**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: \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**