

## Faculty of sport and art, Department of Sports Activity

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Degree	<ul style="list-style-type: none"> <li>• 2000-2004 yy. - Urgench State University</li> </ul>
Experience	<ul style="list-style-type: none"> <li>• 2004 y. - to the present time. - Senior Lecturer of the Department of Physical Culture of Urgench State University</li> </ul>
Major	<ul style="list-style-type: none"> <li>• Physical education</li> </ul>
Teaching	<ul style="list-style-type: none"> <li>• Selected sports (Handball), sports pedagogical skills (Handball), Sports and Meving Games (Handical Education Technologies and Projecting.</li> </ul>
Representative Research	
Researches	<ul style="list-style-type: none"> <li>• Physiological conditions that occur in the body of women during handball exercises. Sources of knowledge. 2005</li> <li>• The role of physical education in the Constitution. University 70th Anniversary Collection. 2005</li> <li>• The role of the family in the upbringing of children. Proceedings of the Women's Scholars' Conference. 2006</li> <li>• Changes in autonomic function in handball girls. "Collection of scientific works of masters" Urgench-2007.</li> <li>• Travel - the classification and importance of tourism. Problems of training physical education teachers in schools, academic lyceums and professional colleges. Proceedings of the Scientific-Theoretical Conference named after Nizami. Tashkent State Institute. 2009.</li> <li>• Urgench State University handball team's methods of developing agility in preparation for the Universiade 2010. Master's Thesis Collection 2010.</li> <li>• Training of national staff in sports "Collection of scientific and methodological articles dedicated to the 10th anniversary of the Universiade and aimed at the development of physical culture and sports among students and young swimmers" Andijan-2010.</li> <li>• Orientation of female students from physical education to sports Regional scientific-practical conference on the theme "Scholarly woman - the basis of a strong family" Tashkent-Urgench 2012.</li> <li>• The role of women in strengthening the family. Regional scientific-practical conference on the theme "Scientist woman - the basis of a strong family" Tashkent-Urgench 2012.</li> <li>• Modern education in improving the level of knowledge of students. Training of scientific and pedagogical staff is the most important basis for educating a highly educated and intellectually developed generation.</li> <li>• Republican scientific-practical conference on the theme November 25-26, 2015. The role of musical rhythmic gymnastics in the harmonious development of man. Development and problems of women's sports in the years of independence. Scientific-practical conference on "Healthy mother and child" in 2016.</li> <li>• Prophylaxis and rehabilitation of professional pathology in bortsov. Center for the development of scientific sotrudnichestva XLIX international scientific-practical conference Psychology and pedagogy: methods and problems of practical application</li> </ul>

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- Effectiveness in developing the skills of jumping and agility in young handball players through relay game exercises. Actual challenge of modern science. Sbornik nauchnyx trudov. Vypsnik 10. Chast 2. Pereyaslav-Khmelnitskiy 2017g. X International Scientific Conference February 26-27, 2017.
- Changes in autonomic function in girls playing handball. Actual challenge of modern science. Sbornik nauchnyx trudov. Vypsnik 10. Chast 2. Pereyaslav-Khmelnitskiy 2017g. X International Scientific Conference February 26-27, 2017.
- Methods of introducing rhythmic gymnastics to increase the effectiveness of physical education classes in higher education. Proceedings of the Republican scientific-practical seminar on "Civil society, personal development and the role of the family in it." 2018y
- Tennis. A guide. Publishing department of UrSU 2017.
- Ways to create a healthy lifestyle in human life. Actual challenge of modern science. Sbornik nauchnyx trudov. Vypsnik 5 (37). Chast 2. Pereyaslav-Khmelnitskiy 2019g. XXXVII International Scientific Conference May 26-27, 2019
- Methods of developing strength qualities in students in grades 5-6. Polish science journal ISSUE 6 ((15) Part 1 INTERNATIONAL SCIENCE JOURNAL 2019.
- The effectiveness of the use of innovative pedagogical technologies in the theoretical training of handball. Polish science journal ISSUE 3 ((14) Part 2INTERNATIONAL SCIENCE JOURNAL 2019.
- PHYSICAL THERAPY FOR SOME DISEASES OF THE MUSCULOSKELETAL SYSTEM. "Economics and Society" №12 (67) 2020 [www.iupr.ru](http://www.iupr.ru)
- Methods of developing professional pedagogical skills of future specialists in the field of physical education. Polish science journal ISSUE 2 ((23) Part 1INTERNATIONAL SCIENCE JOURNAL 2020.
- Methods and importance of morning physical education and gymnastics for children aged 5-6 in preschool education. Polish science journal ISSUE 5 ((26) Part 1INTERNATIONAL SCIENCE JOURNAL 2020.

#### CURRENT RESEARCH

- Methods of developing the professional pedagogical skills of future professionals in the field of physical education. NamSU Scientific Bulletin - Issue 7, 2020.
- Methods of developing strength qualities in schoolchildren Scientific article. Polish science journal ISSUE 5 ((38) Part 1INTERNATIONAL SCIENCE JOURNAL 2021.
- 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.
- Use of innovative educational technologies in teaching the theory and methodology of physical culture. Scientific Article. THE JOURNAL OF ACADEMIC RESEARCH IN EDUCATIONAL SCIENCES ISSN 2181-1385 VOLUME 2, ISSUE MAY 2021
- Issues of improving the rating system for monitoring and evaluation of student knowledge in higher education institutions. Scientific thesis.
- The importance of developing the physical fitness of primary school students through national action games. Scientific thesis.
  - Developing preschool children's physical attributes using interactive games. SCIENCE AND INNOVATION INTERNATIONAL SCIENTIFIC JOURNAL VOLUME 2 issue 5may 2023. 284-290 pags <https://dio.org/10.5281/zenodo.7971566>
  - The standard amount of protein and fat in the body of women who are engaged in fitness. PROBLEMS AND SOLUTIONS OF IMPROVING THE QUALITY OF EDUCATION AND TRAINING IN THE FIELD OF PHYSICAL CULTURE International Scientific and Practical Conference