



Faculty of Sports and Arts, Department of Sports Activities

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Degree	<ul style="list-style-type: none"> • 1982-1988 year. - Uzbek State Institute of Physical Culture
Experience	<ul style="list-style-type: none"> • 1988-1992 Khorezm State Pedagogical Institute Teacher of the department • 1992-1997 Urgench State University Lecturer of the Department of General Physical Education Urgench State University Senior lecturer of the department "theory and methods of physical education" • 2002-2006 Faculty of Physical Education Dean of the correspondence department • 2006-2009 Urgench State University Deputy manager of the educational and methodical management • 2009-2015 Urgench State University Senior lecturer of the department "theory and methods of physical education" • 2015-2020 Urgench State University "Interfaculty Physical Training and Sport" head of the department • 2020- Urganch State University Associate Professor of Sports Activities
Major	<ul style="list-style-type: none"> • Physical education and sport
Teaching	<ul style="list-style-type: none"> • SPMO athletics, Methodology of teaching sports (athletics), Physical education and history of the Olympic movement.
Representative Research	<p>“Individualization of process of runners’ preparation in view of biological features their organism”.</p>
Researches	<ul style="list-style-type: none"> • Safarova D.D., Yadgarov B.J. Modern tendencies. Immunological reactivity of the body in association with the genetic marker of athletes. . Science and sport: Republic of Tatarstan, 2014. pp. 72-78. • Safarova D.D., Yadgarov B.J. Comparative characteristics of the morphological parameters of the body of long-distance runners. Science and sports: modern trends No. 3 Volume 8, Republic of Tatarstan Kazanskoe highway. 2015 • Yarashev K.D. Yadgarov B.J. Body effect of gymnastics classes for women. Women's fitness problem involving solution by dealing with prospects. Bukharo 2015 12-13 bet • B.J Yadgarov, RN Rozmetov. Improving the quality of strength of 15-16-year-old short-distance athletes through weightlifting. Current issues of modern science, education and upbringing in the region. № No. 2 pages 173-178. Urgench-2017 • B.J.Yadgarov R.N.Rozmetov. The effectiveness of the use of folk games in the selection of athletics in secondary schools. Current issues of modern science,

	<p>education and upbringing in the region. № 3 pages 212-217. Urgench-2018</p> <ul style="list-style-type: none"> • B.J.Yadgarov, O.Khasanov, R.N.Rozmetov. ways to increase the efficiency of receiving the ball introduced into the game in volleyball. "Innovative technologies in physical culture and sports for the younger generation." Pages 78-80. Buxoro-2019 • B.J. Yadgarov R. N. Ro'zmetov. Comparative analysis of physical development of athletes in team sports. "Physical culture: upbringing, education, training." Scops № 3 pages 13-15. Russia -2018 • Yadgarov B.J., Yadgarov D.B. "Improving the strength qualities of short-distance runners aged 14-15 years using weightlifting exercises" Ilm-sarchashmalari 2022-2, pp. 98-101
Current Research	<ul style="list-style-type: none"> • B.J.Yadgarov, D.B.Yadgarov, D.R.Allayarov "Optimization of planning training loads in long jumps using recovery means." International scientific and practical online conference "Organization of mass sporting events: problems, trends and prospects." Pages 353-358. Chirchik-2023 • B.J. Yadgarov "Strength qualities of athletes 12-14 years old through weightlifting." Quality improvement" International scientific journal "Science and Innovation", volume 2, January 1, 2023