



The Role of Three-Level Sports Competitions in the Education of Human Moral Qualities

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Abstract: *in this article, recommendations have been developed for improving the socio-pedagogical parameters of the development of students with the help of three-level sports competitions by defining the moral-ethical, ideological, motivational structural foundations of the development of patriotic qualities. Also, in the article, with the help of three-level sports competitions issues of formation of reserve sportsmen and formation of a healthy lifestyle in the republic were analyzed.*

Keywords: *germs of hope, perfect generation, university, personnel, education system, physical education, physical culture, social maturity, spirituality, mentality, principle, personnel.*

Today, the socio-economic stability of the Republic of Uzbekistan is a basis for regular organization and holding of three-level sports competitions, as well as conveying its incomparable importance in forming healthy lifestyle skills to the minds of pupils and students, will help to create an effective system of spiritual, physical, intellectual and labor training, ensure personal and national security, economic development of the country, and raise the international reputation of the state. This creates a socio-pedagogical basis for organizing a true way of life in the society of Uzbekistan, educating pupils and students in the spirit of righteousness, justice and purity, and stabilizing their moral, mental, physical and social health.

With the initiative of our President, three-level sports competitions "Sprouts of Hope", "Barkamol Avlod" and "Universiada" aimed at developing sports among schoolchildren in our country and involving them in mass physical education and sports activities were systematically implemented. is increasing.

As a result, the interest of our youth in sports is increasing day by day, they are growing up as healthy, strong-willed, loyal children of our Motherland.

At the same time, young people are experiencing strong trials. This requires them to respond to the influence of various currents with spiritual maturity and intelligence. For this purpose, the formation of a healthy generation is gaining priority in the spiritual and social life of our Republic. A healthy generation means a generation that is physically healthy, intellectually complete, free from harmful effects, negative traits, vices, etc., clean, pure, with a healthy mind. It is recognized from a spiritual point of view that a healthy generation is a healthy generation, physically strong, mentally fresh, clear-minded, religious, spiritual, courageous and brave, patriotic person.

The main goal of creating a healthy generation is to educate well-rounded young people with a bright future. Pupils and students acquire the following qualities as a result of acquiring a healthy lifestyle:

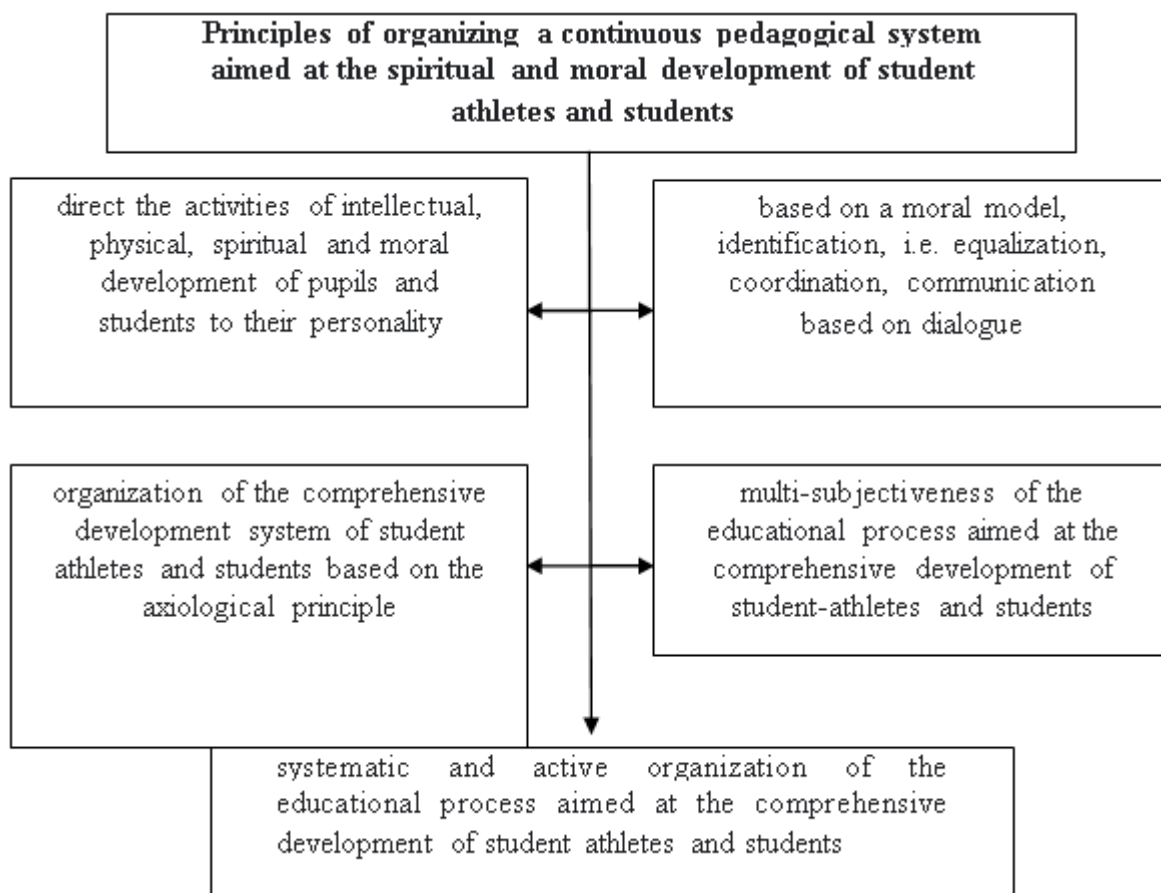
- ✓ social maturity;



- ✓ spirituality - the possibility of high level development and self-management as a mature person;
- ✓ to follow universal national values in one's life activity;
- ✓ based on Islamic moral standards;
- ✓ approach reality based on compassion and honesty;
- ✓ ability to resist evil; - persistence;
- ✓ ability to coordinate voluntary actions;
- ✓ to have strong spiritual skills;
- ✓ to show courage as a citizen of an independent state, to have a clear citizenship position;
- ✓ the ability to show heroism
- ✓ to have a healthy ideological outlook;
- ✓ acquisition of spiritual values;
- ✓ looking for meaning in life;
- ✓ ability to resist alcoholism, gambling, drug addiction;
- ✓ to have a positive attitude to moral standards, religious values;
- ✓ to have freedom of choice;
- ✓ to ensure the emergence of a sense of harmony and joy in the body of a developing person as a result of the emergence of a mood based on cheerfulness
- ✓ ensuring and accelerating the gender maturity of students;
- ✓ coordination of sexual and social maturity;
- ✓ such as being able to fight against the attacks of popular culture.

Socio-economic stability in the Republic of Uzbekistan, in addition to creating a basis for regular organization and holding of three-level sports competitions, conveying its incomparable importance in forming healthy lifestyle skills to the minds of pupils and students, It helps to create an effective system of spiritual, physical, intellectual and labor education, to ensure personal and national security, economic development of the country, and to raise the international reputation of the state. This creates a socio-pedagogical basis for organizing a true way of life in the society of Uzbekistan, educating pupils and students in the spirit of righteousness, justice and purity, and stabilizing their moral, mental, physical and social health.

The effectiveness of sports competitions is manifested in the physical, spiritual, moral and intellectual improvement of a person. Ensuring the effectiveness of sports competitions is carried out on the basis of competitions. Competition-oriented activities of pupils and students-youth are carried out during official sports competitions organized on the basis of certain rules, including Sprouts of Hope, Barkamol Avlod and Universiades, in which pupils-youth are expected to achieve high results. Because these competitions are, by their very essence, small Olympics within the country.



We addressed the following questions to physical education teachers and coaches: Do you believe that sports training, as well as three-level sports competitions, ensure the maturity of a person? The answers to this question are presented in the table below

Table 1. Analysis of experimental test results

At the beginning of experimental work (in %)				At the end of the experimental work (in %)			
Analysis of personal qualities based on communication	Leading the process of preparation for competitions	Readiness for pedagogical communication	Evaluation of the results of the pedagogical process	Analysis of personal qualities based on communication	Leading the process of preparation for competitions	Readiness for pedagogical communication	Evaluation of the results of the pedagogical process
8,7	39,1	12	40,2	42,8	10,7	31,3	15,2

Our observations showed that sports coaches rate their actual pedagogical activities very highly and consider this assessment to be objective. Coaches should create an opportunity for athletes to compare their own actions with those of their teammates. Among them: entering into a mutual debate, comparing the results of their activities, identifying the shortcomings in each other's behavior, showing that they have reached maturity in a certain field of sports to eliminate them, and sharing their feelings with each other. Create conditions for them to share, to be patient, kind, fair, develop to give the opportunity to die to protect the honor of their team and country. In the comprehensive development of sportsmen and students, the professional skills of physical



education teachers and coaches, spiritual and moral maturity, level of knowledge, methods and opportunities for developing personal spirituality, the history of our country, and the level of knowledge of national and spiritual values are of particular importance. earns and ensures their spiritual and moral development.

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