

# **TRAINING OF PERSONNEL IN PHYSICAL EDUCATION AND SPORTS AND DEVELOPMENT OF SPORTS IN THE HIGHER EDUCATION SYSTEM**

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## **Abstract:**

This article examines the development of physical education and sports within the higher education system, with particular emphasis on the training of qualified personnel. It analyzes the role of higher education institutions in promoting sports, preparing professional coaches, and organizing student participation in various sports activities and competitions. The study highlights historical and contemporary reforms aimed at improving the quality of sports education, including the expansion of programs for women's sports and the enhancement of institutional capacities. Special attention is given to the challenges related to the shortage of highly qualified specialists and the need for systematic approaches to personnel training. The findings suggest that strengthening the integration between education and sports development contributes significantly to improving public health, increasing youth engagement in sports, and enhancing the overall effectiveness of the national sports system.

**Keywords:** Physical education, sports development, higher education, personnel training, coaching, sports policy, student sports, women's sports, sports education, Uzbekistan.

## **Introduction**

Higher education institutions are considered one of the key links in promoting and developing physical education and sports among the population in Uzbekistan. In particular, systematic measures have been implemented in higher education institutions to train coaches in the field of sports, organize various sports clubs for students, and prepare them for competitions.

The process of training personnel in the field of sports in Uzbekistan dates back to the 1930s, when a certain level of attention was paid to this issue during the Soviet period. During this time, a children's sports school was established under the Tashkent City Department of Public Education, where a gymnastics section was organized. In addition, in 1935, a technical school of physical culture was opened [1].

At present, in the context of the rapid development of sports in Uzbekistan, the shortage of highly qualified coaches has become one of the main problems. In response to modern demands, reforms have been implemented to strengthen the training of qualified personnel in sports. In order to improve the preparation of highly qualified and competitive specialists, from the 2006–2007 academic year, the admission quotas for the development of women's sports

were increased at the Uzbek State Institute of Physical Culture. A total of 221 targeted quota places were allocated, and a preferential admission system was introduced [2].

The Uzbek State University of Physical Culture and Sports has played a significant role in the development of women's sports in the country. Since 2013, specialized directions for the development of women's sports have been introduced within the faculties of physical education and sports in pedagogical higher education institutions across the regions. Female students were admitted to these programs on a competitive basis. According to the Presidential decree of June 4, 2011, admission quotas for higher education institutions were approved, under which 260 female students were selected for the "Development of Women's Sports" program at the Uzbek State Institute of Physical Culture [3].

In accordance with the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated April 1, 2010, aimed at encouraging the work of coaches in rural children's sports sections, a 15% salary bonus was introduced for female physical education teachers and coaches working in rural areas. Such measures played an important role in attracting rural girls to sports activities, creating favorable conditions for them, training professional female coaching staff, and providing material incentives for their work [4]. As a result, the number of female coaches increased by 1.6 times over the period.

During the 2012–2013 admission campaign, 1,512 applications were submitted for 260 places in the "Development of Women's Sports" program at the Uzbek State Institute of Physical Culture, meaning that there were approximately 5–6 applicants per place. In particular, competition was highest in Surkhandarya region (10 applicants per place), followed by Andijan (9.7) and Fergana (7.5). Notably, the interest of girls from the capital in sports was relatively lower, with only 2.5 applicants per place [5].

In the 2013–2014 academic year, training at Andijan State University's Faculty of Physical Culture was conducted in the following programs: "5141900 – Physical Education and Physical Culture," "5112000 – Physical Culture," and "5112001 – Women's Sports." The total number of students was 610, of which only 76 were female. In 2013, Bukhara State University established a "Women's Sports" program, admitting 55–60 female students annually through a competitive selection process from different regions [6].

In the 2014–2015 academic year, a total of 25,169 physical education teachers were working in general education schools. Of these, 6,763 were women. In children's and youth sports schools, there were 9,983 coaches in total, including 2,536 female coaches. In 2015, the number of coach-teachers at children's sports facilities reached 10,612, of which 2,809 (26.5%) were women.

Between 2006 and 2017, nearly 3,000 female students were admitted to the "Development of Women's Sports" program at the Uzbek State Institute of Physical Culture. Among them, 1,687 received bachelor's degrees. This indicates that the number of female coaches increased steadily over the years. While in 1999 the number of female coaches was 2,845, by the 2016–2017 academic year this figure had risen to 17,435 [7].

Thus, the steady increase in the number of coaches in educational institutions contributed significantly to the popularization of sports among the population. For example, during this

period, more than 10 individuals at Karshi State University were awarded the title of “Master of Sports.” A student of the Faculty of Physical Education and Sports, Sofiya Kaspulatova, became the Asian champion in karate-do (martial arts) in 1999 and a silver medalist at the World Championship in 2003 [8].

World champions in karate such as Noil Kaspulatov, Sofiya Kaspulatova, and Lutsiya Baybulatova, as well as Asian champion in national wrestling Mohira Nuraliyeva, and participants of world championships including Dilfuza Abdurakhmonova, Dinara Abdurakhmonova, Dinara Donayeva, and Sohiba Eshtemirova, also studied at Karshi State University.

The teachers of the Department of Physical Education at the university regularly conducted training sessions in sports included in the Universiade program, such as volleyball (boys and girls), football, chess and checkers (boys and girls), table tennis (boys and girls), as well as judo and national wrestling. Students involved in these sports clubs represented the university at city, regional, and national levels [9].

From January 10 to 22, 2008, sports competitions in basketball, chess, and table tennis were held under the slogan “Sport as a Source of Healthy Living in Women’s Lives.” In 2014, within the framework of the State Program “Year of the Healthy Child,” a number of interfaculty sports competitions were organized, and winners and prize-winners were determined by chief referees.

In May 2015, at the Republican championship in belt wrestling, Dilnoza Rakhmonova, a first-year student of Termiz State University’s Faculty of Physical Culture, won first place and qualified for the World Championship in Poland. In the 66 kg weight category, Maftuna Haydarova, a first-year student of the Faculty of Philology, secured second place and was awarded a diploma [10].

On March 5–6, 2015, in celebration of International Women’s Day, a student Spartakiad was organized among female students residing in the dormitory of Andijan State University. The program included competitions in chess, checkers, table tennis, and tug-of-war, with more than 60 female students participating. Winners and teams were awarded commemorative prizes [11].

In subsequent years, the demand for qualified sports coaches in Uzbekistan has remained high. Although faculties of physical education operate in pedagogical institutes and universities across the regions, the allocated admission quotas have not fully met the growing demand.

Personnel training has been one of the key factors in the development of physical education and sports in Uzbekistan. While there was a shortage of female coaches in the early years of independence, in later periods specialized programs were established in several higher education institutions, and students were admitted to these fields. This played an important role in providing sports clubs with highly qualified and professionally trained specialists.

In conclusion, the development of physical education and sports in the higher education system of Uzbekistan is closely linked to the effective training of qualified personnel. The analysis shows that higher education institutions play a crucial role not only in preparing professional

coaches and specialists but also in promoting sports culture among students and the wider population.

The study demonstrates that consistent reforms, including the expansion of educational programs, the introduction of specialized directions such as women's sports, and the improvement of material and methodological support, have significantly contributed to the growth of the sports sector. At the same time, the increasing number of trained specialists and the active involvement of students in sports activities indicate positive dynamics in this field. However, despite these achievements, certain challenges remain, particularly the shortage of highly qualified coaches and the need to align educational quotas with growing demand. Addressing these issues requires a systematic and strategic approach, including strengthening cooperation between educational institutions and sports organizations, enhancing professional training programs, and expanding opportunities for practical experience.

Thus, improving personnel training in physical education and sports is a key factor in ensuring the sustainable development of the sports system. It contributes not only to the success of athletes at national and international levels but also to the promotion of a healthy lifestyle and the overall well-being of society.

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