

**MAIN CRITERIA AND RESULTS OF DEVELOPING COMPETENCES IN
ORGANIZING AND CONDUCTING PUBLIC SPORTS EVENTS IN STUDENTS**

Anorqulov Baxtiyor Norqul o'g'li

Lecturer, Department of "Methods of Teaching Sports",

Gulistan State University, Uzbekistan.

Email: baxtiyoranorqulov94@gmail.com

Abstract: The development of competencies in organizing and conducting mass sports events among students is important in order to encourage physical activity among students and promote a healthy lifestyle. The main criteria and results of the development of these competencies can be as follows. The development of competencies in organizing and conducting mass sports events among students is of great importance in order to improve students' health, encourage physical activity and expand their social activities in society. For the successful implementation of this process, the following main criteria and results are considered:

Keywords: mass sports, competence, development, results, social activity, events, criteria, physical activity, society, health, success.

Аннотация: Важно развивать у студентов компетенции по организации и проведению массовых спортивных мероприятий, стимулировать физическую активность студентов и пропагандировать здоровый образ жизни. Основными критериями и результатами развития этих компетенций могут быть следующие. Большое значение имеет развитие компетенций студентов по организации и проведению массовых спортивных мероприятий, укреплению здоровья студентов, поощрению физической активности и расширению их социальной активности в обществе. Для успешной реализации этого процесса будут учитываться следующие ключевые критерии и результаты:

Ключевые слова: массовый спорт, компетентность, развитие, результаты, социальная активность, события, критерии, двигательная активность, социум, здоровье, успех.

Introduction

This article analyzes the current practical state of developing students' competence in organizing and conducting mass sports events. Based on a review of the literature, the study examines the significance of mass sports events, methods for developing students' competencies, and the existing challenges in this area. Based on the results, recommendations are provided to enhance students' competence in organizing and conducting mass sports activities.

Key Criteria

Organizational Skills: Develop students' qualifications and knowledge in planning, organizing, and managing sports events. Facilitate effective communication with students and

actively engage them in the events. Ensure the availability of necessary resources for events, such as venues, equipment, sportswear, and other materials. Physical Preparedness:

Assess students' physical fitness and select appropriate sports activities for each age group. Organize physical activities effectively, including training sessions and competitions across various sports. Leadership and Motivation:

Develop leadership skills in guiding and managing sports events. Create motivation to encourage students and stimulate their interest in sports activities. Safety and Health: Ensure student safety during sports events. Prevent injuries by promoting proper physical conditioning and correct techniques during sports activities. Teamwork and Collaboration: Foster cooperation among students and strengthen their ability to work in groups. Organize sports events collaboratively, enhancing mutual support and team cohesion. Develop students' skills in project management, effective time management, and resource allocation during the planning and organization of events. Developing Competencies through Mass Sports Events To organize mass sports events at a high level, students participate in various group activities, developing leadership and collaboration skills. Communication Skills:

Students enhance their ability to communicate effectively when planning and conducting events, gain a thorough understanding of the educational process, and establish interactive connections with the audience. Communication competencies play a crucial role in attracting a wider audience through announcements, advertising, and promotional materials. Physical Preparedness and Health:

In mass sports events, students actively demonstrate their abilities and strive to increase physical activity. Ensuring participants' physical readiness and safeguarding their health and safety during competitions is essential. Social and Psychological Skills: Through organizing sports events, students learn to work collaboratively, which improves their social skills and psychological resilience. During competitions, students develop teamwork abilities, provide mutual support, and learn to accept competition in a healthy and constructive way. Technological Competencies: The use of technology is crucial in organizing mass sports events, including implementing online registration systems and automated result calculation. Organizers also learn to promote events more effectively and engagingly through mobile applications and social media platforms.

“Results”

Improvement in Physical Health: Participation in mass sports events leads to increased overall physical fitness, endurance, and interest in sports among students. Increased Motivation and Participation: Students' motivation to engage in sports rises, resulting in higher participation rates in mass sports events. Promotion of a Healthy Lifestyle: By encouraging regular physical activity, students integrate exercise into their daily routines, fostering a healthier lifestyle. Enhanced Social Skills and Collaboration: Team sports events help students develop social competencies, including leadership, problem-solving, and the ability to work collaboratively. Improved Psychological Well-being: Sports events strengthen students' psychological resilience, reduce stress, and enhance self-confidence and social engagement. Increased Physical Activity: Organizing and participating in mass sports events raises students' physical activity levels, which strengthens health and mitigates stress. Formation of a Healthy Lifestyle Habit: Through repeated involvement in sports events, students develop a lasting interest in maintaining an active and healthy lifestyle. Strengthened Social Connections and Team Spirit:

Students learn to work in teams, improve interpersonal relationships, and cultivate a sense of collective responsibility and camaraderie. Development of Organizational and Leadership Skills:

By managing and organizing events, students gain practical experience, which equips them with leadership and organizational competencies applicable in their future professional endeavors. Enhanced Psychological and Emotional Stability: Participation in mass sports events improves students' emotional well-being and resilience, fostering greater mental stability. Overall Impact: The study shows that mass sports events significantly contribute to improving students' physical health, social activity, teamwork, leadership, and organizational skills. These activities not only enhance physical fitness but also positively influence students' social and personal development. Effective Methods for Competency Development: Research identifies several effective approaches for developing students' competencies in organizing mass sports events. These include:

Providing theoretical knowledge on sports and event management

Conducting practical workshops and training sessions

Engaging students in planning and organizing events

Implementing mentoring systems to guide and support students

When applied comprehensively, these methods effectively enhance students' competencies in organizing and managing mass sports events, ensuring both skill development and holistic personal growth.

Conclusions

The criteria and results identified in this study serve as fundamental steps for effectively organizing and conducting mass sports events among students. These practices not only enhance physical development but also contribute to social and psychological growth.

Overall, the development of students' competencies in organizing and managing mass sports events not only improves their sports potential but also positively influences their personal and social development.

To enhance the practical implementation of competency development in this area, the following recommendations can be made:

- Develop and implement specialized curricula in higher education institutions that combine theoretical knowledge with opportunities to acquire practical skills for organizing mass sports events.
- Actively involve students in the planning and execution of mass sports events, assigning them responsible tasks to foster leadership, accountability, and hands-on experience.

References

1. Decree of the President of the Republic of Uzbekistan (2022, April 11). Measures to bring youth in neighborhoods to mass sports to a new stage, PQ-201.
2. Anorqulov, B.N. (2024). The practical state of developing students' competence in organizing and conducting mass sports events.

3. Abdullayev, F., & Khonkeldiyev, Sh. (2020). The social significance of mass sports events. *Physical Education and Sports in Uzbekistan*, 2(3), 45–52.
4. Khodjayev, B., & Qodirov, M. (2019). Competency-based approach in higher education: Theory and practice. Tashkent: Fan va Texnologiya.
5. Abdullayev, F.T. (2021). Systematic organization of mass physical education and wellness activities: Textbook. Tashkent: Umid Design.