

**DEVELOPMENT OF PHYSICAL TRAINING AND PUBLIC SPORTS  
AMONG STUDENTS IMPROVE SPORTS HEALTH ACTIVITIES**

**Norov Yuldosh Beknazarovich\***

\*Lecturer,

Faculty of Physical Culture,

Department of "Methods of Teaching Sports",

Navoi State Pedagogical Institute,

UZBEKISTAN

Email id: norov@gmail.com

**DOI: 10.5958/2249-7137.2022.00369.X**

---

**ABSTRACT**

*The article describes the application and implementation of technologies for the improvement and further development of mass sports in the sports activities of university students. Physical education classes and sports clubs in higher education institutions are an integral part of the social sciences in preparing students in the spirit of humanity, in accordance with modern requirements in their specialty. Since the independence of Uzbekistan, there have been opportunities to create political, economic, social, ideological and organizational conditions for the formation and development of physical and intellectual resources of young people.*

**KEYWORDS:** *Sports, Development, Application, Results, Physical Fitness, High Qualification, Sports Competitions.*

---

**REFERENCES**

1. Normurodov A. Physical education. Textbook for undergraduate students by the Ministry of Higher and Secondary Education of the Republic of Uzbekistan. Tashkent, 2011.
2. Site News. Available at: <https://lex.uz/en/news>