

Further Improvement Of Physical Training And Sports Management

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Abstract: This article is highlighted about some of the problems, mistakes and shortcomings in managing the sport and sports industry today. In order to achieve good results in sports, management must be scientifically organized. In doing so, the application of theoretical knowledge and practical work, as well as the most advanced and science-based work outcomes in sports activities, will have great effect. This is an example of the Uzbek boxers' historical victories at the 2016 Olympic Games in Rio de Janeiro, Brazil. In order to eliminate the mistakes and shortcomings in the field of physical culture and sports, the author emphasized the need to focus on several aspects.

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Introduction:

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Analysis and discussions

The continuation of social, economic, political and spiritual reforms over the past few years in Uzbekistan has led to the introduction of new methods of governance and organization of all activities. The form, content and main objectives of these methods are reflected in the laws, decisions, speeches and statements of the President of Uzbekistan. These processes also apply to the physical education and sports activities. Nowadays, it is necessary to abandon the previous administrative-management approach or to use them according to the new terms and conditions. Instead of some of the methods mentioned above, new methods such as initiative, creativity, and sacrifice are being compiled. They are widely used in the mass sports events, the organization of national

games, the creation of sports teams, raising their sports skills, involving children and women in sports, financial and financial support for their sport and have given its positive results. In the Olympic and Asian Games, world and continental championships and other prestigious sports competitions, athletes from Uzbekistan need to rely on international standards and expertise in organizing sports organizations and national teams to win prize-winning places. This, in turn, requires new approaches to business management, access to the necessary material and technical resources, and self-financing, as well as better and more scientific research.

In this article, we want to highlight some of the problems, mistakes and shortcomings in managing the sport and sports industry today.

In the process of transition to free market relations, the main task of economic management is to create new forms of economic mechanisms, as well as to create a favorable environment and to use them efficiently, to reduce the costs of unit production (service) units.

This method ensures their effective work by revealing the individual and group interests of people. For this purpose, paying additional wages, giving rewards, and rewarding with a large sum of money are important.

Economic methods are leading among all methods of managing. Any level leader should know the content of the method well and apply them correctly.

In the early years of independence, as the result of the mistakes made in this way sportsmen and trainers who occupy a high place in several world rating left for various countries (Russia, Kazakhstan, China, India, Malaysia, Indonesia, Singapore, Thailand, Arabic and other countries) to improve their financial needs.

This is still happening today. On the one hand, it is possible to understand them, because the material supply is necessary for everyone, but where is the feeling of honest work and pride for the Homeland, patriotism, national pride and honor? Nowadays, the competition between the nations is one of the top priorities in the field of sports and intelligence, intellectual activity. From the scientific point of view, the realization of the physical and intellectual potential of the people and the formation of appropriate reserves in this direction are becoming a guarantee of progress and development in the twenty-first century. The role of the scientific approach in managing the physical culture and sport and achieving high sport results is significant. Today, in the world sport, there is a steady increase in the results, renewal of records, changes in competition rules, improvement of sports medicine (medical equipment, diagnostics, pharmacology, treatment modalities, etc.), modern sports equipment, planning and organization of sports training and it requires a scientific approach. In some developed countries, there are scientific sports laboratories, equipped with modern equipment. In the training system of highly qualified athletes a group of researchers, sports psychologists, medical personnel, managers and others participate. Errors and omissions in this direction have a negative impact on the sport's high performance.

For example, during 1995-2004, Uzbek boxers won 10 medals in the world rating, winning the title of Asian and World Championships and Olympic Games. At that time the whole world recognized the "Uzbek Boxing School". But our opponents neither were idle. A number of international scientific groups developed methods (scientifically-based) against the methods of our boxers. Therefore, the record high performance by our boxers in the prestigious competitions until 2013 was reduced. Every educated person, especially the managers should be aware of the necessary knowledge on the basis of the scientific organization of work, the development of these goals and personal guidance. Scientific organization of the management should be primarily based on theoretical knowledge and practical experience, as well as applying the most advanced and science-based results of work, their implementation, and achieving appropriate results. It is often manifested in the management of large teams of sports, leading them to achievements, achieving high results.

Taking into consideration the previous facts at the initiative of the National Olympic Committee of Uzbekistan in 2013-2016 the national team of boxing was trained by experienced staff and the trainings were organized on the basis of scientifically-based plans. Thanks to its four-year-long productive work, the Uzbek boxing school has not only restored its position, but also occupied prominent positions at the Asian and world championships, and won seven medals at the 31st Summer Olympics in 2016 in Rio de Janeiro, Brazil (3 of them are gold) and took 1st place in the team event.

Of course, taking into consideration the role and responsibility of followings in development of the younger generation healthy, mentally and physically developed the managers and staff responsible for the development of the physical culture and sports should focus on:

- Bringing the knowledge of graduates of Master's degrees in higher education institutions to world standards;
- Creating opportunities and promoting potential academic staff;
- Increasing the practical significance of the research work being carried out;
- Introduction of scientific innovations in practice;
- To increase the responsibility of senior trainers or responsible managers for research;
- Equipping sports-research laboratories according to modern requirements;
- Formation of physical education and sports public associations and expansion of sports types;
- Provision of sports facilities with qualified trainers and modern sports equipment;
- Control over the organization of sports and recreational activities at the school and outside of the school, in conjunction with a three-tiered system of continuous sports competitions;
- Development of sports according to children living in villages, remote villages, mountain or desert areas and involving them in sports competitions;
- A special approach to the work on the reconstruction and development of children's playgrounds and raising the responsibility of competent authorities in this area and etc.

Also, it is necessary to organize city and regional championship competitions in regions to improve sports results and organize them at a high level and (especially Olympic sports) identify the winners regularly. In forming national teams, stronger athletes and coaches, funds and local authorities need to be mobilized.

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