

ADAPTIVE PHYSICAL EDUCATION: SOLUTIONS TO CURRENT PROBLEMS

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Annotation: The relevance of this topic stems from the fact that, despite the constant development of adaptive physical education and sports, challenges remain. This article explores and reveals the key challenges facing adaptive physical education and sports today. Various aspects of this field are examined, including accessibility of sports facilities and training of qualified specialists, and priority areas for addressing these challenges are proposed.

Key words: adaptive sports, physical education, people with disabilities.

Annotasiya: Ushbu mavzuning dolzarbligi shundan kelib chiqadiki, moslashuvchan jismoniy tarbiya va sportning doimiy rivojlanishiga qaramay, muammolar saqlanib qolmoqda. Ushbu maqolada bugungi kunda moslashuvchan jismoniy tarbiya va sport duch kelayotgan asosiy muammolar o'rganiladi va ochib beriladi. Ushbu sohaning turli jihatlari, jumladan, sport inshootlaridan foydalanish imkoniyati va malakali mutaxassislarni tayyorlash ko'rib chiqiladi va ushbu muammolarni hal qilishning ustuvor yo'nalishlari taklif etiladi.

Kalit so'zlar: adaptiv sport, jismoniy tarbiya, nogironligi bo'lgan odamlar.

People with disabilities are among the most vulnerable groups in the population. For them, physical activity is vital, as it not only influences the results and speed of physical rehabilitation but also helps them adapt to society, gain self-confidence, and realize their potential.

Adaptive physical education and adaptive sports were formally enshrined in law in 2018, with the adoption of the Law "On Physical Education and Sports in Uzbekistan." This law defines the concept of adaptive physical education, principles for the development of sports for people with disabilities and individuals with limited health capabilities, and organizational aspects of the construction of specialized facilities.

Over the past decade, our country has seen an increase in attention, support, and assistance for individuals with disabilities. The role and importance of adaptive sports has grown significantly in all regions of the country thanks to state programs for the development of adaptive physical education and adaptive sports.

For example, the Regional Center for Sports Training in Adaptive Sports was established in the Tashkent region, which trains Paralympians, leading athletes, and members of the Uzbek national adaptive sports teams. In 2018, the Adaptive Sports Federation began operations, focusing on organizing venues and activities for athletes with disabilities. However, despite all these positive developments, there are challenges associated with the development of adaptive physical education and sports.

Firstly, there's a shortage of personnel. Most coaches work with able-bodied athletes, possessing only a general knowledge of physical education. Therefore, their knowledge is insufficient, as adaptive sports require expertise in medicine, psychology, and physical education for athletes

with disabilities. Also, there aren't many training centers in our country that can teach all the intricacies of working with athletes with disabilities. [1, c. 103]

The following problems are organizational and infrastructural in nature. This problem involves a shortage of gyms, sports facilities, and sports equipment for people with disabilities. Furthermore, specialized institutions are few and far between, and most are located in large cities.

Third, there are financial challenges. Sports for people with disabilities require additional funding from the federal budget and state extra-budgetary funds for adaptive equipment, medical support, and coaching. These funding measures are being implemented, but not in full. [2, c. 273]

Fourthly, the lack of a comprehensive system of state propaganda and popularization of physical education and sports among people with disabilities, which significantly complicates the involvement of people with disabilities in physical exercise and sports.

Fifth, the management of physical education and sports in rural areas remains poor. The underdeveloped network of physical education and health centers and sports facilities in these regions leads to the low level of physical fitness among the population with disabilities.

Social stigma and lack of societal support can also be attributed to the challenges of adaptive sports and athletics. Many people with disabilities face stigma and discrimination in society, as well as a lack of social support. This can lead to negative attitudes toward adaptive sports or a fear of participating in them. [3, c. 235]

Another challenge faced by adaptive sports participants is limited access to sports competitions and events. Adaptive sports events often receive insufficient attention from organizers and sponsors, limiting participants' opportunities to advance in the sport.

In addition to the main problems, the following can also be highlighted: lack of awareness, as many people with disabilities or their relatives are unaware of the opportunities offered by adaptive sports; insufficient attention to the problems of adaptive sports in scientific research; lack of information on the achievements and successes of adaptive sports at the international level; lack of uniform standards and programs for adaptive sports;

To address the above-mentioned problems, increased public funding is needed for the creation of adaptive sports facilities, with particular attention given to rural areas. Sports organizations and educational institutions should develop specialized training programs for coaches and provide the necessary educational resources. It is also important to create opportunities for the exchange of experience and mutual learning between coaches of different sports disciplines, modernize the process of providing physical education in sports and educational institutions, develop new theoretical principles for adaptive sports management, and increase collaboration with rehabilitation centers and specialists capable of assessing the needs and requirements of participants.

It's crucial to increase awareness of events and attract companies to sponsor adaptive sports competitions. It's also crucial to conduct educational programs and awareness-raising activities to attract more people to adaptive sports and increase its popularity. As part of the program to engage the public in adaptive sports and AFC, it's possible to engage local media outlets to publicize planned events and highlight the success stories of students from schools and adaptive sports clubs. Such measures can also help attract experienced specialists.

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