



## **PAYMENT SHARE AND PROGRESS IN PHYSICAL EDUCATION IN THE MIDDLE AESSION COUNTRIES**

Nazarov Nurali Normirzaevich  
UZJTSU Sports Law, Social and Natural-Scientific  
Department of Sciences Professor

### **Abstract**

The article describes the formation processes and stages of development of physical education in Central Asia.

**Keywords:** Central Asian countries, physical education, written sources, historical data, tolerance, honesty.

In the study of the history of the emergence and development of physical education in the countries of Central Asia, the written sources that have been preserved until now are Greek, Roman, Arab-Persian authors, Turkish inscriptions, ancient architectural objects, along with the results of excavations carried out in monument complexes, as well as examples of folk oral creativity, legend, myth, story, play, dance, music, etc. are very important. The beginning of physical culture in ancient Central Asia was directly related to the daily activities of the people living in these regions. It is show that Central Asia is a large natural geographical region in the middle part of the Eurasian continent, from the shores of the Caspian Sea in the west to the border of China in the east, from the West Siberian Plain in the north, Nishopur in the south, from the Safed mountain range located in Afghanistan to the Hindu Kush mountains. It is situated inside of the continent, 4 thousand km from the Atlantic Ocean, 2.5 thousand km from the Arctic Ocean, 5.5 thousand km from the Pacific Ocean and 1 thousand km from the Indian Ocean. The territory of Central Asia was called Turon in the Middle Ages, Movarunnahr in Arabic rebell, Turkistan in the second half of the 19th century and the beginning of the 20th century. In 1924-25, it became known as Central Asia after the demarcation of national state borders in the former union.

As a large geosystem, Central Asia includes a large part of Kazakhstan, Uzbekistan, Kyrgyzstan, Tajikistan, Turkmenistan, some parts of China, and the area of about 3,300,000 km<sup>2</sup> in the Amu Darya basin of Afghanistan and Iran. In these areas, physical culture has become an independent part of society's culture and is widely used in family education, educational institutions, daily life, and religious ceremonies. As a result of the formation of special institutions and the formation of the first principles of the science of physical education, the first systems of physical education were created. Of course, today the question of the origin of physical education is one





of the most important problems of studying of history of physical culture and sports. Despite the fact that this process has been consistently studied by historians, archeologists, philosophers, cultural experts, teachers and other experts, the issues of the emergence of physical education and its development have not yet been fully explored. However, based on the available sources, it is possible to think logically about the emergence of the first physical education in the example of these countries and make a certain idea about them.

In determining the emergence of physical education, the main sources are labor and hunting tools, ancient structures, tombs, mountain caves, and stilts for the people of Central Asia. It is known that Central Asia is one of the oldest inhabited places from ancient times. The first human traces in this area are founded 500,000 years ago, but some said that this date was 800,000 years ago. In ancient times, when people did not know how to use metal, they used simple stones, bones of large animals, horns and hard horns of trees as work tools. For this reason, historians refer to this period as the "Old Stone Age", that is, the Paleolithic period. In this era, there was no question about the existence of any independent element of physical education. Because people have acquired the necessary life skills and skills directly through hunting and labor activities. This process began to happen from the time when primitive people began to master the science of hunting. The appearance of various strong and sharp-pointed light spears, and then the bow and arrow, made hunting the main occupation of men. According to historical data, hunting works played an important role in the life of primitive people. In some sources it is written that the hunting works were held before the hunt, while in others, opinions were expressed about the works held after the hunt. For example, a hunter would unconsciously draw a picture of an animal in the forest or tell his relatives how he hunted it, without realizing that he was practicing. In this way, the hunting practice was born in the context of practical considerations, the ritual guided the hunter, performed the task of getting closer to the animals without being seen based on the repetition of dance, songs and movements. If we analyze these data in depth, it can be said that hunting works were held both before and after hunting. Pre-hunting works, pre-hunting exercises were organized in the form of a special small ceremony, which served as a test of preparation for the hunt, mental and physical preparation for the hunt. Primitive people learned to easily catch prey and approach it with this game tool. For this purpose, to enter the form of an animal by wearing a mask, its walking postures and behaviors were practiced, and their sounds were studied. It was during these games that young people were taught to hunt. For this reason, these works, together with the role of a special school, helped to develop hunting skills on the one hand, and on the other hand, they formed and developed the





art of imitation. The invention of the light and fast chariot at the beginning of the 2nd millennium BC occupies a great place in the development of Central Asian culture, including physical culture. The use of horse-drawn carriages accelerated the exchange of cultural values, including physical culture, while improving relations between nations.

These can be examples of objects, art monuments, paintings, figurines found in Sarmishsoy gorge, Tuproqkala, Koyqirilangkala, Qal'alikir, Ayzokala and other monuments. The healthy maturation of people from youth, physical maturity, and the beginning of hunting exercises in the family from a young age are also shown in the book of Avesta. Historian scholars Herodotus described following in his story about massagetes. "Massagets dress like Scythians (Saks). The lifestyle is the same. They fight on horseback and on foot. They are usually armed with arrows, spears and battle axes. All their particles and tools were made of gold and copper. The tips of spears, bow arrows, military axes are made of copper. Headdresses, belts and veils are decorated with gold. The Massagets did not plant grain, they made a life by raising livestock and fishing. They drank water from the Araks (Amudarya) river and went fishing. They drank milk. The only god they worship was the sun. [1] From this information, we understand that the Massagets focused special attention to physical fitness, promoted bravery, bravery, and courage. Various forms of physical education were mastered during combat training, archery, horse fighting, swordsmanship, etc. Herodotus wrote about the skilled snipers of the Sac tribe. Among all archers in the world, the Sacs had a reputation for being very skilled marksmen who never wasted a shot. The women of Sakas and Khorezms also took part in military campaigns and battles, and were not inferior to male warriors in bravery and tenacity.

The Greek historian Diodorus, who lived in the 2nd century BC, wrote about the Sakas. "Generally the women of this tribe are brave and share the dangers of war with the men." The Roman writer Clement (150-250 BC) wrote about the women of the Sac tribe: "The Sac women used to run away cunningly, turn back and shoot like men on horseback." [2]

We also come across information that the Saks introduced the issue of physical fitness to family relations, and that they paid special attention to the upbringing of healthy offspring from the family. For example, according to the tradition of the marriage ceremony, which is the foundation of the family, historians have recorded that whoever wants to marry the daughter of the Sakas must compete with her. As soon as the girl has the upper hand in the fight, the boy is completely at her disposal and becomes her servant. A young man could marry a girl only if he conquered her.





As a result of their participation in the military campaigns of Darius II, who reigned in 423-404 BC, the Central Asians adopted a wide variety of physical exercises, games and competitions from the Greeks and adapted them to local conditions. These data lead to the conclusion that our ancient ancestors created a special system of physical and military training, which was manifested in the fact that they had decisive power in historical events. In the lands around Samarkand, we can see that the inhabitants were engaged in hunting and fishing from the remains of Miyankala monuments preserved from the Kushan period in the 1st-4th centuries AD. The people of Mionkala, who were engaged in hunting, brought the animals they hunted from the Aktog ranges to the banks of the river, where people lived, at the expense of great difficulty and effort. It should be pointed out that the large, heavy animals had to be brought from far away places for the development of physical qualities in people from a young age.

It is known from historical sources that the peoples of Central Asia had trade and cultural relations with the people of China, India, Iran, Siberia, Eastern Europe and the Mediterranean Sea. Horses were the main means of transport and human helpers in these communications. From ancient times, special long-distance horse racing competitions were held to test the readiness of horses for long journeys. That was why horse races were very common among the people of Central Asia. Since childhood, horse riding has been the profession of almost everyone living here.

Zoroastrianism, Christianity, Buddhism, and Islam are the main religions of the people of Central Asia. [3] We know that religions have gained special importance in the formation of a healthy lifestyle in the spiritual and social life of the people and the outlook of young people. In it, the high qualities of honesty, purity, bravery, kindness, which are manifested in human relations, views on the issue of the positive impact of raising a physically fit child on the development of society have found their proper reflection. The holidays of the people who lived in this area were also important in the development of physical education. During the period of Timur and the Timurids, a lot of attention was paid to physical culture. Physical exercises were used to a high degree mainly in martial arts. Timur and his children, including their descendants, Babur and Baburis, knew very well that the foundation of courage and bravery is found in physical exercises. [4] It is no secret that after the Timurid era, physical activities also lost their status because the spiritual and cultural life in Central Asia was somewhat backward. At the beginning of the 20th century, the formation of the former Soviet government, as they said, kicked the dead, led the way in the development of physical education and sports based on its ideological goals. As in all systems, the principles of communist ideology prevailed in the field of sports. In such conditions,





the development, promotion and setting of the prospects of national sports became a difficult issue, as well as many problems were accumulated in providing the field with qualified specialist personnel. The Soviet government did not recognize the traditional games of the representatives of the local nation, the sports formed on the basis of centuries-old experience. As a result, wrestling and goat competitions, which had become the pride of the people of Central Asia, turned into a narrow range of competitions held mainly at family ceremonies and harvest festivals. In the Soviet era, the lack of gymnasiums and equipment in most schools was a serious problem, and very few vocational schools or specialized educational institutions were established, mainly in the central cities, for the popularization of sports. As a result of the collapse of the Soviet Union, in almost all the countries of Central Asia, it was achieved that large sections of the population engage in sports, form a healthy lifestyle, educated young people to be physically healthy, developed the sports industry and infrastructure, and ensure their appropriate participation in international sports arenas in the field of high sports skills. Development and strengthening of material and technical support in mass and professional sports, ensuring their maximum and effective use, practical work was done and rich experience was gathered. [5]

The success of sports in the countries of Central Asia is related to aspects such as preservation of cultural identity, oriental mentality, and endurance. Physical education system is developing as a part of state policy, economy, culture and education. Sport is considered as a means of strengthening human health, increasing labor productivity and increasing the defense power of the state. In the field of education, the main attention is paid to physical training of children under the supervision of coaches based on physical training programs in schools and higher education institutions. [6,7,8] The Asian Games competition, which has been held in Asia since 1951, is a comprehensive competition organized to further strengthen the unity of Asian nations and states. It is held every four years under the promotion of the International Olympic Committee and the Olympic Council of Asia. In 1982, the Asian Games Federation was recognized by the IOC. At the General Assembly held on November 16, 1982, the continent's sports organization changed its name to the Olympic Council of Asia. Asian Games Program Aquatics, Archery, Athletics, Badminton, Baseball, Basketball, Bowling, Boxing, Bridge, Canoeing, Cycling, Equestrian, Fencing, Football, Golf, Gymnastics, Handball, Field Hockey, Judo, Kabaddi, karate, wrestling, modern pentathlon, parachuting, roller sports, academic rowing, rugby, sailing, sepaktakraw, shooting, mountaineering, squash, table tennis, taekwondo, tennis, triathlon, volleyball, weightlifting, sports wrestling, sambo, jujitsu, penchak silat, wushu, etc. Athletes from Central Asian countries also





participated in these competitions. As an independent country, athletes of our country have been participating in the Asian Games since 1994. The final Asian Games, Hangzhou 2022, were scheduled to take place in September 2022. However, due to the new wave of the coronavirus, at the 77th meeting of the Executive Committee of the OOK held in Tashkent on May 6 of the same year, it was announced that the competition will be held from September 23 to October 6, 2023, and it was held during this period.

Today, the national team of Uzbekistan took the 5th place for the second time in the XIX Summer Asian Games held in Hangzhou, with a total of 71 medals, the increase of interest in figure skating from winter sports in Kyrgyzstan, the popularization of the sport of cricket in Afghanistan, the national team of Tajikistan in the Asian Football Cup 1 / 8 showing its great result by defeating the United Arab Emirates in the finals, holding the 5th Asian Games in indoor combat martial arts in Ashgabat, the capital of Turkmenistan, on September 17-27, and the sharp increase in interest in wrestling in Central Asia are another proof that sport is developing extremely fast in the countries of this region. [9,10,11,12]

**In conclusion**, we should note that in the process of studying the development of physical education and physical culture in the countries of Central Asia, we are sure that in this region chess, chess, horse sports, various games, archery, wrestling, which allow to show the unique talents of a person in all periods of historical development, boxing, lifting stones, swimming, etc., are improved. Today, the countries located in the territory of Central Asia make a huge contribution to the development of world sports. Physical training at all stages of historical development, sportsmen's participation in various ceremonies, holidays and competitions, fighting hard for victory, and the patriotism of the people of Central Asia, as well as in the countries of the world, have become important and will continue to be so.

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