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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**OPPORTUNITIES CREATED FOR PARA-ATHLETES****Mashkhura Bosimova**

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E-mail: mashxurabosimova@gmail.com**ABOUT ARTICLE**

Key words: competition, parasport, president, decisions, people, physical education, society, disabled people, Olympics, education, national.

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Abstract: This article is that all opportunities are being created for para-athletes. And it's good that they didn't miss this opportunity. In Uzbekistan, the issue of creating the necessary conditions for physically challenged and disabled persons to engage in sports, ensuring their proper participation in international competitions, and state support for this process is constantly under consideration. In Uzbekistan, the protection of the rights, freedom and interests of persons with limited physical abilities and disabilities is defined as the priority direction of the state policy, and today it can be said that a full-fledged legislative framework has been created in this direction.

INTRODUCTION

Is an international sports competition for people with disabilities (except hearing loss). .para - originally derived from the word "paralysis" and referring to the inability to move a certain part of the body due to problems with the spine, but later, due to the expansion of the number of participants in the competition, it was interpreted as a reference to the first part of the word "parallel" It is noted that it means a competition held in parallel with the main Olympic games. ."At the core of the reforms implemented in all areas of our society is the issue of protecting human rights and freedom, ensuring his legal interests because without it, it is impossible to build a developed civil society. Creating the necessary conditions for physically disabled persons in Uzbekistan to practice sports, ensuring their proper participation in international competitions, the same process is carried out by the state

issue of support is under constant consideration. Article 26 of the Universal Declaration of Human Rights. states that "Every person, as a member of society, has the right to social security, the preservation of his dignity, and the free development of his personality through national efforts and international cooperation and in accordance with the structure and resources of each state." have the right to exercise their rights in the economic, social and cultural spheres necessary for Article 27 of the Law of the Republic of Uzbekistan "On the Rights of Persons with Disabilities" pays special attention to the right of such persons to engage in sports, and state agencies and organizations from their sports complexes and facilities it is necessary to ensure its free use. also, in order to ensure the use of recreation facilities by organizations, regardless of the organizational and legal form, the following conditions must be created with the participation of public associations for persons with disabilities and their families:

support participation in cultural, sports and tourist events;

organization of cultural, sports and entertainment in partnership with non-governmental non-profit organizations;

creating necessary conditions and opportunities for playing sports, holding competitions and participating in such events;

supporting non-governmental non-profit organizations whose activities are to ensure that disabled people engage in sports, to involve them in the cultural life of society;

participate in promoting and encouraging participation in sports events at all levels;

to provide free use of sports and recreation and tourist facilities and facilities. by law, the state should educate and train coaches, referees and other specialists in Paralympic sports, state agencies should create conditions for disabled people to engage in physical activity, and non-governmental non-profit organizations should implement programs to attract them to sports among others, it is indicated that persons with disabilities should develop and implement it every year together with public associations.

in addition, Article 31 of the Law "On Physical Education and Sports" states that adaptive sports are aimed at physical rehabilitation and social adaptation of disabled people, other persons with limited physical abilities, and the priority of sports to emphasize, ensure popularization, the need to be based on the principle of openness, rehabilitation and social adaptation using adaptive physical education and sports methods in organizations, including rehabilitation centers, physical education-sports for disabled people clubs. We pay attention to Article 26 of the Universal Declaration of Human Rights: - Everyone has the right to education. Education should be focused on the full development of the human personality, strengthening respect for human rights and fundamental freedoms. education should help

all peoples, racial and religious groups to understand each other, to serve their mutual goodwill and friendship, and to support the activities of the United Nations Organization in the way of maintaining peace.

based on this norm, a number of normative legal documents have been adopted in Uzbekistan guaranteeing the right of persons with limited physical abilities and disabilities to receive education in the field of sports.

inclusive free general secondary school for children (individuals) with intellectual, sensory (sensory) or mental disabilities in state specialized educational institutions, took 16th place overall in the world's largest sports conference it is determined to provide special, professional and extracurricular education. this article also states that state specialized educational institutions should be established for the education and training of the above-mentioned categories of people, as well as children who need long-term treatment, and the students of such institutions should be provided with state support.

In the decision of the head of our state on May 18, 2021 "On additional measures for the development of the Paralympic movement", the officials were informed of the conditions for persons with limited physical abilities and disabilities, the scope of sports expansion step by step organization of sports departments in sports educational institutions, introduction of a continuous single complex system, which selects talented people from among them, directs them to specific sports, prepares and directs them to the group of high sports skills, paralympic sport tasks such as training and retraining of qualified specialists, creating a system of improving their qualifications, and conducting scientific research. it is determined to provide special, professional and extracurricular education. this article also states that state specialized educational institutions should be established for the education and training of the above-mentioned categories of people, as well as children who need long-term treatment, and the students of such institutions should be provided with state support.

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departments based on the recommendation of the National Paralympic Committee an additional quota has been allocated. In order to further improve the system of training for Olympic and Paralympic sports, signed by the head of our state on June 6, 2022, "On measures to organize the activities of state sports and educational institutions based on a completely new system" training centers for Olympic and Paralympic sports are organized on the basis of colleges and the study process

It will be implemented in 2 stages - in the first stage, the Olympic and Paralympic College for 10-11 grades, in the second stage, the Olympic and Paralympic College will operate. On June 6, 2022, it is noted that graduates who have completed the professional education system at this educational institution in the form of a specialized state higher education institution that trains personnel on the basis of a three-year "specialization" program, study for 3 years.

young people who are members of the national team in Olympic and Paralympic sports are admitted to the institute, depending on their results and on the basis of a state grant for selection.

METHODS AND MATERIALS

Based on the above, it can be said that the protection of the rights, freedom and interests of persons with limited physical abilities and disabilities in Uzbekistan has been defined as the priority of the state policy, and today a full-fledged legislative framework has been created in this direction. The President adopted a decision "On measures to organize the activities of the Higher Institute of Sports Skills", and another higher educational institution was established in the field of sports.

The educational process at the institute will start from the 2023/2024 academic year. admission is made on the basis of sports results of graduates of Olympic and Paralympic colleges (as a rule, talented student-athletes with excellent and good grades). Admission of students to the institute is based on transparent and open competition

is being held. graduates are given the specialties of "trainer", "referee", "breeder" and receive a diploma of the state model, which is recognized as a document of higher education in our country. young people who are members of the national team in Olympic and Paralympic sports are admitted to the institute, depending on their results and on the basis of a state grant for selection.

Based on the above, it can be said that the protection of the rights, freedom and interests of persons with limited physical abilities and disabilities in Uzbekistan has been defined as the priority of the state policy, and today a full-fledged legislative framework has been created in this direction. As a result of the wide conditions created, the Paralympic

movement is rapidly developing in our country. By January 1, 2023, groups specialized in paralympic sports were opened in 254 sports schools, 56 schools specialized in sports within the system of the Ministry of Youth Policy and Sports, and 34 more sports schools and 12 specialized sports as of August 1, 2022. Additional para sports groups were organized at the school. Currently, 207 of the existing sports schools and 42 of the specialized sports schools have paralympic teams. As a result, by today, the number of people constantly engaged in Paralympic sports has reached 4,784. 33 percent or 1602 of them are women. In October-December 2022, the "Five Initiatives Paralympics" was held among the youth with disabilities in the neighborhoods. More than 6,000 young people were involved in the first competition, which was organized in two stages - the qualifying stage of the Republic of Karakalpakstan, the regions and the city of Tashkent, and the final stage of the republic.

34,401 young people with disabilities who expressed their desire to participate in this Olympiad were registered. In the final stage of the "Five Initiatives Paralympics" organized in para-athletics, para-table tennis, para-chess and checkers and para-cyber sports, Samarkand won 1st place, Namangan 2nd place, and Namangan 3rd place. The teams of Fergana regions won. Due to the special attention paid to the development of the paralympic movement, the national paralympic team of Uzbekistan took part in the Summer Paralympic Games held in Tokyo in 8 sports and won 8 gold, 5 silver, 6 bronze - a total of 19 medals. About 200 countries are participating. Took 16th place overall at the world's largest sports conference. "At the heart of the reforms implemented in all spheres of our society lies the issue of protecting human rights and freedoms and ensuring their legitimate interests. After all, it is impossible to build a developed civil society without this. Article 22 of the Universal Declaration of Human Rights states that "Every person, as a member of society, has the right to social security, the preservation of his dignity, and the free development of his personality through national efforts and international cooperation and in accordance with the structure and resources of each state." Have the right to exercise their rights in the economic, social and cultural spheres necessary for Article 27 of the Law of the Republic of Uzbekistan "On the Rights of Persons with Disabilities" pays special attention to the right of such persons to engage in sports, and state agencies and organizations from their sports complexes and facilities it is necessary to ensure its free use. Also, in order to ensure the use of recreational facilities by organizations, regardless of their organizational and legal form, the following conditions must be created with the participation of public associations for persons with disabilities and their families. Support participation in cultural, sports and tourist events; organization of cultural, sports and entertainment in partnership with non-governmental non-profit organizations;

Creating necessary conditions and opportunities for playing sports, holding competitions and participating in such events;

Supporting non-governmental non-profit organizations whose activities are to ensure that disabled people engage in sports, to involve them in the cultural life of society. participate in promoting and encouraging participation in sports events at all levels;

To ensure free use of sports and recreation and tourist facilities and facilities.

by law, the state should educate and train coaches, referees and other specialists in Paralympic sports, state agencies should create conditions for disabled people to engage in physical activity, and non-governmental non-profit organizations should implement programs to attract them to sports among others, it is indicated that persons with disabilities, together with public associations, develop and implement it every year. In addition, Article 31 of the Law "On Physical Education and Sports" states that adaptive sports are aimed at physical rehabilitation and social adaptation of disabled people, other persons with limited physical abilities, and the priority of sports to emphasize, ensure popularization, the need to be based on the principle of openness, rehabilitation and social adaptation using adaptive physical education and sports methods in related organizations, including rehabilitation centers, physical education for disabled people it is set to be implemented in educational and sports clubs. - Everyone has the right to education. Education should be focused on the full development of the human personality, strengthening respect for human rights and fundamental freedoms. education should help all peoples, racial and religious groups to understand each other, to serve their mutual goodwill and friendship, and to support the activities of the United Nations Organization in the way of maintaining peace.

based on this norm, a number of regulatory legal documents have been adopted in Uzbekistan guaranteeing the right of persons with limited physical abilities and disabilities to receive education in the field of sports. It is established that children (individuals) with intellectual or mental disabilities receive free general secondary, secondary special, professional and extracurricular education in state specialized educational institutions.

RESULTS AND DISCUSSIONS

In this article, it is expressed that state specialized educational institutions should be established for the education and upbringing of people of the above-mentioned categories, as well as children who need long-term treatment, and the students of such institutions should be provided with state support. In the decision of the head of our state on May 18, 2021 "On additional measures for the development of the Paralympic movement", the officials were informed of the conditions for persons with limited physical abilities and disabilities, the scope of sports expansion step by step organization of sports departments

in sports educational institutions, introduction of a continuous single complex system, which selects talented people from among them, directs them to specific sports, prepares and directs them to the group of high sports skills, paralympic sportstasks such as training and retraining of qualified specialists, creating a system of improving their qualifications, and conducting scientific research.

Based on this decision, on October 14, 2022, the Cabinet of Ministers adopted a decision "On measures to organize the activities of the Institute for the Training of Specialists in Paralympic Sports under the National Paralympic Committee of Uzbekistan." The activities of this institute include leading personnel in Paralympic sports, schools of higher sports skills, training centers for Olympic and Paralympic sports, specialized sports schools, guides-stylists of sports schools in Paralympic sports and aimed at retraining and improving the qualifications of trainers and other specialists in this field.

The President of the Republic of Uzbekistan of November 5, 2021 "Olympic and Paralympic sports athletes through radical improvement of the sports education system" expressing the right of persons with limited physical abilities and disabilities to receive education in the field of sports According to the decision "On measures to further increase the quality of formation of reserves", Olympic and Paralympic reserves colleges were established on the basis of Olympic reserve colleges in the form of an educational institution corresponding to level 5 of the international standard classification of education.

The formation of students of such colleges only in Olympic and Paralympic sports, up to 10% for athletes with physical disabilities or disabilities who are sent to the relevant Paralympic sports departments based on the recommendation of the National Paralympic Committee an additional quota has been allocated. In order to further improve the system of training for Olympic and Paralympic sports, signed by the head of our state on June 6, 2022, "On measures to organize the activities of state sports and educational institutions based on a completely new system" training centers for Olympic and Paralympic sports are organized on the basis of colleges and the study process. It will be implemented in 2 stages - in the first stage, the Olympic and Paralympic College for the 5-11th grade, the Paralympic-grade school for the 10th-11th grade, and the Olympic and Paralympic College for the 1st-2nd grade will be established.

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Is being held. "trainer", "referee", "breeder" to graduates. " Specialties are awarded, a diploma of the state model recognized as a document of higher education in our country is awarded.

It is noted that graduates who have completed the professional education system at this educational institution in the form of a specialized state higher education institution that trains personnel on the basis of a three-year "specialization" program, study for 3 years.

Young people who are members of the national team in Olympic and Paralympic sports are admitted to the institute, depending on their results and on the basis of a state grant for selection. based on the above, it can be said that the protection of the rights, freedom and interests of persons with limited physical abilities and disabilities in Uzbekistan has been defined as the priority of the state policy, and today a full legislative framework has been created in this direction.

As a result of the wide conditions created, the Paralympic movement is rapidly developing in our country. By January 1, 2023, groups specialized in paralympic sports were opened in 254 sports schools, 56 schools specialized in sports within the system of the Ministry of Youth Policy and Sports, and 34 more sports schools and 12 specialized sports as of August 1, 2022 additional para sports groups were organized at the school. Currently, 207 of the existing sports schools and 42 of the specialized sports schools have paralympic teams. As a result, by today, the number of people constantly engaged in Paralympic sports has reached 4,784. 33 percent or 1602 of them are women.

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due to the special attention paid to the development of the paralympic movement, the national paralympic team of Uzbekistan took part in the Summer Paralympic Games held in Tokyo in 8 sports and won 8 gold, 5 silver, 6 bronze - a total of 19 medals. About 200 countries are participating. took 16th place overall at the world's largest sports conference. our

representatives took the fourth place among Asian countries after leading countries such as China, Japan and Iran, after Russia, Ukraine and Azerbaijan in the CIS, second after Azerbaijan among Turkish countries and first in Central Asia.

At the same time, it is necessary to pay attention to some problems that are waiting to be solved, along with the achievements that are being achieved. For example, it is necessary to create full conditions for needy persons to practice sports even in remote areas far from regional and district centers. In such areas, it is still important to establish regular public transport services to educational institutions and sports facilities, to create a convenient opportunity for them to use existing public transport in the capital, regional and district centers and cities. In conclusion, it should be said that the development of the paralympic movement in the course of the huge reforms and renewals taking place in our country is a clear manifestation of the provision of the right to physical education and sports for disabled persons. International Paralympic Committee (IPC) Board of Directors, after a comprehensive analysis process based on the applications of sports federations, 22 sports will be included in the program of the Summer Paralympic Games in Los Angeles in 2028. confirmed the list. according to approved sports, para-badminton, boccia, goalball, blind football, para-judo, para-canoe, para-equestrian, para-table tennis, wheelchair tennis, wheelchair fencing, wheelchair basketball, para-archery, para-athletics, para powerlifting, para volleyball, paraswimming, para-academic rowing, para-shooting, para-taekwondo, para-triathlon, wheelchair rugby, and para-cycling were included in the "Los Angeles-2028" games. Also, the IPC Governing Council and the Organizing Committee of the Los Angeles 2028 Summer Paralympic Games are studying the inclusion of rock climbing and surfing in the competition program. the final decision on these sports will be announced at the end of 2023, the IPC said. The Institute of Physical Education and Sports Scientific Research of the Ministry of Youth Policy and Sports held a national scientific-practical conference on the topic "Problems, solutions and prospects in the field of physical education and sports".

responsible employees of the Ministry of Youth Policy and Sports of the Republic of Uzbekistan, the Scientific Research Institute of Physical Education and Sports, the State University of Physical Education and Sports of Uzbekistan and the Chirchik Olympic and Paralympic Sports Training Center at the event professors and teachers, independent researchers, doctoral students and masters participated. at the event, further development of physical education and sports in our country, turning them into a mass movement, identifying and encouraging physical abilities of the population, prevention of harmful habits and various diseases, and formation of healthy lifestyle skills, as well as Presentations were made on the topics of fundamental improvement of the quality of scientific and research

work in the field of physical education and sports, transfer of advanced foreign sports and education technologies.

special certificates of the Institute of Physical Education and Sports Scientific Research were presented to the participants of the conference, who participated in the presentations focused on current issues in the field.

The regulation on the procedure for appointing and paying the scholarship of the Ministry of Youth Policy and Sports has been state registered.

The procedure for appointing and paying the scholarship of the Ministry of Youth Policy and Sports of the Republic of Uzbekistan was determined by the regulation. The scholarship is awarded in the form of a monthly payment to athletes who are included in the main or reserve team of the sports national teams of the Republic of Uzbekistan and who meet the specified criteria in sports included in the program of the Olympic and Paralympic, Asian and Para-Asian Games.

The scholarship is appointed by the Scholarship Commission established in the Ministry of Youth Policy and Sports of the Republic of Uzbekistan.

The republican centers for the development of sports and the National Paralympic Committee of Uzbekistan prepare a list of candidates for scholarships from athletes in national sports teams based on the established criteria by the 5th day of the first month of each quarter and submit it to the Scholarship Commission. The scholarship committee will review the list of athletes and the documents confirming their results in competitions submitted by the responsible executives within 15 days.

At the meeting of the scholarship commission, a decision is made to award and pay a scholarship or to reject the award of a scholarship by a general vote.

The stipend is paid monthly in the amount of 3 times the minimum wage for one year.

The scholarship is also awarded to the winners of the world championships among the military and students, the Ministry of Youth Policy and Sports said.

"Sports included in the program of the 2028 Paralympic Games have been approved

The Governing Council of the International Paralympic Committee (IPC) has approved the list of 22 sports that will be included in the program of the Summer Paralympics in Los Angeles.

The Governing Council of the International Paralympic Committee (IPC) has approved the list of 22 sports to be included in the program of the 2028 Summer Paralympic Games in Los Angeles, following an extensive review process based on applications from sports federations.

"According to the approved sports, para-badminton, bocce, goalball, blind football, para-judo, para-canoe, para-equestrian, para-table tennis, wheelchair tennis, wheelchair fencing, wheelchair basketball, para-archery, para-athletics, para-powerlifting, para-volleyball, para-swimming, para-academic rowing, para-shooting, para-taekwondo, para-triathlon, wheelchair rugby, para-cycling were included in the Los Angeles-2028 games.

It was reported that the IPC Governing Council and the Organizing Committee of the Los Angeles 2028 Summer Paralympic Games are studying the inclusion of rock climbing and surfing sports in the program of the competition. A final decision on these sports will be announced at the end of 2023."

Procedure for retraining and advanced training of specialists in paralympic sports

The procedure for retraining and advanced training of paralympic sports specialists was determined by the regulation.

Specialists in paralympic sports are required to upgrade their qualifications at least once every 4 years to increase the professional knowledge, skills and abilities of specialists, to develop their professional training at the level necessary to ensure the quality of education in accordance with the requirements of the times, scientific-methodical provision, retraining and qualification of specialists in paralympic sports is one of the main tasks of development. retraining of specialists is carried out in the following forms:

- pedagogical retraining;
- professional retraining;
- teaching in special educational courses.

Training of specialists is carried out in the following forms:

after mastering the educational programs of retraining and special training courses, students are certified by the Institute.

"In 1948, Ludwig Guttman, a doctor at Stoke-Mandeville Rehabilitation Hospital in England, gathered British soldiers who had returned from spinal cord injuries in the Second World War to participate in sports competitions. She was an advocate of using sports to improve the lives of people with disabilities. That's why Guttman is also called "the father of disabled athletes".

"The first competition, which became the prototype of the modern Paralympic Games, was called the "Stoke Mandeville Wheelchair Games" in 1948, and it coincided with the XIV Summer Olympic Games held in London.

After that, Guttman set himself the main goal of organizing the Olympic Games for athletes with disabilities. It should be noted that the Stoke Mandeville Wheelchair Games have been held annually since 1948. By 1952, athletes from the Netherlands also took part

in this competition, and after that it received the name of an international competition. 130 athletes participated in the tournament this year.

Starting from the IX "Stoke Mandeville Wheelchair Games" held in Rome in 1960, in addition to war veterans, other disabled athletes began to participate. Therefore, the competition in the capital of Italy was recorded as the first Paralympic Games in history.

400 athletes from 23 countries took part in the Summer Paralympic Games in Rome. Since then, the Paralympic movement began to develop in the world. The Paralympic delegation of Uzbekistan won 2 more gold medals during the Tokyo 2020 Games, the National Paralympic Committee reports.

In women's para-track and field javelin throw in the F13 class, Nozimakhon Kayumova became the champion with a result of 42.59 meters.

for information, Nozimakhon Kayumova won the gold medal for the team at the Rio Paralympics.

In addition, another gold medal was won by Mohigul Hamdamova. Hamdamova, who took part in the f57 discus throw competition, recorded a result of 31.46 meters and raised the flag of Uzbekistan high.

The National Paralympic Committee added that none of the other athletes participating in the program could come close to this figure.

On this day, Elbek Sultanov also competed in the shot put in the F12 category of para-athletics. He won the bronze medal with a result of 15.94 meters.

our representatives took the fourth place among Asian countries after leading countries such as China, Japan and Iran, after Russia, Ukraine and Azerbaijan in the CIS, second after Azerbaijan among Turkish countries and first in Central Asia.

At the same time, it is necessary to pay attention to some problems that are waiting to be solved, along with the achievements that are being achieved. For example, it is necessary to create full conditions for needy persons to practice sports even in remote areas far from regional and district centers. in such areas, it is still important to establish regular public transport services to educational institutions and sports facilities, to create a convenient opportunity for them to use existing public transport in the capital, regional and district centers and cities.

CONCLUSION

In conclusion, it should be said that the possibility of development of the paralympic movement in the course of the huge reforms and renewals taking place in our country is a clear expression of the provision of the right to physical education and sports of disabled persons.

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