

REPUBLIC OF UZBEKISTAN
MINISTRY OF HIGHER EDUCATION, SCIENCE AND INNOVATIONS
CHIRCHIK STATE PEDAGOGICAL UNIVERSITY



THEORY AND METHODOLOGY OF PHYSICAL CULTURE I
SYLLABUS

(Form of education: full-time 1st stage)

Areas of knowledge:

100 000 – Education

Fields of study:

110000 – Education

Fields of study:

60111200 – Physical culture

Chirchik - 2024.



SCIENCE SYLLABUS

Academic year:	2024/2025			
Subject Name:	Theory and methodology of physical culture I			
Science Type:	Compulsory			
Science code:	JMN/M11210			
Year:	3			
Form of education:	Daytime			
Type of education	Undergraduate			
Form of classes and hours allocated to the semester:	Total	1st semester	2nd semester	
	300	180	120	
	54	30	24	
	32	20	12	
	—	—	—	
	64	40	24	
	150	90	60	
Credit amount:	10	6	4	
Form of assessment:	Intermediate control	written/test		
	Final control	written/test		
Department responsible for science:	"Theory of physical culture"			

Information about the science teacher

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Reviewers:	U.R. Radiapov Head of the Physical Culture and Sports Department of the Nizami Tashkent state pedagogical university, professor, Achilov T.S. Dean of the faculty "Physical culture", associate professor of Chirchik state pedagogical university.

Purpose of Science (PS)	
PS1	The purpose of the science is to provide future personnel with detailed and in-depth professional knowledge on the theory and methodology of physical culture, to use pedagogical technologies to acquire professional knowledge, skills and qualifications in physical culture that will be of professional and practical importance in future work activities.
Basic knowledge necessary for mastering science	
1.	History of physical culture
2.	Theory of physical culture
Educational results (ER)	
In terms of knowledge:	
ER 1	Historical characteristics of physical education, the reasons for the emergence and development of physical education; the formation of the physical culture system as a certain social organization
ER 2	The essence of the physical education of the ancient world peoples; To analyze theoretical information about physical education and sports in the ancient eastern countries; To analyze theoretical data about the organization of the Olympic Games in ancient times;
ER 3	The development of physical culture and sports in the Republic of Uzbekistan; to analyze theoretical information about the participation of Uzbekistan's athletes in the Asian, world and Olympic Games; The content and essence of theoretical information about the formation of detailed and in-depth professional knowledge of the theory and methodology of physical culture to future personnel;
ER 4	To determine and assess whether they have theoretical information about the methods of research carried out on the theory of physical education; To understand the Law of the Republic of Uzbekistan "On Physical Education and Sports" and its articles and their content; To have theoretical information about the nature of physical education in the development of society and socio-economic production processes; They should know the role and importance of physical education tools;
In terms of skills:	
ER 5	The purpose and tasks of the science of physical culture theory and methodology; General description of the development of the system of physical culture in the Republic of Uzbekistan; The importance of the documents adopted by the government of the

ER 6	Republic of Uzbekistan on physical culture and sports; To have a competitive general professional training in the appropriate direction of the bachelor's degree; functions and forms of physical culture in society; physical exercises; healing forces and hygienic factors of nature; physical education methods used in physical education classes; stages of teaching actions; tasks of physical education classes; physical education in preschool educational organizations; physical education in secondary schools; physical training lessons in professional education;	
ER 7	Pedagogical control in physical education classes: pedagogical analysis, chronometry, pulsometry method; description of physical education activities conducted outside the classroom; determination of physical fitness of students through special tests "Atpomish" and "Barchinoy".	
ER 8	Cultivating the ability to be strong; to train the ability to be quick; education of agility; education of flexibility; foster resilience; didactic principles of physical training; he should know about the laws of organization of movement skills.	
The content of the science		
Form of classes: Lecture (L)		Hour
1st semester		
L1	The purpose, tasks and characteristics of the science of history of physical culture.	2
L2	Physical education of the peoples of the ancient world and the ancient Olympic Games.	2
L3	Physical training in foreign countries in the Middle Ages.	2
L4	The teachings of the great humanists.	2
L5	Physical education in foreign countries in the new and newest times	2
L6	Military and physical training of the people's troops.	2
L7	Physical education during the time of our ancient ancestors.	2
L8	The development of the international sports movement and the establishment of the International Olympic Committee.	2
L9	Establishment of the National Olympic Committee.	2
L10	Participation of Uzbek athletes in the Asian, World and Olympic Games.	2
L11	Development of physical culture and sports in the Republic of Uzbekistan.	2
L12	Purpose and tasks of physical education and sports management.	2
L13	The purpose, tasks and relationship of physical culture organization in self-management organizations with other disciplines.	2

L14	The social importance of physical education and sports in the period of independence of the Republic of Uzbekistan.	2
L15	National Olympic Committee of the Republic of Uzbekistan.	2
Total		30
2nd semester		
L1	Introduction to the theory and methodology of physical culture.	2
L2	Purpose and tasks of the theory and methodology of physical culture.	2
L3	The role of the theory and methodology of physical culture as a scientific and educational subject.	2
L4	Methods of research on the theory of physical education.	2
L5	General description of the development of the physical culture system in the Republic of Uzbekistan.	2
L6	The importance of the documents adopted by the government of the Republic of Uzbekistan on physical culture and sports.	2
L7	Functions and forms of physical culture in society.	2
L8	The essence of physical education in the processes of social and economic production and development of society.	2
L9	Physical exercises.	2
L10	Healing forces of nature and hygienic factors.	2
L11	The general principles of physical training.	2
L12	Special principles of physical education.	2
Total		24
Form of training: Practical (P)		
1st semester		
P1	The purpose, tasks and characteristics of the science of history of physical culture.	2
P2	Physical education of the peoples of the ancient world and the ancient Olympic Games.	2
P3	Physical education in foreign countries and military and physical training of the People's Army in the new and most recent times.	2
P4	The development of the international sports movement and the establishment of the International Olympic Committee.	2
P5	The establishment of the National Olympic Committee and the participation of Uzbek athletes in the Asian, World and Olympic Games.	2
P6	Purpose and tasks of managing physical education and sports.	2
P7	Purpose, tasks and relationship of the science of physical culture organization in self-management organizations with other sciences.	2
P8	The social importance of physical education and sports in the period of independence of the Republic of Uzbekistan.	2
P9	National Olympic Committee of the Republic of Uzbekistan.	2
P10	The essence of physical education in the processes of social and	2

economic production and development of society		20
	Total	
	2nd semester	
P1	The purpose and tasks of the science of physical culture theory and methodology.	2
P2	The role of the theory and methodology of physical culture as a scientific and educational subject.	2
P3	The importance of the documents adopted by the government of the Republic of Uzbekistan on physical culture and sports.	2
P4	Means of physical education.	2
P5	Didactic principles of physical education.	2
P6	Methods of physical education used in physical education training.	2
	Total	12
Form of training: Seminar (S)		
	1st semester	
S1	The purpose, tasks and characteristics of the science of history of physical culture.	2
S2	Physical education of the peoples of the ancient world.	2
S3	Ancient Olympic Games.	2
S4	Physical education in ancient Greece during the time of Homer.	2
S5	Physical education in foreign countries in the Middle Ages.	2
S6	The teaching of great humanists.	2
S7	Physical education in foreign countries in the new and newest times	2
S8	Military and physical training of the people's troops.	2
S9	Physical education during the time of our ancient ancestors.	2
S10	Development of international sports movement	2
S11	Formation of the International Olympic Committee.	2
S12	Establishment of the National Olympic Committee.	2
S13	Participation of Uzbek athletes in Asian and world games.	2
S14	Participation of Uzbek athletes in the Olympic Games.	2
S15	Development of physical culture and sports in the Republic of Uzbekistan	2
S16	Purpose and tasks of physical education and sports management.	2
S17	The purpose, tasks and relationship of physical culture organization in self-management organizations with other disciplines.	2
S18	The social importance of physical education and sports in the period of independence of the Republic of Uzbekistan.	2
S19	The essence of physical education in the processes of social development and socio-economic production.	2
S20	National Olympic Committee of the Republic of Uzbekistan.	2
	Total	40

2nd semester		
S1	Introduction to the theory and methodology of physical culture.	2
S2	Purpose and tasks of the theory and methodology of physical culture.	2
S3	The role of the theory and methodology of physical culture as a scientific and educational subject.	2
S4	Methods of research on the theory of physical education.	2
S5	General description of the development of the physical culture system in the Republic of Uzbekistan.	2
S6	The importance of the documents adopted by the government of the Republic of Uzbekistan on physical culture and sports.	2
S7	Functions and forms of physical culture in society.	2
S8	The essence of physical education in the processes of social development and socio-economic production.	2
S9	Physical exercises.	2
S10	Healing forces of nature and hygienic factors.	2
S11	The general principles of physical training.	2
S12	Special principles of physical education.	2
	Total	24
Self-study (SS)		
	1st semester	
SS1	A general understanding of the history of physical culture.	4
SS 2	The purpose, tasks and characteristics of the science of history of physical culture.	4
SS 3	Concepts, purpose and tasks of physical culture.	4
SS 4	Physical education of the peoples of the ancient world.	4
SS 5	Physical education in ancient Greece during the time of Homer.	4
SS 6	Gladiator school in ancient Rome.	2
SS 7	Physical education in ancient Russia.	2
SS 8	Ancient Olympic Games.	2
SS 9	Physical education in foreign countries in the Middle Ages.	4
SS 10	The teaching of great humanists.	2
SS 11	Physical education in foreign countries in the new and newest times.	4
SS 12	Military and physical training of the people's troops.	4
SS 13	Development of international sports movement.	2
SS 14	Establishment of the International Olympic Committee.	4
SS 15	Establishment of the National Olympic Committee.	4
SS 16	Participation of Uzbek athletes in the Asian, World and Olympic Games.	4
SS 17	Development of physical culture and sports in the Republic of Uzbekistan.	4
SS 18	Purpose and tasks of the science of physical education and sports management.	4

SS 19	The purpose and tasks of the science of organization of physical culture in self-management organizations.	4
SS 20	Relationship of the science of organization of physical culture in self-management organizations with other sciences.	4
SS 21	Teaching the management of physical education and sports in foreign countries.	4
SS 22	The social importance of physical education and sports in the Republic of Uzbekistan during the period of independence.	4
SS 23	National Olympic Committee of the Republic of Uzbekistan.	4
SS 24	General description of the development of the physical culture system in the Republic of Uzbekistan.	4
SS 25	The importance of the documents adopted by the government of the Republic of Uzbekistan on physical culture and sports.	4
Total		90
2nd semester		
SS 1	Introduction to the theory and methodology of physical culture.	4
SS 2	The purpose of the science of theory and methodology of physical culture.	2
SS 3	Tasks of the theory and methodology of physical culture.	4
SS 4	The role of the theory and methodology of physical culture as a scientific and educational subject.	4
SS 5	Methods of research on the theory of physical education.	2
SS 6	General description of the development of the physical culture system in the Republic of Uzbekistan.	2
SS 7	The importance of the documents adopted by the government of the Republic of Uzbekistan on physical culture and sports.	2
SS 8	Functions of physical culture in society.	4
SS 9	Forms of physical culture in society.	4
SS 10	The essence of physical education in the processes of social development and socio-economic production.	2
SS 11	Means of physical education are physical exercises.	2
SS 12	Healing forces of nature.	2
SS 13	Hygienic factors as a means of physical education.	2
SS 14	Description of the technique of physical education.	2
SS 15	The main function and forms of physical culture in society.	2
SS 16	Emergence of physical culture system, its composition.	2
SS 17	Basics of the process of teaching movement.	2
SS 18	Basics of the structure of the stages of teaching movements.	2
SS 19	The main direction and nature of the stages of training.	2
SS 20	Laws of organization of movement skills.	2
SS 21	Principles of teaching physical education.	2
SS 22	Methods of teaching physical education.	2
SS 23	Physical education of preschool children.	2
SS 24	Physical education is a compulsory course in secondary schools.	2

SS 25	Innovative and pedagogical activity of a physical education teacher.	2
Total		60

VII. Educational technologies and methods:

Lectures - presentation slides, video lessons, explanatory texts.

Seminars (reasoning, quick questions and answers); work in small groups.

In practical training - they will further enrich their knowledge and skills on the topics of lectures and seminars through practical training. Also, on the basis of textbooks and training manuals, students can strengthen their knowledge, use handouts, see sports fields, make models of them, increase the knowledge of students by printing scientific articles and theses, prepare visual aids on topics, and others are recommended.

It is recommended to carry out the following types of self-study

- study the chapters and subjects of textbooks and manuals;

- mastering the lecture part of handouts;

- work on special literature topics;

- in-depth study of departments and topics of subjects related to the student's educational and research work;

- educational sessions using active and problem-based teaching method;

- distance education.

Methodological instructions for writing an abstract:

Note: He should choose any of the given questions and prepare them in handwritten form. Located on the first page:

- abstract topic;

- author: name, group, name of educational institution (authors are listed in alphabetical order); year.

On the second page, a plan will be drawn up to cover the topic of the work, which will regulate the complete coverage of the topic.

On the last page, the summary, the list of used literature is shown in accordance with the requirements. Internet resources are shown last.

Methodological guidelines for writing a synopsis:

Note: A detailed outline of your answer to the theory question. It is designed to help in continuous explanation of the topic and for the teacher to better understand and control the logic of the answer.

The synopsis should include everything that the student presents to the teacher in writing. They can be sports equipment, sports laws, sports fields, systematic schemes.

Requirements for preparing a presentation.

Note: located on the first slide:

- the name of the presentation;

- author: name, group, name of educational institution (authors are listed in alphabetical order); year.

The second slide shows the content of the work, which is better arranged in the form of a bridge (for the interactivity of the presentation).

On the last slide, the summary, the list of used literature is shown in

accordance with the requirements, Internet resources are shown last.

Preparation of slides

- styles should be consistent with one design style;
- auxiliary data (control buttons) should not dominate the main data (text, image); Cool colors (blue or green) for the background;
- it is recommended to use no more than three colors on one slide: one for the background, one for the titles, one for the text;
- contrasting colors are used for background and text;
- special attention should be paid to the color of bridges (before and after use)
- Animation effects must use computer animation capabilities to present the information on the slide;
- do not abuse various animation effects; animation effects should not distract attention from the informational content of the slide

Providing information:

- short words and sentences should be used for informational content;
- the tense of the verbs must be the same everywhere;
- titles should attract the attention of the audience;
- the most important information should be located in the center of the screen;
- if there is a picture on the slide, the text should be below it.
- fonts for titles at least 24;
- at least 18 for the rest of the information;
- fonts should be easier to read from a distance;
- information separation methods should be used:
- frames, borders, fill different font colors, shadows, arrows drawings, charts, diagrams to illustrate the most important facts.

The amount of information should not fill one slide with too much information: people can remember more than three facts, conclusions, definitions at the same time.

VIII. Requirements for obtaining credits:

Full mastery of theoretical and practical concepts related to science, ability to correctly reflect the results of analysis, independent observation of the studied processes, creativity and tasks and assignments given in writing or orally in current, intermediate control forms execution, passing tests on final control.

IX. Criteria for assessment and control of student knowledge in science

The educational results of students are evaluated in a 100-point rating system. The conversion of points by students according to the educational results is carried out on the basis of the YeCTS (European Credit Transfer System) system.

Ta'lim natijalarini baholash uchun ballar quyidagi tartibda belgilanadi:

- For answering during the mid-term control
- mid-term control score (MTCS);
- Assessment of self-study for completing independent educational tasks (SSS);
- The student's performance of practical,

seminar, training and independent educational tasks, as well as his activity in these trainings, is evaluated by the science teacher.				
When evaluating a student according to the type of midterm control, his grades received during training sessions are taken into account.				
The maximum score of the intermediate control is 5 marks: EMTC = MTCS + SSS		The maximum score of the final control (FCS) is 5 marks.		
A student with $EMTC \geq 3$ grades is allowed to take the final examination.				
Mastery indicator from the module (subject). (MI): EMI= FCS				
The module (subject) is mastered when $\Sigma MI \geq 3$ grades.				
Criteria for evaluating the educational results of students:				
"5"	4,5 – 5	"A"	90 — 100	Excellent
"4"	3,5 – 4,49	"B+"	80 — 89,9	Good
		"B"	70 – 79,9	
"3"	3 – 3,49	"C+"	65 — 69,9	Satisfactory
		"C"	60 — 64,9	
"2"	0 – 2,99	"F"	0 — 59,9	Unsatisfied

Basic and additional educational literature and information sources

The main literature	
1.	Yunusova D.S. "Jismoniy madaniyat nazariyasi va metodikasi" Jismoniy madaniyat tarixi va sportni boshqarish, o'quv qo'llanma 1-qism Toshkent – 2020
2.	Журакул Ешмазаров. "Жисмоний маданият тарихи ва бошқарил" дарслик "Фан ва технология" нашриёти" Тошкент 2008
3.	Abdullayev A. "Jismoniy madaniyat nazariyasi va metodikasi" (1-jild) Darslik. Toshkent/Navro'z nashriyoti, 2017 y.
4.	Махкамджонов К.М. Жисмоний маданият назарияси ва методикаси Тошкент., дарслик "Чўкирсол-молла" 2008 й.
5.	Nurmatov F.A. Jismoniy madaniyat nazariyasi va metodikasi o'quv qo'llanma Toshkent 2022 y.
6.	Абдуллаев А., Хонкешиев Ш. Жисмоний тарбия назарияси ва услубияти. Ўқув қўлланма Тошкент., ЎзДЖТИ, 2005 йил - 300 б.
7.	Махкамджонов К., Туленова Х.Б. Маърифатча таълим муассасалари учун

O'quv-uslubiy boshqarma boshlig'i
Fakultet dekani
Kafedra mudiri
Tuzuvchilar

M.Boltayev
T.S.Achilov
F.A. Nurmatov
D.E.Djurabayeva
J.A.Zulhaydarov

umumiy va kengaytirilgan "Jismoniy tarbiya" dasturi. Ilim-zin Toshkent, 2006 y	Additional literature
1.	2017-2021 yillarda O'zbekiston Respublikasini rivojlantirishning beshta ustuvor yo'nalishi bo'yicha Harakatlar strategiyasi. O'zbekiston Respublikasi Prezidentining 2017 yil 7 fevraldagi RF-4947 sonli Farmoni.
2.	Holldorov T., Tulenova X.B. Jismoniy madaniyat, jismoniy tarbiya, sport, turizm, xalq milliy yig'irlarining nazariy va amaliy asoslari. TDTU bosmaxonasi, 2007 y.
3.	Matveev L.P. Teoriya i metodika fizicheskogo vospitaniya. Uchebnik. Moskva. "Fizkultura i sport" 2005 g.
4.	Xolodov J.K., Kuzeinov B.C. Teoriya i metodika fizicheskogo vospitaniya. Moskva. Akademiya. 2003 g. 480 str.
5.	Abdullayev A. "Jismoniy madaniyat pazardagi va metodikasi" (2-jild) Darslik. Toshkent/Navro'z nashriyoti, 2018 y.
6.	Yonucova Yu.M. Teoriya i metodika fizicheskoy kultury. Uchebnoe posobie Toshkent UzGosIFK 2007 g.
7.	Salomov R.C. Sport mashg'ulotning nazariy asoslari - Toshkent, Uquv kullama UzdJGTI, 2005 yil - 238 b.
8.	Abdumalikov R. Eshlazarov J. Jismoniy madaniyat va sport tarixi. Uquv kullama Toshkent 1993 y.
9.	Botirov X.A. Jismoniy tarbiya va sport tarixi. T. "Uquvchi" 1993 y
Websites	
1.	www.cspi.uz
2.	www.tdpu.uz
3.	www.natlib.uz
4.	http://www.olympic.uz
5.	https://lex.uz
6.	www.zivonet.uz
7.	www.edu.uz

This Syllabus was approved by the minutes of the meeting of the "Physical Culture Theory" department on 1 - 24.08.2024.

This Syllabus is for the year 2024 of the "Physical Culture" faculty
- approved by the minutes of the meeting No. 1 on 26.08.24

This Syllabus is approved by the minutes of the meeting of the Council of Chirchik State Pedagogical University on 1 - 29.08.2024.