

THE ROLE OF SPORTS IN THE FORMATION OF AN INCLUSIVE SOCIETY

Xasanova Sarvinoz To‘lqinjon kizi

Master’s Student

Abstract: This article discusses the importance of sports in the development of an inclusive society. It analyzes the involvement of people with disabilities in sports activities, the promotion of adaptive sports, and the need to improve the methodological training of teachers.

Keywords: inclusion, adaptive sports, physical activity, methodological training, rehabilitation.

Introduction

The formation of an inclusive society is a key direction of modern social policy. It implies equal opportunities for all citizens, including those with disabilities. Sports play a crucial role in this process, as they contribute to physical development, social integration, psychological resilience, and increased self-confidence.

In Uzbekistan, programs are being implemented to support adaptive sports, the Paralympic movement, and Special Olympics. However, the level of involvement of people with disabilities remains insufficient, which highlights the need to improve teachers’ methodological preparedness.

Research Methods

The following methods were used in the analysis:

-

Theoretical analysis – studying normative documents and scientific literature;

Empirical observation – analyzing the work of sports clubs with persons with disabilities

Surveys – identifying the level of teachers' methodological training.

Results

The study revealed the following:

Lack of infrastructure and methodological resources hinders active involvement of people with disabilities in sports;

Over 60% of teachers lack knowledge of adaptive sports methodology;

Adaptive sports (such as boccia, table tennis, swimming, athletics) have a positive effect on physical and psychological well-being;

Mass events increase motivation and social activity.

Discussion

Sports activities serve two main functions:

Rehabilitation – restoring motor functions, strengthening health, developing independence;

Social-psychological – building confidence, improving communication skills, overcoming social isolation.

To effectively implement inclusive programs, the following are necessary:

Teacher training in adaptive sports;

Introduction of individualized training programs;

Organization of methodological courses and training workshops.

Conclusion

Sport is a powerful tool in building an inclusive society. Engaging people with disabilities in physical activities contributes to health improvement, self-confidence development, and integration into society. The key to success lies in enhancing teachers' qualifications and creating conditions for adaptive programs.

Recommendations

Develop regional centers for adaptive sports;

Introduce inclusive methodology courses into the education system;

Regularly organize specialized competitions;

Establish experience exchange programs with international experts.

References:

1. Decree of the President of the Republic of Uzbekistan "On improving the system of support for people with disabilities."
2. UNESCO. Inclusive Education Guidelines. 2023.
3. Holmatov A. *Fundamentals of Adaptive Sports*. Tashkent, 2022.
4. Karimova N. *Methods of Physical Education in Inclusive Education*. Samarkand, 2021.