Mashqni bajarish jarayonidagi hatoliklar:</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <ol style="list-style-type: none"> <li>shtanga grifini ushlashdagi semetriya;</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <ol style="list-style-type: none"> <li>mashq boshida birinchi tos-son bo'g'imi bilan boshlash;</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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| <ol style="list-style-type: none"> <li>2. qo'llar (tirsak bo'g'imi) bukilgan holatda bo'lishi;</li> <li>3. oyoq joylashishida oyoq kafti uchlarini noto'g'ri holatda turishi;</li> <li>4. oyoq joylashishida tizza bo'g'im qopqog'ini noto'g'ri holatda turishi;</li> <li>5. belni bukilib turishi;</li> <li>6. sportchi tanasi og'irlik markazi chizig'idan oldinda yoki orqada bo'lishi;</li> <li>7. tos-son bo'g'imini yuqori yoki past joylashishi;</li> <li>8. oyoq tovonlari uzilgan holatda bo'lishi;</li> <li>9. boshni noto'g'ri joylashishi.</li> </ol>                                                                                                                                                                                                                                           | <ol style="list-style-type: none"> <li>2. boldir va tizza bo'g'imiga shtanga grifini va tizzalarni taxtasupaga tegishi;</li> <li>3. shtangani yo'nalish traektoriyasi (aylana simon);</li> <li>4. irg'itish fazasini noto'g'ri bajarilishi;</li> <li>5. final tezlanish (ochilish) fazasini noto'g'ri bajarilishi;</li> <li>6. shtanga ostiga o'tirish davrini bajarishda oldinga sakrash;</li> <li>7. shtanga ostiga o'tirish davrini bajarishda orqaga sakrash;</li> <li>8. shtangani ostiga o'tirishda qayd qilishda qo'llar son bilan tutashsa;</li> <li>9. shtangani ostiga o'tirishda qayd qilishda tana a'zosini taxtasupaga tegishi;</li> <li>10. shtanga ostiga o'tirishda qayd qilishda hamda yakuniy qayd qilishda shtangani tushib ketishi;</li> <li>11. yakuniy qayd qilishda oyoqlarni parallel bir chiziqda joylashmasligi.</li> </ol> |
| <p><b>Izoh:</b> - siltab ko'tarishda shtangani og'irligi abituriyentning shaxsiy vazniga nisbatan erkaklar uchun 120%; ayollar uchun 100% hisobida belgilanadi. - abituriyent tomonidan ko'krakka ko'tarish harakatlari texnik jihatdan to'g'ri bajarilsa maksimal <b>25,1 ball</b> beriladi. Jumladan, dastlabki holat uchun maksimal <b>10,8 balldan</b> belgilanadi. Har bir texnik hatolikka yo'l qo'yilgani uchun <b>1,2 jarima ball</b> belgilanadi (ballar ketma ketligi: -1,2; -2,4; -3,6; -4,8; -6;-7,2; -8,4; -9,6; -10,8).</p> <p>- mashqni bajarish jarayoni uchun maksimal <b>14,3 balldan</b> belgilanadi. Har bir texnik hatolikka yo'l qo'yilgani uchun <b>1,3 jarima ball</b> belgilanadi (ballar ketma ketligi: -1,3; -2,6; -3,9; -5,2; -6,5;-7,8; -9,1; -10,4; -11,7; -13,0; -14,3).</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>KO'KRAKDAN SILTAB KO'TARISH</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <ol style="list-style-type: none"> <li>1. shtanga grifini ushlashdagi semetriya;</li> <li>2. shtanga yelka va o'mrov suyagida turmasligi;</li> <li>3. tik holatda tizza bo'g'imlarini burilib turishi;</li> <li>4. oyoq joylashishida oyoq kafti uchlarini noto'g'ri holatda turishi;</li> <li>5. oyoq joylashishida tizza bo'g'im qopqog'ini noto'g'ri holatda turishi;</li> <li>6. tanani (ko'krak qafasi va bel) bukilib turishi;</li> <li>7. sportchi tanasi og'irlik markazi chizig'idan oldinda yoki orqada bo'lishi;</li> <li>8. oyoq tovonlari uzilgan holatda bo'lishi;</li> </ol>                                                                                                                                                                                                                 | <ol style="list-style-type: none"> <li>1. oldingi oyoqni noto'g'ri joylashishi;</li> <li>2. orqa oyoqni noto'g'ri joylashishi;</li> <li>3. shtanga ostiga o'tirish davrini bajarishda oldinga yoki orqaga sakrash;</li> <li>4. oyoqlarni noto'g'ri tashlash;</li> <li>5. shtanga ostiga o'tirishda qayd qilishda shtanga vertikal chiziqdan oldinda turishi;</li> <li>6. sportchining og'irlik markazi chizig'idan oldinda yoki orqada bo'lishi;</li> <li>7. shtangani irg'itishda shtanga grifini iyakka tegishi;</li> </ol>                                                                                                                                                                                                                                                                                                                         |

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| 9. oyoqlarni parallel bir chiziqda joylashmasligi.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 8. shtanga ostiga o'tirishda qayd qilishda qo'llar (tisak bo'g'imi) bukilib turishi;<br>9. stangani yo'nalish traektoriyasi (aylana simon);<br>10. shtangani taxta supaga tushirishda qo'l harakati xatoligi;<br>11. shtangani taxta supaga tushirishda oyoq harakati xatoligi |
| <p><b>Izoh:</b> -- siltab ko'tarishda shtangani og'irligi abituriyentning shaxsiy vazniga nisbatan erkaklar uchun 120%; ayollar uchun 100% hisobida belgilanadi.</p> <p>- abituriyent tomonidan ko'krakka ko'tarish harakatlari texnik jihatdan to'g'ri bajarilsa maksimal <b>25,1 ball</b> beriladi. Jumladan, dastlabki holat uchun maksimal <b>10,8 balldan</b> belgilanadi. Har bir texnik hatolikka yo'l qo'yilgani uchun <b>1,2 jarima ball</b> belgilanadi (ballar ketma ketligi: -1,2; -2,4; -3,6; -4,8; -6;-7,2; -8,4; -9,6; -10,8).</p> <p>- mashqni bajarish jarayoni uchun maksimal <b>14,3 balldan</b> belgilanadi. Har bir texnik hatolikka yo'l qo'yilgani uchun <b>1,3 jarima ball</b> belgilanadi (ballar ketma ketligi: -1,3; -2,6; -3,9; -5,2; -6,5;-7,8; -9,1; -10,4; -11,7; -13,0; -14,3).</p> |                                                                                                                                                                                                                                                                                |



2025/2026 O'QUV YILI UCHUN **OG'IR ATLETIKA** IXTISOSLIGIDAN KASBIY (IJODIY) IMTIHONLARINING ME'YORIY TALABLARI  
VA BAHOLASH MEZONLARI  
(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

Erkaklar va ayollar uchun

| TURGAN JOYDAN UZUNLIKKA SAKRASH (sm)      |          |          |          |          |           |           |           |           |           |                     |
|-------------------------------------------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|---------------------|
| Vazn toifasi                              | 2,1 ball | 4,2 ball | 6,3 ball | 8,4 ball | 10,5 ball | 12,6 ball | 14,7 ball | 16,8 ball | 18,9 ball | 21,0 ball           |
| ERKAKLAR                                  |          |          |          |          |           |           |           |           |           |                     |
| 55, 61                                    | 180-189  | 190-199  | 200-209  | 210-219  | 220-229   | 230-239   | 240-249   | 250-259   | 260-269   | 270 va undan yuqori |
| 67, 73,                                   | 190-199  | 200-209  | 210-219  | 220-229  | 230-239   | 240-249   | 250-259   | 260-269   | 270-279   | 280 va undan yuqori |
| 81, 89                                    | 200-209  | 210-219  | 220-229  | 230-239  | 240-249   | 250-259   | 260-269   | 270-279   | 280-289   | 290 va undan yuqori |
| 96, 102                                   | 190-199  | 200-209  | 210-219  | 220-229  | 230-239   | 240-249   | 250-259   | 260-269   | 270-279   | 280 va undan yuqori |
| 109,+109                                  | 170-179  | 180-189  | 190-199  | 200-209  | 210-219   | 220-229   | 230-239   | 240-249   | 250-259   | 260 va undan yuqori |
| AYOLLAR                                   |          |          |          |          |           |           |           |           |           |                     |
| 45, 49                                    | 135-139  | 140-144  | 145-149  | 150-154  | 155-159   | 160-164   | 165-169   | 170-174   | 175-179   | 180 va undan yuqori |
| 55, 59                                    | 140-144  | 145-149  | 150-154  | 155-159  | 160-164   | 165-169   | 170-174   | 175-179   | 180-184   | 185 va undan yuqori |
| 64, 71                                    | 150-154  | 155-159  | 160-164  | 165-169  | 170-174   | 175-179   | 180-184   | 185-189   | 190-194   | 195 va undan yuqori |
| 76, 81                                    | 135-139  | 140-144  | 145-149  | 150-154  | 155-159   | 160-164   | 165-169   | 170-174   | 175-179   | 180 va undan yuqori |
| 87, +87                                   | 135-139  | 140-144  | 145-149  | 150-154  | 155-159   | 160-164   | 165-169   | 170-174   | 175-179   | 180 va undan yuqori |
| QO'SHPOYADA QO'LLARNI BUKIB YOZISH (brus) |          |          |          |          |           |           |           |           |           |                     |

| Vazn toifasi                                        | 2,1 ball | 4,2 ball | 6,3 ball | 8,4 ball | 10,5 ball | 12,6 ball | 14,7 ball | 16,8 ball | 18,9 ball | 21,0 ball |
|-----------------------------------------------------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|
| ERKAKLAR                                            |          |          |          |          |           |           |           |           |           |           |
| 55, 61                                              | 3-11     | 12-14    | 15-17    | 18-20    | 21-23     | 24-26     | 27-29     | 30-32     | 33-35     | 36        |
| 67, 73                                              | 3-13     | 14-16    | 17-19    | 20-22    | 23-25     | 26-27     | 29-31     | 32-34     | 35-37     | 38        |
| 81, 89                                              | 3-15     | 16-18    | 19-21    | 22-24    | 25-27     | 28-30     | 31-33     | 34-36     | 37-39     | 40        |
| 96, 102                                             | 3-10     | 11-12    | 14-16    | 17-19    | 20-22     | 23-25     | 26-28     | 29-31     | 32-34     | 35        |
| 109,+109                                            | 3-6      | 7-10     | 11-14    | 15-16    | 17-19     | 20-22     | 23-25     | 26-28     | 29-32     | 33        |
| YOTGAN HOLDA QO'LLARNI BUKIB-YOZISH (MARTA) AYOLLAR |          |          |          |          |           |           |           |           |           |           |
| 45, 49                                              | 1-2      | 3-4      | 5-6      | 7-8      | 9-10      | 11-12     | 13-14     | 15-16     | 17-18     | 19        |
| 55, 59                                              | 3-5      | 6-7      | 8-9      | 10-11    | 12-13     | 14-15     | 16-17     | 18-19     | 20-21     | 22        |
| 64, 71                                              | 2-3      | 4-6      | 7-9      | 10-12    | 13-15     | 16-18     | 19-21     | 22-23     | 24-26     | 27        |
| 76, 81                                              | 2-6      | 7-8      | 9-10     | 11-12    | 13-14     | 15-16     | 17-18     | 19-20     | 21-22     | 23        |
| 87, +87                                             | 1-2      | 3-4      | 5-6      | 7-8      | 9-10      | 11-12     | 13-14     | 15-16     | 17-18     | 19        |
| YUQORI STARTDAN 30 METRGA YUGURISH                  |          |          |          |          |           |           |           |           |           |           |
| Vazn toifasi                                        | 2,1 ball | 4,2 ball | 6,3 ball | 8,4 ball | 10,5 ball | 12,6 ball | 14,7 ball | 16,8 ball | 18,9 ball | 21,0 ball |
| ERKAKLAR                                            |          |          |          |          |           |           |           |           |           |           |
| 55, 61                                              | 4,9      | 4,8      | 4,7      | 4,6      | 4,5       | 4,4       | 4,3       | 4,2       | 4,1       | 4,0       |
| 67, 73, 81                                          | 5,0      | 4,9      | 4,8      | 4,7      | 4,6       | 4,5       | 4,4       | 4,3       | 4,2       | 4,1       |
| 89, 96                                              | 5,1      | 5,0      | 4,9      | 4,8      | 4,7       | 4,6       | 4,5       | 4,4       | 4,3       | 4,2       |
| 102, 109, +109                                      | 5,2      | 5,1      | 5,0      | 4,9      | 4,8       | 4,7       | 4,6       | 4,5       | 4,4       | 4,3       |
| AYOLLAR                                             |          |          |          |          |           |           |           |           |           |           |
| 45, 49, 55                                          | 5,9      | 5,8      | 5,7      | 5,6      | 5,5       | 5,4       | 5,3       | 5,2       | 5,1       | 5,0       |
| 59, 64                                              | 6,0      | 5,9      | 5,8      | 5,7      | 5,6       | 5,5       | 5,4       | 5,3       | 5,2       | 5,1       |
| 71, 76, 81                                          | 6,1      | 6,0      | 5,9      | 5,8      | 5,7       | 5,6       | 5,5       | 5,4       | 5,3       | 5,2       |
| 87, +87                                             | 6,2      | 6,1      | 6,0      | 5,9      | 5,8       | 5,7       | 5,6       | 5,5       | 5,4       | 5,3       |

Kafedra mudiri

  
Imzo

  
F.I.Sh