AGE-SPECIFIC CHANGES IN THE INDICATORS OF PHYSICAL DEVELOPMENT OF PRESCHOOL CHILDREN

Sidikov Sabir Mamasoliyevich
Dosent of the Faculty of Physical Culture of Fergana State University

Jakbarova Durdona Abdusamad qizi
2st-year Master's Degree Fergana State University
Facultyof Physical Culture

ABSTRACT

The proverb shows about the physical development of preschool children and the development of physical qualities through exercise

Keywords: Health, training, development, sports, physical development, physical qualities, physical fitness.

The physical development of children and adolescents is associated with accelerations, that is, with rapid development, and not with hereditary factors, but with the influence of the external environment.

Physical development is more influenced by the external environment, which can change the development process in a negative or positive way. R. From Salamov's studies, it turned out that the development of physical qualities in relation to age is uneven, that is, not the same .

The analysis of correlation correlations between the indicators of basic physical development indicates that children who went to preschool institutions developed more comprehensively. This is explained by the fact that in the conditions of preschool institutions, a system of measures is carried out that are formed in practice, and they have a positive effect on the result of children's physical capabilities, which helps children adapt to the conditions of schooling without excessive difficulty.

Movement is the natural need of the child's body. It is a biological pathogen, a means of actively stimulating the growth processes of the child and the formation of all its organs and systems .The development of motorics is associated with biological and social factors: the natural biological growth of an organism is observed along with an increase in the child's chances of moving, it is determined using social conditions, while the function of movement participates as a pedagogical influence, a directed component .

The natural course of the development of a child's motorics largely depends on his mode of movement, the content and style of physical education training. Through the selection of appropriate physical exercises during training, it is possible to influence the process of biological development of the qualities of movement.

This is confirmed by the results of many studies, the authors of which recognize that regular exercise has a positive effect on the functioning of the cardiovascular and respiratory systems after 2-3 months. In children, this is manifested in a decrease in the rate of cardiac contraction and respiratory rate relative to the gradually increasing physical load.

The positive effect of physical exercise is manifested not only in an increase in indicators of physical development and movement readiness, but also in an increase in working capacity. The effect of physical exercises is preventive and, in a certain way, curative due to the fact that children can be stopped with the help of various exercises when they have the disease.

an experimental study aimed at determining the physical development of preschool children showed that the indicators of physical development in children aged 5-6 years were around physiological norms (table 1.1.1).

Descriptions of indicators of body length of children of preschool educational institutions are one of the main parameters in assessing physical development.

Table 1.1.1

Age-specific changes in the indicators of physical development of preschool children

Age	n	Body length (cm)body weight (kg)	Body length (cm)body weight (kg)	KQA (sm)
5	64	112,0±0,50	18,9±0,21	57,1±0,91
6	73	119,6±0,63	21,5±0,42	59,3±0,97

Of interest was the change in this anthropometric indicator over the four-year life expectancy of children, a difference of 5.7 cm and found to be 9.1 percent. This is evidenced by the fact that physical exercises performed in basic physical education activities in preschool educational institutions and the school education system have a positive effect, and this is positively manifested in the indicators of the health status of children, physical development and movement readiness.

Examination of anthropometric descriptions in an experiment with a contingent of small school-age children at the end of the 90s of the last century M.S.Hosted by khaziakhmetova .

M.S.Studies conducted by khaziakhmetova in the 90s of the last century with children aged 7-8 in the Fergana region found that boys aged 7 years had a height of 120.5 ±1.24 CM, and at 8 years old the mark grew statistically reliably to 5.1 cm (4.17 percent) to 125.6 ±1.63 CM (table 1.1.2).

Table 1.1.2 Age-specific changes in the indicators of physical development in children aged 7-8 years in Fergana (M.S.According to Khaziakhmetova).

Age	n	Body length (cm)body weight (kg)	Body length (cm)body weight (kg)	KQA (sm)
7	41	120,5±1,24	23,4±1,07	61,6±1,12
8	37	125,6±1,63	24,5±1,42	62,8±1,19

According to many authors, height indicators are the main factor for assessing physical development, reflecting the nature of the formation of the child's organism. Here, the annual increase in physical development rates in underage school children increased by an average of 4.1 percent from year to year between the ages of 7 and 8.

The body weight of 7-year-old boys enrolled in the school was 23.4±1.07 kg, while at the age of 8 the average was 24.5±1.42 kg, 2.1 kg (4.49 percent) higher than that of 7-year-old boys.

According to data in the literature, while evaluating the external respiratory function of students of a small age group, it was found that at the age of 7 it was equal to 61.6±1.12 CM, at the age of 8 this indicator grew unreliable and reached an average of 62.8±1.19 cm, with a difference of 1.2 cm (1.92 percent). The external breath function indicators determined by the KQA data were on average 5.7 cm in the period from 5 to 8 years, which makes it possible to recognize that physical education –wellness activities in the school education system have a positive effect on the body of younger students.

Increasing the level of physical development of the growing younger generation and, in connection with this, physical fitness is the most important and relevant pedagogical problem in the field of school physical education. Without knowing the possibilities of a growing child's organism, the results of targeted pedagogical influences cannot be assessed, and there is no way to plan the process of improving physical qualities and motor skills.

Of particular interest is the consideration of the features of physical fitness of children of preschool and junior school age, which is important in the consistently correct Organization of educational work on physical education in preschool educational institutions and general educational institutions.

Physical fitness is defined as the skill of being able to perform various physical exercises with the manifestation of the qualities of movement at the optimal level – speed, strength, agility, endurance, flexibility, coordination. Children's motor skills are assessed using a complex of action tasks. It includes the following main types of movement: running, walking, jumping, throwing, crawling. It is also possible to evaluate children's motor skills based on the results of the performance of special control tasks, which indicate the level of development of specific qualities of an action.

Analysis of sources of literature made it possible to conduct a comparative analysis of the contingent of children we are studying with the indicators of other authors who conducted research in the conditions of the climate of Uzbekistan.

An analysis of results representing the speed of running in the 30m was found to have slightly improved rates by an average of 0.2 – 0.7 seconds in children between the ages of 6 and 7.

This condition has also been determined from standing position by long jump data. Mass studies performed in order to determine the level of physical fitness of children showed a

decrease in the results of jumping from the place of standing to the length by 6-15 CM in boys than in previous years.

Various tools, forms and methods have been developed by researchers that help to effectively improve the system of motorics and elementary school physical education in general, and the school has been introduced into the practice of physical education .

Among the problems of physical education classes, which are carried out at school with junior students, are issues of a rational mode of movement. For this purpose, experiments in different pedagogical directions were carried out:

analysis of the content of the order of action;

introduction of clarifications to the structure of the physical education program in educational institutions, its content and regulatory requirements;

special organization of experimental mobility procedures;

taking into account the number of locomosias performed by children during the day, week, season.

A study of the effects of locomotion patterns on fitness found an increase in motor skills in children. Daily walks along difficult routes ensure high movement activity and increased physical fitness results. In an attempt to optimize children's locomotion patterns, the size of daily locomotion has been determined, where the activity of this movement in children being examined ranged from normative 12,000 to 15,000 locomotion, but its size can vary considerably depending on many factors .

The information contained in the literature indicates that in the structure of school activities, a high order of movement, which is organized with children aged 7-8 years, has a positive effect on the indicators of their physical development and movement readiness. The functional capabilities of the children's organism in the conditions of rational movement procedures are reliably higher than the indicators of physical fitness of preschool children, since the order of action of preschool children was within the framework of the traditional educational scheme, which is necessary to take into account in the organization of physical education training.

The development of a rational order of action is an urgent pedagogical task, which implies the presence of age-specific favorable periods for the upbringing of certain qualities of movement in children.

Looking at the nature of the distribution of the main qualities of movement in children by age-specific signs, it is worth saying that strength indicators are characteristic of children aged 6 years. Experts say that at this age in boys, the overall endurance indicator will be at a satisfactory level. It is noted that the older preschool age is considered the most favorable period for the formation of sensitive period, that is, coordination abilities, which can develop rapidly in children aged 7 years only when they regularly engage in physical activity.

It is necessary to take into account the general laws lying on the ground of the development of the quality of movement of children when organizing physical education activities carried out with children in the educational system.

From the information available in the literature, it is known that the upbringing of physical qualities of children of a small school age is an important pedagogical problem, and it depends not only on the anatomical and physiological characteristics of the organism, but also more on upbringing and education .

From this, there has been an interest in the development of problems of the order of movement in physical education workers, the justification of effective means, forms and methods of development of movement skills of older adults, since the shortcomings of consistent physical education in the preschool system have a “harmful” effect on their further development during the period of

Methodical methods of training are developed, which are carried out in the process of exercising and participating in entertainment sports events, relying on information that expresses the age-specific developmental characteristics of the qualities of movement and the main forms of movement.

Physical education training is the main form of physical education in educational institutions. In the practice of improving the style of physical education training of schoolchildren of younger age, several directions have arisen, where the conditions for conducting training have changed, unconventional teaching methods have been used.

The structure of physical education training in secondary schools consists of three traditional parts: introductory – preparatory, basic and final. It is advisable to dwell in more detail on the structure of the main part, even if in the theory and methodology of physical education in the physical development of children there are no conflicting opinions on the preparation and planning of the main parts of the training.

When drawing up a plan-table of the initial distribution of the material, which is created in a concentric way (spirally), many authors propose to include two to five basic movement practices in the training, in which the main task of the training is to carry out educational tasks, that is, to teach the correct execution of exercises.

As shown in the methodological literature, high motor density is one of the main indicators of good movement load. This, naturally, should have a positive effect on the physical fitness of children, and, in general, on their health. At this time , the chronometry of classes allows you to recognize that for 15-20 minutes of the main part of the lesson, children are only in motion for 6-8 minutes. In preschool age, the optimal motor density of physical education training is at least 70-85 percent, and in many ways it will depend on the correctly selected methodology when organizing training. E.S.According to vilochkovsky, the largest motor density in gross training is 68-75%, in Group Training-66-73%, in flow training-60-65%, in mixed training-58-62%, and in individual training-18%.

From the data of scientific experiments, it is known that the load magnitude can be different when the motor density is the same. Therefore, at present, it is common to assess the physical load on the size of the stroke value of physical education training. It is found that a low intensity zone of 120-130 beats per minute does not seriously affect the cardiorespiratory system of children aged 7-8 years, while physical education training becomes more exercise-intensive when the heart rate of contraction is 140-150 beats per minute.

LITERATURE

1. Mamasoliyevich, S. S. (2022). METHODS OF PHYSICAL DEVELOPMENT OF PRESCHOOL CHILDREN. Scientific Impulse, 1(3), 1129-1135.
2. Mamasoliyevich, S. S. (2023). 6-9 YEAR OLD GYMNASTS METHODOLOGY FOR DEVELOPING THE PHYSICAL QUALITY OF BENDING. Conferencea, 168-178.
3. Mamasoliyevich, S. S. (2023). FEATURES OF SPECIAL MOTOR TRAINING OF FEMALE ATHLETES 6-9 YEARS OLD IN GYMNASTICS. Conferencea, 116-128.
4. Sidikov, M. S., & Marubjanovich, N. S. (2023). EDUCATION OF THE ENDURANCE OF TEENAGERS ENGAGED IN ATHLETICS (ON THE EXAMPLE OF SECTIONS. Open Access Repository, 4(02), 27-37.
5. Mamasoli, S. S., & Marubjanovich, N. S. (2022). " EDUCATION OF ENDURANCE OF YOUTH ENGAGED IN ATHLETICS. Scientific Impulse, 1(3), 1118-1125.
6. Mamamasoliyevich, S. S., & Qodirova, X. (2023, January). JISMONIY TARBIYA VA SPORT JARAYONLARINING AMALIY VA NAZARIY VOSITALARI. In E Conference Zone (pp. 10-18).
7. Sultonov, A. (2022). MUSIQIY IDROKKA TA'SIR ETUVCHI TRANSFORMATSION TENDENSIYALARNI SHAKLLANTIRISHDA INNOVATSION TEXNOLOGIYALARNING SAMARADORLIGI. Oriental renaissance: Innovative, educational, natural and social sciences, 2(10-2), 314-323.
8. Султонов, А., & Абдисатторов, А. (2022). МАРКАЗИЙ ОСИЁДА МУСИҚА ИЛМИ РИВОЖЛАНИШИДА БАХШИЧИЛИК САНЪАТИНИНГ ЎРНИ ВА АҲАМИЯТИ. Oriental renaissance: Innovative, educational, natural and social sciences, 2(10-2), 478-483.
9. Normuhammatovich, S. A. (2022). O'QUVCHILARDA MILLIY MUSIQA ESHITISH QOBILIYATINI SHAKLLANTIRISHDA PEDAGOGIK TEXNOLOGIYALARDAN FOYDALANISH SAMARADORLIGI. Science and innovation, 1(B2), 259-263.
10. Anvarjonovna, A. O. (2021, December). Methodological Foundations for Development of Aesthetic Culture Teacher of Preschool Education. In international conference on multidisciplinary research and innovative technologies (Vol. 2, pp. 254-258).

11. Anvarjonovna, A. O. (2021). Innovational Pedagogical Components Of Formimg Eco-Aesthetic Attitude To Nature In Preschool Children. Turkish Online Journal of Qualitative Inquiry, 12(4).
12. Anvarjonovna, A. O. (2021). Innovational Pedagogical Components Of Formimg Eco-Aesthetic Attitude To Nature In Preschool Children. Turkish Online Journal of Qualitative Inquiry, 12(4).
13. Anvarjonovna, A. O. (2021). Technology for the Development of Eco-Aesthetic Culture of Future Preschool Education Professionals. American Journal of Social and Humanitarian Research, 2(9), 15-19.
14. Ашурова, О., & Юсупжонова, М. (2022). БЎЛАЖАК МАКТАБГАЧА ТАЪЛИМ МУТАХАССИСЛАРИНИНГ ЭКОЭСТЕТИК МАДАНИЯТИНИ РИВОЖЛАНТИРИШНИНГ МАВЖУД ҲОЛАТИ. Central Asian Research Journal for Interdisciplinary Studies (CARJIS), 2(Special Issue 4), 105-111.
15. Anvarjonovna, A. O. (2022). Modern Form Methods and Tools for the Development of Ecoequal Culture of Future Preschool Specialists. Web of Scholars: Multidimensional Research Journal, 1(6), 46-50.
16. Anvarjonovna, A. O. (2022). Modern Form Methods and Tools for the Development of Ecoequal Culture of Future Preschool Specialists. Web of Scholars: Multidimensional Research Journal, 1(6), 46-50.
17. Anvarjonovna, O. A. (2022). ECO AESTHETIC EDUCATION OF FUTURE SPECIALISTS OF PRESCHOOL EDUCATION ARTICLE IN THE MAGAZINE FOR STUDENTS. ResearchJet Journal of Analysis and Inventions, 3(12), 152-161.
18. Ashurova, A. O. (2023). THEORETICAL AND METHODOLOGICAL GROUNDS FORMATION OF ECOLOGICAL COMPETENCE OF KINDERGARTEN FUTURE SPECIALISTS. Conferencea, 134-140.
19. Anvarjonovna, A. O. (2022). TECHNOLOGY OF DEVELOPMENT OF ECOESTHETIC CULTURE OF FUTURE SPECIALISTS OF PRESCHOOL EDUCATIONAL INSTITUTIONS. Emergent: Journal of Educational Discoveries and Lifelong Learning (EJEDL), 3(11), 7-12.
20. Zufarjonovna, J. G. (2022). USING WEB-QUEST TECHNOLOGY IN ENGLISH LESSONS AS FOREIGN LANGUAGE. INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429, 11, 161-164.
21. Zufarjonovna, J. G. (2022). USING WEB-QUEST TECHNOLOGY IN ENGLISH LESSONS AS FOREIGN LANGUAGE. INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429, 11, 161-164.

22. Azimbayevna, D. G., Qizi, G. J. Z., & Vohidovna, X. X. (2021). Peculiarities Of Translating Medical Terms. Texas Journal of Medical Science, 2, 6-9.
23. Zufarjonovna, J. G. (2022). BENEFITS OF USING WEB-QUEST TECHNOLOGY IN ENGLISH LESSONS AS FOREIGN LANGUAGE. INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429, 11, 158-160.
24. Жўраева, Г. З. (2022). БЎЛАЖАК ХОРИЖИЙ ТИЛ ЎҚИТУВЧИЛАРИНИНГ WEB-КВЕСТ ТЕХНОЛОГИЯСИ АСОСИДА АХБОРОТЛАРГА ТАҲЛИЛИЙ ВА ТАНҚИДИЙ МУНОСАБАТИНИ ШАКЛЛАНТИРИШ ТИЗИМИ. BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI, 2(10), 235-238.
25. Qizi, J. G. Z. (2021). The effect of innovative methods in teaching English as foreign language.
26. Укитувчиси, Ф. Д. Ч. Т. Ф. (2022). Бўлажак Хори Жий Тил Ўқитувчилариниг Web-Квест Технологияси Асосида Ахборотларга Таҳлилий Ва Танқидий Муносабатини Шакллантиришнинг Тизимли-Функционал Модели. Miasto Przyszłości, 29, 276-278.
27. Sabirovna, S. G. (2022, November). FEATURES OF THE DEVELOPMENT OF PHYSICAL QUALITIES IN PRIMARY SCHOOL AGE. In E Conference Zone (pp. 71-84).
28. Sabirovna, S. G. (2022). DEVELOPMENT OF PHYSICAL QUALITIES OF A PRESCHOOL CHILD. Conferencea, 59-71.
29. Sabirovna, S. G. (2022). PHYSICAL CULTURE AND DEVELOPMENT OF PHYSICAL SCHOOL CHILDREN. Conferencea, 17-27.
30. Sabirovna, S. G. (2022). PHYSICAL CULTURE AND DEVELOPMENT OF PHYSICAL SCHOOL CHILDREN. Conferencea, 17-27.
31. Туйчиев, А. И., & Сидикова, Г. С. (2022). ИГРОВЫЕ ТЕХНОЛОГИИ И ИХ ЗНАЧЕНИЕ В РАЗВИТИИ И ВОСПИТАНИИ СОВРЕМЕННОГО ПОДРОСТКА. INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL, 3(6), 190-198.
32. Туйчиев, А. И., & Сидикова, Г. С. (2022). ОРГАНИЗАЦИЯ ФИЗКУЛЬТУРНООЗДОРОВИТЕЛЬНОЙ РАБОТЫ С ДЕТЬМИ ДОШКОЛЬНОГО ВОЗРАСТА. JURNALI, 178.
33. Сидикова, Г. С. (2022). ФОРМИРОВАНИЕ ЗДОРОВОГО ОБРАЗА ЖИЗНИ У ДЕТЕЙ СТАРШЕГО ДОШКОЛЬНОГО ВОЗРАСТА. TA'LIM VA RIVOJLANISH TAHLILI ONLAYN ILMIY JURNALI, 2(1), 6-11.
34. Sidikova, G. S., & Ibrahimovich, T. A. (2021). Formation Of Children's Health Culture As A Social And Pedagogical Problem. Conferencea, 71-74.

35. Xolmirzaevich, A. J. (2022). JISMONIY MADANIYAT DARSINING MAZMUNI. Spectrum Journal of Innovation, Reforms and Development, 8, 170-180.
36. Kholmirzaevich, A. J. (2022). Innovations in Fitness Works and Physical Education. Journal of Pedagogical Inventions and Practices, 6, 159-161.
37. Xolmirzaevich, A. J. (2022). Improving Theoretical Fundamentals of Physical Culture Classes. Texas Journal of Engineering and Technology, 9, 88-91.
38. Xolmirzaevich, A. J. (2022). JISMONIY MADANIYAT DARSINING MAZMUNI. Spectrum Journal of Innovation, Reforms and Development, 8, 170-180.
39. XAYDAROVA, D. (2021). Application forms in non-native languages and their peculiarities (on the example of Uzbek, Russian, English, German and French). THEORETICAL & APPLIED SCIENCE Учредители: Теоретическая и прикладная наука, (12), 474-477.
40. Dildora, X. (2021). Appeal as a basis of communication culture. Asian Journal of Research in Social Sciences and Humanities, 11(11), 812-815.
41. Komilovna, H. D. (2022). SOME FEATURES OF APPLICATION FORMS IN UZBEK AND GERMAN LANGUAGE.
42. Xaydarova, D. K. (2021). KOREYS VA INGLIZ TILIDAGI MUROJAAT ATAMALARINING UMUMIY VA XUSUSIY BELGILARI. Scientific progress, 2(8), 936-941.
43. Raxmonalievna, A. G. (2022). Lexical Units Related to the Education System in a Comparative Study of Different Languages. O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA ILMIY TADQIQOTLAR JURNALI, 2(13), 259-266.
44. Mukarramovna, Q. M., & Rahmonaliyevna, A. G. (2022). Nemis Tili Darslarida Enerjayzer Oyinlardan Foydalanish Haqida Ayrim Mulohazalar. Barqarorlik Va Yetakchi Tadqiqotlar Onlayn Ilmiy Jurnali, 91-93.
45. Астонова, Г. Р. (2021). Германиядаги Таълим Босқичлари Ҳақида Айрим Мулоҳазалар. Eurasian Journal Of Academic Research, 1(9), 273-277.
46. Астонова, Г. Р. (2021). Германиядаги Таълим Босқичлари Ҳақида Айрим Мулоҳазалар. Eurasian Journal Of Academic Research, 1(9), 273-277.
47. Gozalxon, A. (2020). Yozish konimkasini shakllantirish usullari. Science And Education, 1(2), 400-404.
48. Rakhmonalievna, A. G. (2022). Vocabulary Learning Strategies in German as Foreign Language Lessons. American Journal of Social and Humanitarian Research, 3(1), 339-341.
49. Астонова, Г. Р. (2021). Германия Бошланғич Ва Ўрта Таълимининг Ўзига Хос Жиҳатлари. Eurasian Journal Of Academic Research, 1(9), 95-98.
50. Жураева, М. Т. К., & Астонова, Г. Р. (2019). Использование социальных форм для повышения эффективности занятий (в нефилологическом направлении). Вестник науки и образования, (20-3 (74)), 20-22.

51. Астонова, Г. Р., & Жураева, М. Т. К. (2019). Развитие письменной компетенции студентов на уроках немецкого языка. Проблемы современной науки и образования, (12-1 (145)), 99-101.
52. Rakhmonalievna, A. G. (2021). Importance Of Writing Skills In Early Foreign Language Lessons. Web Of Scientist: International Scientific Research Journal, 2(05), 607-610.
53. Астонова, Г. Р. (2021). Бошланғич Синфларда Олмон Тилини Ўқитишнинг Самарали Усуллари. Scientific progress, 1(6), 1304-1309.
54. Raxmonalievna, A. G. (2022). To Provide Information about the Formation Patterns, Terminological Research, and the Processes that Occurred in the Uzbek Terminology. American Journal of Social and Humanitarian Research, 3(11), 175-181.
55. Astonova, G. Z. R. (2019). Use of group work at the lessons of the German language. Проблемы современной науки и образования, (12-2), 158-160.
56. Astonova, G. Z. R. (2019). Use of group work at the lessons of the German language. Проблемы современной науки и образования, (12-2), 158-160.
57. Mirzakarimova, N., & Karimova, L. (2023). QOLDIQLI BO ‘LISHNING TAQQOSLAMA USULI. Oriental renaissance: Innovative, educational, natural and social sciences, 3(2), 954-957.
58. Mirzakarimova, N. M. (2022). FEATURES OF FORMATION OF STUDENTS'TECHNICAL THINKING ABILITIES WHEN CHOOSING THE CONTENT OF MATHEMATICAL EDUCATION IN ACADEMIC LYCEUMS. Oriental renaissance: Innovative, educational, natural and social sciences, 2(12), 362-366.
59. Мирзакаримова, Н. (2022). ТРИГОНОМЕТРИК АЙНИЯТЛАРНИ МАТЕМАТИК ИНДУКЦИЯ МЕТОДИ ЁРДАМИДА ИСБОТЛАШНИНГ АФЗАЛЛИГИ. BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI, 2(11), 431-435.
60. Orifjon, M. (2021). NO ONE CAN MAKE THE COUNTRY FAMOUS IN SPORTS. Galaxy International Interdisciplinary Research Journal, 9(12), 908-911.
61. Nishanbayevich, M. O. (2022). Outdoor Games in The System of Physical Culture and Sports in Higher Education. Texas Journal of Multidisciplinary Studies, 5, 18-20.
62. Allomov Erkin Ibragimovich. (2022). Athletics at a Higher Educational Institution. American Journal of Social and Humanitarian Research, 3(10), 83–88. Retrieved from https://www.grnjournals.us/index.php/ajshr/article/view/1543
63. Orifjon, M. (2021). NO ONE CAN MAKE THE COUNTRY FAMOUS IN SPORTS. Galaxy International Interdisciplinary Research Journal, 9(12), 908-911.
64. Nishanbayevich, M. O. (2022). Outdoor Games in The System of Physical Culture and Sports in Higher Education. Texas Journal of Multidisciplinary Studies, 5, 18-20.

65. Хасанов, А. Т., Юсупов, Т. Т., & Алломов, Э. И. (2020). ПОДГОТОВКА СПЕЦИАЛИСТОВ ФАКУЛЬТЕТА ВОЕННОГО ОБРАЗОВАНИЯ К ПРОФЕССИОНАЛЬНО-ИННОВАЦИОННОЙ ДЕЯТЕЛЬНОСТИ. European Journal of Humanities and Social Sciences, (1), 108-113.
66. Mirzakarimova, N., & Karimova, L. (2023). QOLDIQLI BO 'LISHNING TAQQOSLAMA USULI. Oriental renaissance: Innovative, educational, natural and social sciences, 3(2), 954-957.
67. Mirzakarimova, N. M. (2022). FEATURES OF FORMATION OF STUDENTS'TECHNICAL THINKING ABILITIES WHEN CHOOSING THE CONTENT OF MATHEMATICAL EDUCATION IN ACADEMIC LYCEUMS. Oriental renaissance: Innovative, educational, natural and social sciences, 2(12), 362-366.
68. Мирзакаримова, Н. (2022). ТРИГОНОМЕТРИК АЙНИЯТЛАРНИ МАТЕМАТИК ИНДУКЦИЯ МЕТОДИ ЁРДАМИДА ИСБОТЛАШНИНГ АФЗАЛЛИГИ. BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI, 2(11), 431-435.
69. Ogli, Z. U. M., & Ogli, P. K. D. (2020). УМУМИЙ ЎРТА ТАЪЛИМ МАКТАБИ 7–8 СИНФ ЎҚУВЧИЛАРИНИНГ ЖИСМОНИЙ ТАЙЁРГАРЛИГИНИ ЖИСМОНИЙ РИВОЖЛАНИШИГА БОҒЛИҚЛИГИ. Academic research in educational sciences, (4), 693-697.
70. Karshieva, D. R. (2022). Anthropometry of Schoolchildren. Vital Annex: International Journal of Novel Research in Advanced Sciences, 1(3), 67-70.
71. Якубова, Г. (2022, November). ЖИСМОНИЙ МАДАНИЯТ ВА СПОРТ МАШҒУЛОТЛАРИ ВАҚТИДА ОВҚАТЛАНИШ. In E Conference Zone (pp. 53-66).
72. Нишонова, Д. Т. (2022). ЖИСМОНИЙ МАДАНИЯТ ВА СПОРТ МАШҒУЛОТЛАРИДА СОҒЛОМ ТУРМУШ ТАРЗИНИ ТАЛАБАЛАР ОНГИГА СИНГДИРИШДА ПЕДАГОГИК ЁНДАШУВЛАР. Galaxy International Interdisciplinary Research Journal, 10(9), 75-76.
73. Isakovna, L. N. (2023, January). EXTRACURRICULAR ACTIVITIES IN STUDENTS IN GRADES 5 AND 9 DEVELOP SOCIAL INITIATIVE THROUGH EVENTS. In E Conference Zone (pp. 1-14).
74. Латипова, Н. И., & Журабоева, М. Д. (2021). РОЛЬ РИТМИЧЕСКОЙ ГИМНАСТИКИ В ДОШКОЛЬНОМ ОБРОЗОВАТЕЛЬНОМ УЧРЕЖДЕНИИ ДЛЯ ДОШКОЛЬНИКОВ. In Interdisciplinary Conference of Young Scholars in Social Sciences (pp. 135-140).
75. Латипова, Н. И., & Журабоева, М. Д. (2021). РОЛЬ РИТМИЧЕСКОЙ ГИМНАСТИКИ В ДОШКОЛЬНОМ ОБРОЗОВАТЕЛЬНОМ УЧРЕЖДЕНИИ ДЛЯ ДОШКОЛЬНИКОВ. In Interdisciplinary Conference of Young Scholars in Social Sciences (pp. 135-140).

76. Orifjon, M. (2021). NO ONE CAN MAKE THE COUNTRY FAMOUS IN SPORTS. Galaxy International Interdisciplinary Research Journal, 9(12), 908-911.
77. Nishanbayevich, M. O. (2022). Outdoor Games in The System of Physical Culture and Sports in Higher Education. Texas Journal of Multidisciplinary Studies, 5, 18-20.
78. Allomov Erkin Ibragimovich. (2022). Athletics at a Higher Educational Institution. American Journal of Social and Humanitarian Research, 3(10), 83–88. Retrieved from https://www.grnjournals.us/index.php/ajshr/article/view/1543
79. Orifjon, M. (2021). NO ONE CAN MAKE THE COUNTRY FAMOUS IN SPORTS. Galaxy International Interdisciplinary Research Journal, 9(12), 908-911.
80. Nishanbayevich, M. O. (2022). Outdoor Games in The System of Physical Culture and Sports in Higher Education. Texas Journal of Multidisciplinary Studies, 5, 18-20.
81. Хасанов, А. Т., Юсупов, Т. Т., & Алломов, Э. И. (2020). ПОДГОТОВКА СПЕЦИАЛИСТОВ ФАКУЛЬТЕТА ВОЕННОГО ОБРАЗОВАНИЯ К ПРОФЕССИОНАЛЬНО-ИННОВАЦИОННОЙ ДЕЯТЕЛЬНОСТИ. European Journal of Humanities and Social Sciences, (1), 108-113.
82. Akbarova, S., & To'xtasinova, N. (2022). IKKINCHI TARTIBLI EGRI CHIZIQ GIPERBOLANING AJOYIB XOSSALARI VA ULARNI MASALALAR YECHISHGA TADBIQI. BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI, 2(11), 424-430.
83. Хасанов, А. Т., Юсупов, Т. Т., & Алломов, Э. И. (2020). ПОДГОТОВКА СПЕЦИАЛИСТОВ ФАКУЛЬТЕТА ВОЕННОГО ОБРАЗОВАНИЯ К ПРОФЕССИОНАЛЬНО-ИННОВАЦИОННОЙ ДЕЯТЕЛЬНОСТИ. European Journal of Humanities and Social Sciences, (1), 108-113.
84. Akbarova, S., & To'xtasinova, N. (2022). IKKINCHI TARTIBLI EGRI CHIZIQ GIPERBOLANING AJOYIB XOSSALARI VA ULARNI MASALALAR YECHISHGA TADBIQI. BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI, 2(11), 424-430.
85. Асқарова, М., Намозова, Д., Мадаминов, Н., & Алихонова, Д. (2020). PSYCHOLOGICAL FEATURES OF PREPARING CHILDREN FOR SCHOOL. Scientific and Technical Journal of Namangan Institute of Engineering and Technology, 2(7), 402-407.
86. Namozova, D. T. (2022). RENESSANS-BO'LAJAK MUSIQA O'QITUVCHISINING KOMPETATSION TAKOMILI SIFATIDA. Oriental renaissance: Innovative, educational, natural and social sciences, 2(10-2), 491-496.
87. Namozova, D. (2022). BO 'LAJAK MUSIQA O 'QITUVCHILARINING KREATIV KOMPETENTLIGINI MUSIQA TARIXI FANINI O 'QITISH VOSITASIDA SHAKLLANTIRISH. Science and innovation, 1(B6), 942-950.

88. Namozova, D., & Astanova, Z. T. (2022). BRAYL NOTA TIZIMINING MUSIQA TA'LIMIDAGI ILK QADAMLARI. Oriental renaissance: Innovative, educational, natural and social sciences, 2(10-2), 260-264.
89. XAYDAROVA, D. (2021). Application forms in non-native languages and their peculiarities (on the example of Uzbek, Russian, English, German and French). THEORETICAL & APPLIED SCIENCE Учредители: Теоретическая и прикладная наука, (12), 474-477.
90. Dildora, X. (2021). Appeal as a basis of communication culture. Asian Journal of Research in Social Sciences and Humanities, 11(11), 812-815.
91. Komilovna, H. D. (2022). SOME FEATURES OF APPLICATION FORMS IN UZBEK AND GERMAN LANGUAGE.
92. Xaydarova, D. K. (2021). KOREYS VA INGLIZ TILIDAGI MUROJAAT ATAMALARINING UMUMIY VA XUSUSIY BELGILARI. Scientific progress, 2(8), 936-941.
93. Raxmonalievna, A. G. (2022). Lexical Units Related to the Education System in a Comparative Study of Different Languages. O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA ILMIY TADQIQOTLAR JURNALI, 2(13), 259-266.
94.Alisher o'g'li, A. N., & Ilkhomovich, A. B. (2022). THE ROLE OF NATIONAL GAMES AND THE FAMILY, SCHOOL AND COMMUNITY IN THE SPIRITUAL UPBRINGING OF CHILDREN. Galaxy International Interdisciplinary Research Journal, 10(3), 625-627.
95.Makhmudova, A. S. (2022). MUSIC AS A FACTOR IN THE FORMATION OF SOCIAL IDENTITY AMONG YOUNG PEOPLE. Oriental renaissance: Innovative, educational, natural and social sciences, 2(10-2), 503-509.
96. Abdumalikovna, M. S. (2022). Music As a Factor for The Formation of Social Identity in Youth. Texas Journal of Multidisciplinary Studies, 5, 21-24.
97.Тухтаназаров, И., & Махмуталиев, А. (2019). Развитие спортивного маркетинга в условиях модернизации рыночных отношений. In Наука сегодня: проблемы и перспективы развития (pp. 104-105).
98.Makhmutaliev, A. M., & Tukhtanazarov, I. U. (2020). STUDY OF INDIVIDUAL-TYPIC ONTOGENETIC CHARACTERISTICS OF SPORTS CHILDREN. In Психологическое здоровье населения как важный фактор обеспечения процветания общества (pp. 84-86).
99.Soliev, F., Makhmutaliev, A., & Goynazarov, G. (2021). Ways To Effectively Solve Modern Educational Problems Using Art Technologies On The Basis Of Collaborative Pedagogy. Scientific progress, 2(8), 276-280
100. Махмуталиев, А., Тухтаназаров, И., & Ғайратжон, Ғ. (2022). ЖИСМОНИЙ ТАРБИЯНИНГ ТАВСИФИ ВА ТАСНИФЛАРИ. Central Asian Research Journal for Interdisciplinary Studies (CARJIS), 2(Special Issue 2), 216-221.