**2 курс 4 семестр «TASDIQLAYMAN»**

**Kafedra мudiri: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**«\_\_\_\_\_» \_\_\_\_\_\_\_\_\_\_\_\_\_ 2023 yil**

# FAN DASTURI BAJARILISHINING KALENDAR REJASI

**(ма’ruza, seminar, lаbоrатоriya, aмаliy маshg’ulotlar, kurs ishlari)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Fаkultet: \_\_\_\_\_\_\_\_\_\_\_\_\_ | | Yo’nalish: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Akademguruh\*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | Ma’ruza | | | \_\_\_\_\_\_\_\_\_ |
| Fаnning nomi: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | Amaliy mash. | | | \_\_\_18\_\_\_\_ |
| Ма’ruzachi: | | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | Laboratoriya | | | \_\_\_\_\_\_\_\_\_ |
| Маslahat va amaliy mashg’ulotni olib boruvchi: | | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | Mustaqil ish | | | \_\_\_\_102\_\_\_ |
| Мustaqil mashg’ulotlarni olib boruvchi: | | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | kurs ishi | | | \_\_\_\_\_\_\_\_\_ |
|  | | |  | | | | **Jami** | | | **\_\_**\_\_120\_\_\_ |
| **№** | **Маvzuning nomi** | | | | **Аjratilgan soat** | **Bаjаrilganligi хаqida ма’lumot** | | | **O’qituvchi imzosi** | |
| **Оy va kun** | | **Sоаtlar sоni** |
| **1** | **3** | | | | **4** | **5** | | **6** | **7** | |
| Amaliy mashg`lot (seminar) | | | | | | | | | | |
| 1 | Yengil atletika. O’rta masofaga yugurish 800-1000 m | | | | 2 |  | |  |  | |
| 2 | Yengil atletika. Sakrash turlari | | | | 2 |  | |  |  | |
| 3 | Basketbol. Oyn qoidalari to’pni olib yurish va uzatish texnikasini o’rgatish . | | | | 2 |  | |  |  | |
| 4 | Voleybol. Maxsus mashqlar. O’quv o’yini | | | | 2 |  | |  |  | |
| 5 | Voleybol. Xujum texnikasini o’rgatish. O’quv o’yini | | | | 2 |  | |  |  | |
| 6 | Qo’l to’pi o’yin qoidalari. To’pni olib yurish va uzatish texnikasi | | | | 2 |  | |  |  | |
| 7 | Futbol.To’ni har xil xolatlardan uzatish va qabul qilish texnikasini o’rgatish. | | | | 2 |  | |  |  | |
| 8 | Gimnastika. Ertalabki badantarbiya mashqlari va gimnastika jixozlarda mashq bajarish | | | | 2 |  | |  |  | |
| 9 | Gimnastika. Yakka cho’pda (turnik) mashq bajarish | | | | 2 |  | |  |  | |
|  | **JAMI** | | | | **18** |  | |  |  | |
|  | Mustaqil ish | | | | | | | | | |
| 1 | QarMII sport to’garaklaridagi mashg’ulotlar | | | | 4 |  | |  |  | |
| 2 | Nazorat meyorlariga tayyorgarlik ko’rish | | | | 4 |  | |  |  | |
| 3 | Ertalabki gigienik gimnastika (EGG) majmuasini ozlashtirish | | | | 4 |  | |  |  | |
| 4 | Sog’lomlashtirish maqsadida jismoniy madaniyat vositalaridan profilaktik majmualar tuzish | | | | 4 |  | |  |  | |
| 5 | Tananing jismoniy holatini nazorat qilish uslubiyatini o’zlashtirish | | | | 4 |  | |  |  | |
| 6 | Funksional testlar o’tkazish ko’nikmalarini o’zlashtirish | | | | 4 |  | |  |  | |
| 7 | Har xil darajadagi sport musobaqalarida va ommaviy sport tadbirlarida ishtirok itish. | | | | 4 |  | |  |  | |
| 8 | Tanlangan sport turi buyicha badan qizdirish mashqlarini tuzish. | | | | 4 |  | |  |  | |
| 9 | Sport bilan shugullanishda uzini nazorat qilish usullarini ozlashtirish. | | | | 4 |  | |  |  | |
| 10 | Bulajak kasbiy kasbiy faoliyatga bogliq jismoniy mashqlardan indibidual dasturlar tuzish. | | | | 4 |  | |  |  | |
| 11 | Har xil mushaklar guruhi uchun mashqiar majmuasini tuzish. | | | | 4 |  | |  |  | |
| 12 | Jismoniy holatni individual darajasidan kelib chiqqan holda mashiqlar majmuasini tuzish. | | | | 4 |  | |  |  | |
| 13 | Inson salomatligini mustahkamlashda gimnastika mashiqlarini ahamiyti va o’rni | | | | 4 |  | |  |  | |
| 14 | Inson salomatligini mustahkamlashda yengil atletika mashiqlarini ahamiyti va o’rni | | | | 4 |  | |  |  | |
| 15 | Inson salomatligini mustahkamlashda sport o’yinlarining ahamiyti va o’rni | | | | 4 |  | |  |  | |
| 16 | Basketbol sport o’yinin O’zbekistonga kirib kelishi. | | | | 4 |  | |  |  | |
| 17 | Qo’l to’pini rivojlanishi | | | | 4 |  | |  |  | |
| 18 | Qo’l to’pini kelib chiqishi va tarixi. | | | | 4 |  | |  |  | |
| 19 | Yengil atletika Qisqa masofaga yugurish | | | | 4 |  | |  |  | |
| 20 | Yengil atletika Sakrash mashqlari | | | | 4 |  | |  |  | |
| 21 | Futbol o’yinini O’zbekistonga kirib kelishi. | | | | 4 |  | |  |  | |
| 22 | Futbol o’yini | | | | 2 |  | |  |  | |
| 23 | Yengil atletika. Moksimon yugurish 4x10 m. | | | | 4 |  | |  |  | |
| 24 | Turnikka tortilish | | | | 4 |  | |  |  | |
| 25 | O’ttirib turish va sakrash | | | | 4 |  | |  |  | |
| 26 | Chidamlilik sifatlarini rivojlantirish 20-30 daqiqa yugurish | | | | 4 |  | |  |  | |
|  | **jami** | | | | **102** |  | |  |  | |

**O’qituvchi: \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**