



EXPERIENCE OF WORK IMPLEMENTED IN DEVELOPING WOMEN'S SPORTS IN FOREIGN COUNTRIES

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Abstract

This article is about considering sports as not just games and competitions, but the most influential tool and priority task that glorifies the nation's gene pool, the country's power and prestige to the whole world, and studying foreign experience. Developed countries such as the USA, Russia, China, England, Japan, South Korea, Germany, France are accumulating vast experience in this field. Studying their experience, comparing them, and taking some of them as examples will help us develop and further improve the field of physical culture in our country. As a result of studying foreign experience, our main goal is to develop women's sports, form their physical culture, and improve their physical fitness.

Keywords: Foreign experience, women's sports, athlete, physical culture, physical education, sport, game, competition, Olympics, health, research, fatigue, diseases, physical exercise, platforms.

INTRODUCTION

In developed foreign countries, sports education is a social process that actively influences the domestic policy of the country. The more money a society spends on sports education and the results meet the highest international standards, the higher the quality of life. It was noted that we must consider sports not just games and competitions, but the most influential tool and the most priority task that glorifies the nation's gene pool, the country's power and prestige to the whole world. Over the past four years, the budget allocated for sports has increased from 1.5 trillion soums to 3 trillion soums, the average salary of coaches has increased



by 2 times, 101 large sports facilities have been newly built, 67 have been reconstructed. Now 300 billion soums will be allocated to create the necessary infrastructure and conditions to prepare athletes for the Olympics, and this year at least 10 athletes and coaches will be trained at the most prestigious foreign sports academies [1].

All countries of the world are developing in the field of sports. Developed countries such as the USA, Russia, China, England, Japan, South Korea, Germany, and France are accumulating vast experience in this field. Studying their experience, comparing them, and taking some of their examples will help us develop and further improve the field of physical culture in our country.

LITERATURE REVIEW

Many studies have been conducted on the issue of using national content and introducing foreign experiences in higher education. In particular, Finnish scholar Pasi Sahlberg, in his work “Finnish Lessons”, analyzes the success factors of the Finnish education system, emphasizing the high qualification of teachers, an individual approach to students, and the use of innovative methods in education [5]. Regarding the Singaporean education system, Andy Hargreaves and Dennis Shirley, in their work “The Global Fourth Way”, show the importance of combining national values and modern pedagogical technologies [4]. Regarding the South Korean experience, Yong Zhao, in his work “Who’s Afraid of the Big Bad Dragon?”, discusses the balance between strengthening national identity in education and ensuring global competitiveness [7]. A number of reforms are being implemented in Uzbekistan to develop education based on national content. For example, the Resolution No. PQ-5158 of 2021 on the establishment of the “New Uzbekistan” University emphasizes the need to conduct educational processes based on national and universal values. At the same time, specific measures have been established to introduce foreign experiences, in particular, the credit-module system and the use of advanced information technologies. When improving the skills of physical culture specialists and female athletes, it is necessary to provide them with information about foreign experiences in the field of physical education and sports. This will definitely have an impact on



physical culture specialists to positively approach the processes of their activities and take a new approach.

METHODS

The Olympics are considered the largest sports competitions, our victories in the games are recorded only in martial arts, we can see that in the last Olympics, medals were won in only 5 sports - weightlifting, judo, boxing, taekwondo, and freestyle wrestling. There are 48 programs in track and field at the Olympic Games, but in the last Olympics, 5 licenses were obtained, and not a single license was obtained in the shot put, discus, javelin, and diving sports. Or, out of 49 water sports programs, licenses were obtained for only 4. Although the defense system and the “Vatanparvar” organization have created all the conditions for the development of shooting sports, the federations are working, but not a single athlete has won a ticket to the Olympics. Although martial arts and national wrestling are developed in our country, only 3 licenses have been obtained for Greco-Roman wrestling. Last year, the World Rowing and Canoeing Championships were held in our country for the first time, and our country did not win a single medal. Based on the information provided, we studied the experience of foreign countries. In training highly qualified female athletes, great attention is paid to the modern education systems and the training system of personnel in the field of physical education and sports of foreign countries. The experience of developed countries shows that the training of highly qualified and competitive personnel depends on the qualifications of coaches, the selection of talented and interested athletes from among young people. Every year, more than 500 coaches are trained in 40 sports in Japanese universities. 90 percent of all sports facilities in the country belong to schools, universities and private companies. The majority of students and Japanese people are involved in sports after graduating from school and university. Currently, there are more than 26 thousand public sports facilities in Japan. Every Chinese university has a physical culture faculty. Physical culture classes are provided. Beijing Sport University has been ranked first among Chinese universities in the relevant field for years and is on the list of the best sports institutes in the world. It is enough to say that from the time of its establishment until 2015, the university's teachers and



students have brought China a total of 73 gold medals at the Olympic Games. Teachers also work here together with athletes.

In America, separate funds are allocated from the federal budget so that girls and boys can play sports equally. The availability of sports facilities for women is also the main reason why they are leading the way in sports results at the Olympic Games. Physical education classes are included in the compulsory program at the age of 14, that is, in high school. On average, every sixth lesson in American schools is a physical education lesson. The lessons do not involve training in one sport. The main goal of such lessons is to strengthen one's health and develop general physical fitness. Physical education classes are included in the compulsory program at the age of 14, that is, in high school. On average, every sixth lesson in American schools is a physical education lesson. The lessons do not involve training in one sport. The main goal of such lessons is to strengthen one's health and develop general physical fitness. Involvement in physical education and sports begins in childhood [3]. In each microdistrict of American cities (small residential areas) there are many sports facilities owned by city councils and private households in the immediate vicinity of homes, and they are widely used to attract young people to sports. In addition to physical education classes, special mandatory programs called the "Presidential Challenge" have been implemented in US schools since 1986, which are carried out based on physical fitness tests for children aged 6 to 17.

Turkey will participate in the Paris 2024 Summer Olympics with 101 athletes in 18 sports. 54 women and 47 men will participate in the Paris Olympics. The sport with the most female athletes in the Turkish team will be Women's Volleyball with 13 volleyball players. In the men's category, athletics became the sport with the most male athletes with 10 athletes. Turkey will participate in the 2020 Tokyo Olympics with 50 women and 57 male athletes were represented. Due to the lack of scientifically based methodologies, standards, and educational literature in the training of athletes with disabilities in our country, in short, the requirements for healthy athletes have been so transferred that every year at least 100 athletes with disabilities and their coaches are sent abroad for advanced training. The Adaptive Sports Association, in collaboration with the A.I. Gersen Russian State Pedagogical University, develops scientifically based methodologies and



standards for involving young people with disabilities in sports. The opening of a separate faculty for adaptive sports at the Tashkent branch of the university is the basis for the several-step higher results of the Russian state in the field of sports.

RESULTS

In order to further improve women's sports, an analysis of the experience and progress of foreign higher education, the didactic foundations of non-traditional education, innovative technologies in physical culture and sports (pedagogical technologies, interactive methods, information and communication technologies in education), the organization of independent education of students, and the system of advanced training and retraining of higher education professors are being improved. Today, the need to radically reform the personnel training system and provide the educational process with advanced pedagogical technologies is also one of the conditions for training competitive personnel. As we have already emphasized, we have already talked about the role of female coaches in the development of women's sports. It is clear to all of us that professors and teachers must diligently engage in the development of advanced pedagogical technologies. Let's get acquainted with the educational and practical lessons in the foreign higher education system in the field of sports development. Let's look at the state of physical culture and sports lessons in foreign universities and the standard requirements that students pass. When we look at the working curriculum of physical culture and sports at the Moscow State University named after M.V.Lomonosov, we can see that 208 hours are allocated for teaching hours in the 1st-2nd courses, of which 18 hours are allocated for lectures and 190 hours for practical training. 52 hours of them are allocated for teaching track and field athletics, 58 hours for sports games, 30 hours for gymnastics, and the rest for teaching other sports. If we analyze the passing of control standards by students, for a distance of 100 m, men scored 12.3 sec. maximum score and 13.6 sec. minimum score, women scored 13.8 sec. maximum score, and 15.6 sec. minimum score, long jump men have a maximum score of 530 cm and a minimum score of 500 cm, women have a maximum score of 440 cm and a minimum score of 390 cm, grenade throw men (700 gr) have a maximum score of 45 m and a minimum



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score of 40 m. Women (500 gr) have a maximum score of 25 m and a minimum score of 20 m.

When we study the working curriculum of the Physical Culture and Sports Department of the St. Petersburg University of Cinema and Television, 400 hours are allocated for this subject, which is held over 6 semesters. We can see that 38 hours are allocated for lectures, 362 hours for practical training. Of these, 80 hours are allocated for track and field athletics, 130 hours for sports games, 70 hours for gymnastics, and the rest for teaching other sports. If we analyze the students' passing of control standards, men at a distance of 100 m have a maximum score of 12.8 sec. and a minimum score of 13.8 sec., women have a maximum score of 14.8 sec. and a minimum score of 16.6 sec., men in the long jump have a maximum score of 510 cm and a minimum score of 490 cm. For women, the maximum score is 420 cm, while the minimum score is 380 cm. For men, the horizontal bar pull-up is 15 maximum points and 12 minimum points. For women, the low bar pull-up is 25 maximum points and 20 minimum points. We observed the working curriculum of physical culture and sports science at the Anzhero-Sudzhensk branch of Kemerovo State University. A total of 408 hours are allocated for physical education, which is taught to students of the 1st-3rd year of study over 5 semesters. We can see that 48 hours are allocated for lectures and 360 hours for practical training. Of these, 112 hours are allocated for track and field athletics, 168 hours for sports games, 50 hours for gymnastics, and the rest for teaching other sports. If we analyze the students' passing of control standards, men at a distance of 100 m have a maximum score of 13.2 sec. and a minimum score of 14.6 sec., women have a maximum score of 15.7 sec. and a minimum score of 18.7 sec., men in the long jump have a maximum score of 530 cm and a minimum score of 500 cm. For women, the maximum score is 430 cm, and the minimum score is 390 cm. For men, the grenade throw (700 gr) is 42 m maximum score and 38 m minimum score. For women (500 gr) is 22 m maximum score and 18 m minimum score, for men, the horizontal bar pull-up is 15 maximum score and 11 minimum score. For women, the low horizontal bar pull-up is 23 maximum score and 18 minimum score.



DISCUSSION

Finally, in higher educational institutions of our Republic, a total of 46 to 54 hours are allocated for physical culture and sports science, and students are trained in the 1st stage for 2 semesters. We can see that 2 hours of this are allocated for lectures, 44-52 hours for practical training. 12 hours of them are allocated for track and field athletics, 18 hours for sports games, 12 hours for gymnastics, and the remaining 12 hours are allocated for teaching other sports. The assessment criteria are based on the “Alpomish” and “Barchinoy” test norms for 100-meter run, long jump, pull-up on the horizontal bar, and grenade throwing. For a distance of 100 m, men have a maximum score of 13.2 sec. and a minimum score of 14.2 sec., while women have a maximum score of 16.0 sec. and a minimum score of 16.5 sec. minimum score, long jump men have a maximum score of 560 cm and a minimum score of 500 cm. Women have a maximum score of 440 cm and a minimum score of 320 cm, grenade throw men (700 gr) have a maximum score of 45 m and a minimum score of 34 m. Women (500 gr) have a maximum score of 22 m and a minimum score of 18 m, pull-up men have a maximum score of 14 points and a minimum score of 12 points. Women's pull-up on the low bar has a maximum score of 26 points and a minimum score of 15 points. During the study of all the analyzed working training programs, the hours and methods for teaching sports techniques were given in different ways. For example, in teaching the technique of short-distance running, the sequence of techniques for performing the start, start acceleration, distance running and finish exercises was taught in different forms. Of course, the technique of starting and running in short-distance running is a decisive factor in realizing the speed-power potential of a sprinter. The result will depend on how rationally, economically and effectively an athlete can use muscle strength when gaining speed from the start and his energy reserves at a distance. To achieve such a result, a well-developed methodology is needed [2].

CONCLUSION & RECOMMENDATIONS

In conclusion, in the development of women's sports, in preparing female athletes who can compete, coaches and teachers should apply modern educational technologies to the training process and organize classes using well-developed



methodologies. Having studied foreign experience, it is advisable to increase the number of gyms specially built for our women and staffed by female coaches in each neighborhood in order to develop women's sports, form their physical culture and improve their physical fitness. Because, given the nature of the sports sector, it is advisable to continuously organize training 3 times a week. Today, most higher education institutions actively communicate with the public through their websites, social media pages, and other digital platforms, promoting their image. From the perspective of the need to promote sports in this way, it also plays a supporting role in helping our sisters and brothers who are sitting at home to regularly engage in sports. According to world experience, in the USA and European countries, universities have actively promoted their brand image and strengthened communication with students through platforms such as Facebook, Instagram, Twitter, while in Asian countries (China, South Korea, Japan, etc.), digital marketing technologies are helping higher education institutions occupy leading positions in the global education market.

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