

## INCREASING THE INCLUSION OF WOMEN IN THE FIELD OF SPORTS

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<https://doi.org/10.5281/zenodo.10731017>

**Abstract.** *Respecting values, forming ancient traditions, strengthening beliefs, passing on our cultural heritage to the next generation and instilling the essence of national folk games into the minds of young people is an urgent issue today.*

**Keywords:** *preventing various diseases, harmful habits among young people, Training of young athletes at the initial stage of preparatory work.*

The importance of sport in introducing our independent republic to the world is increasing. Today, we are witnessing the fact those national games, wrestling, *ulaq*(kind of a horse races), as well as international sports - tennis, boxing, football, serve to increase the reputation of Uzbeks among the peoples of the world. Respecting values, forming ancient traditions, strengthening beliefs, passing on our cultural heritage to the next generation, and deeply instilling the essence of national folk games into the minds of young people is an urgent issue today. Popularization of physical education and sports is defined as one of the important directions of social policy in our country. It prevents various diseases and harmful habits among young people. Sport plays an important role in the formation of high culture and patriotism. Achievements in this field will make the country known to the world and will give pride to all compatriots. Training of young athletes at the initial stage of preparatory work is considered one of the most important components of the formation of skills, organization of sports training, comprehensive development of the body, strengthening of health, physical abilities. The video selector's lecture on improving the management system in the field, developing mass sports, selecting and training talented athletes, strengthening the field with qualified personnel, and building modern sports facilities is understood as a process aimed at creating a solid functional base for the next stage of improvement and preparation. . Regardless of the purpose and content or direction of a person's sports activity, its ultimate productivity and efficiency of movement, in turn, is based on appropriate physical qualities, movement skills, skills and, of course, on the functional capabilities of the body. Women's body differs from men's by a number of morphological and functional, anatomical and physiological features. Among women, the age of puberty - up to 30 years old, middle age - 30-55 years old, old age - 55-75 years old was considered. Such age-related features are primarily related to the most important biological task - maternal functions. The amount and intensity of daily movement is important for human health, its physical and functional formation. But the volume and intensity of all types of movement, including physical and technical-tactical exercises performed in sports clubs, should match or be higher than the functional capabilities of the participant. It has been proven in the science of biology according to laws, if the partial effect "power" of the daily physical load performed at certain stages of ontogenetic development is always higher than the functional capabilities of the organism, then in this organism (organs,

muscles, vessels, cells, etc.) tissues, heart, lungs, spleen, liver, etc.) Symptoms of stress or rapid fatigue appear. Such negative "traces" disrupt the usual functional activity of a person, especially young girls, lower their mood, disrupt their sleep, ultimately reduce their ability to work and prevent their full recovery. If such loads are chronically repeated in women's activities, it is possible not only to affect the normal growth of the body, but also to cause the occurrence of local or global pathological complications in various functional "objects". If the volume and intensity of daily or gross training loads is lower than the functional capacity, the formation of physical qualities slows down and work capacity does not increase. Therefore, it is necessary to increase the daily or gross loads, including the loads related to physical education classes and training sessions, according to the age, physical and functional capabilities of the participants in a "wave-like" principle. Therefore, in the organization of women's sports training, basing on pedagogical and medical control is an integral part of the process of raising a healthy and mature generation. Therefore, purposeful development and management of the content of physical education and sports activities (physical education classes, training sessions, sports competitions) is the responsibility of every specialist (teacher, trainer, organizer, stylist, guide ) and it is not necessary to prove that it is necessary to impose great responsibility on the leading persons, to master the knowledge of physical culture, physical education, physical development, physical training and sports facilities, and to acquire appropriate professional-pedagogical qualifications and skills. It is important to pay particular attention to the fact that the effective organization of women's sports, the health of participants during long-term sports training, and the development of their sports skills primarily depend on the indicators of physical fitness. Physical training in sports practice is usually divided into two closely related types of general and special physical training. Human health throughout life, mental and physical activity, development of sports skills during many years of sports training are primarily related to the content and level of these two types of training. The main goal of physical education and sports training is to strengthen health and achieve high sports results. Most of the scientists say that regularly organized exercises in a specific sport, which are properly organized in terms of size, intensity and content, have a positive effect on the body. However, it has been observed that trainings that are not based on general physical training and are specialized in a narrow scope have negative consequences. In fact, physical training is considered to be the most important foundation in the training of qualified sportswomen and an incomparable factor in the effective formation of sports skills. In addition, according to the analysis of scientific and methodological literature, any physical training process does not lead to the effective development of physical qualities and may not have a positive effect on the formation of technical and tactical skills. In many cases, it is possible that it will have a negative effect on sports skills. Development of women's sports will lead to the birth of healthy children in the future. After all, the health of our children ensures the prosperity and prosperity of our country.

The inclusion of women in the field of sports has been a long-standing challenge, marked by gender disparities and limited opportunities. However, in recent years, there has been a growing recognition of the importance of gender equality in sports, leading to various initiatives aimed at increasing the inclusion of women. This summary explores key strategies and advancements in promoting gender equality in sports.

#### 1. Breaking Stereotypes and Promoting Female Role Models:

Challenging traditional gender stereotypes is crucial in increasing the inclusion of women in sports. By highlighting successful female athletes as role models, media coverage and public

attention can inspire young girls and women to participate in sports. Additionally, showcasing diverse sporting disciplines and achievements can help dispel the notion that certain sports are exclusively for men.

**2. Equal Opportunities and Investment:**

Providing equal opportunities and resources for women in sports is vital for their inclusion. This includes ensuring equal access to training facilities, coaching, and support networks. Governments, sports organizations, and sponsors play a significant role in investing in women's sports, thereby creating a level playing field for female athletes.

**3. Education and Awareness:**

Educational programs and awareness campaigns are essential in challenging gender biases and encouraging the participation of women in sports. These initiatives can target schools, communities, and sports organizations, emphasizing the benefits of sports for girls and women, such as improved physical and mental well-being, leadership development, and empowerment.

**4. Policy Reforms and Governance:**

Implementing policies and reforms that address gender inequality in sports is crucial. Sports governing bodies can introduce measures such as gender quotas, equal prize money, and anti-discrimination policies to ensure fair treatment and representation of women in sports. Transparent and inclusive governance structures are also essential for addressing gender disparities at all levels of sports administration.

**5. Collaboration and Partnerships:**

Collaboration between various stakeholders is crucial in driving change and increasing the inclusion of women in sports. Governments, sports organizations, athletes, sponsors, and advocacy groups can work together to develop comprehensive strategies, share resources, and support initiatives that promote gender equality in sports.

**Conclusion:** Increasing the inclusion of women in the field of sports requires a multifaceted approach that challenges stereotypes, provides equal opportunities, promotes education and awareness, implements policy reforms, and fosters collaboration. By addressing these areas, societies can create an environment that supports and empowers women in sports, leading to greater gender equality and a more diverse and inclusive sporting landscape.

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