



## Faculty of Sports and Arts, Department of Sports Activities

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Position                                    Teacher of the department

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Degree	<ul style="list-style-type: none"> <li>2014-2016 year. - Master of Urgench State University (Master)</li> <li>2010-2014 year. - Urgench State University student (Bachelor)</li> </ul>
Experience	<ul style="list-style-type: none"> <li>2016 y - h.v. - Lecturer, Department of Theory and Methods of Physical Culture, Urgench State University</li> </ul>
Major	<ul style="list-style-type: none"> <li>Theory and methods of physical education and sports</li> </ul>
Teaching	Sports psychology, Physical education and sports pedagogy, History of Physical Education and the Olympic Movement.
Representative Research	Improvement of pedagogical mechanisms of development of valeological culture of students.
Researches	<ol style="list-style-type: none"> <li>1. Б.Ж.Ядгаров Д.Б.Ядгарова А.М.ГЫЛЫЖОВА Short distance runner annual of adolescents Distribution of preparatory classes Scientific sources UrSU scientific-methodical journal. 2020-3 pp. 105-108</li> <li>2. Б.Ж.Ядгаров Д.Б.Ядгарова .Methods of developing the strength qualities of teachers in physical education classes at school. Republican scientific-practical conference. 2020 p 59-60</li> <li>3. Д.Б.Ядгарова. Structure of loads on training microcycles of medium-distance runners. Republican scientific-practical conference. 2021 p 141</li> <li>4. • Features of the development of physical qualities in preschool children through the use of movement games Scientific Article. THE JOURNAL OF ACADEMIC RESEARCH IN EDUCATIONAL SCIENCES ISSN 2181-1385 VOLUME 2, ISSUE 5 MAY 2021.</li> <li>5. “Physical education and sports” (Study Guide) 2021 page 120</li> </ol>
CurrentResearch	