

**AKADEMIK ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (OYOQ NOZOLOGIYASI) UCHUN
KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI
(kunduzgi, ta'lim erkaklar uchun)**

Ixtisoslik bo'yicha maksimal ball 93

500 metr masofaga akademik eshkak eshish

Natija	Ball	Natija	Ball
2.20	93	3.07	46
2.21	92	3.08	45
2.22	91	3.09	44
2.23	90	3.10	43
2.24	89	3.11	42
2.25	88	3.12	41
2.26	87	3.13	40
2.27	86	3.14	39
2.28	85	3.15	38
2.29	84	3.16	37
2.30	83	3.17	36
2.31	82	3.18	35
2.32	81	3.19	34
2.33	80	3.20	33
2.34	79	3.21	32
2.35	78	3.22	31
2.36	77	3.23	30
2.37	76	3.24	29
2.38	75	3.25	28
2.39	74	3.26	27
2.40	73	3.27	26
2.41	72	3.28	25
2.42	71	3.29	24
2.43	70	3.30	23
2.44	69	3.31	22
2.45	68	3.32	21
2.46	67	3.33	20
2.47	66	3.34	19
2.48	65	3.35	18
2.49	64	3.36	17
2.50	63	3.37	16
2.51	62	3.38	15
2.52	61	3.39	14
2.53	60	3.40	13
2.54	59	3.41	12
2.55	58	3.42	11
2.56	57	3.43	10
2.57	56	3.44	9
2.58	55	3.45	8
2.59	54	3.46	7
3.00	53	3.47	6
3.01	52	3.48	5
3.02	51	3.49	4
3.03	50	3.50	3
3.04	49	3.51	2
3.05	48	3.52	1
3.06	47		

**AKADEMIK ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (OYOQ NOZOLOGIYASI) UCHUN
KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI
(kunduzgi, ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

500 metr masofaga akademik eshkak eshish			
Natija	Ball	Natija	Ball
3.30	93	3.77	46
3.31	92	3.78	45
3.32	91	3.79	44
3.33	90	3.80	43
3.34	89	3.81	42
3.35	88	3.82	41
3.36	87	3.83	40
3.37	86	3.84	39
3.38	85	3.85	38
3.39	84	3.86	37
3.40	83	3.87	36
3.41	82	3.88	35
3.42	81	3.89	34
3.43	80	3.90	33
3.44	79	3.91	32
3.45	78	3.92	31
3.46	77	3.94	30
3.47	76	3.95	29
3.48	75	3.96	28
3.49	74	3.97	27
3.50	73	3.98	26
3.51	72	3.99	25
3.52	71	4.0	24
3.53	70	4.1	23
3.54	69	4.2	22
3.55	68	4.3	21
3.56	67	4.4	20
3.57	66	4.5	19
3.58	65	4.6	18
3.59	64	4.7	17
3.60	63	4.8	16
3.61	62	4.9	15
3.62	61	4.10	14
3.63	60	4.11	13
3.64	59	4.12	12
3.65	58	4.13	11
3.66	57	4.14	10
3.67	56	4.15	9
3.68	55	4.16	8
3.69	54	4.17	7
3.70	53	4.18	6
3.71	52	4.19	5
3.72	51	4.20	4
3.73	50	4.21	3
3.74	49	4.22	2
3.75	48	4.23	1
3.76	47		

**AKADEMIK ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARING (QO'L
NOZOLOGIYASI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH
MEZONLARI**

**(kunduzgi, ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

(maksimal ball -93)

500 metr masofaga akademik eshkak eshish			
Natija	Ball	Natija	Ball
2.20	93	3.07	46
2.21	92	3.08	45
2.22	91	3.09	44
2.23	90	3.10	43
2.24	89	3.11	42
2.25	88	3.12	41
2.26	87	3.13	40
2.27	86	3.14	39
2.28	85	3.15	38
2.29	84	3.16	37
2.30	83	3.17	36
2.31	82	3.18	35
2.32	81	3.19	34
2.33	80	3.20	33
2.34	79	3.21	32
2.35	78	3.22	31
2.36	77	3.23	30
2.37	76	3.24	29
2.38	75	3.25	28
2.39	74	3.26	27
2.40	73	3.27	26
2.41	72	3.28	25
2.42	71	3.29	24
2.43	70	3.30	23
2.44	69	3.31	22
2.45	68	3.32	21
2.46	67	3.33	20
2.47	66	3.34	19
2.48	65	3.35	18
2.49	64	3.36	17
2.50	63	3.37	16
2.51	62	3.38	15
2.52	61	3.39	14
2.53	60	3.40	13
2.54	59	3.41	12
2.55	58	3.42	11
2.56	57	3.43	10
2.57	56	3.44	9
2.58	55	3.45	8
2.59	54	3.46	7
3.00	53	3.47	6
3.01	52	3.48	5
3.02	51	3.49	4
3.03	50	3.50	3
3.04	49	3.51	2
3.05	48	3.52	1
3.06	47		

**AKADEMIK ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING
(QO'L NOZOLOGIYASI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI
(kunduzgi, ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

(maksimal ball -93)

500 metr masofaga akademik eshkak eshish			
Natija	Ball	Natija	Ball
3.30	93	3.77	46
3.31	92	3.78	45
3.32	91	3.79	44
3.33	90	3.80	43
3.34	89	3.81	42
3.35	88	3.82	41
3.36	87	3.83	40
3.37	86	3.84	39
3.38	85	3.85	38
3.39	84	3.86	37
3.40	83	3.87	36
3.41	82	3.88	35
3.42	81	3.89	34
3.43	80	3.90	33
3.44	79	3.91	32
3.45	78	3.92	31
3.46	77	3.94	30
3.47	76	3.95	29
3.48	75	3.96	28
3.49	74	3.97	27
3.50	73	3.98	26
3.51	72	3.99	25
3.52	71	4.0	24
3.53	70	4.1	23
3.54	69	4.2	22
3.55	68	4.3	21
3.56	67	4.4	20
3.57	66	4.5	19
3.58	65	4.6	18
3.59	64	4.7	17
3.60	63	4.8	16
3.61	62	4.9	15
3.62	61	4.10	14
3.63	60	4.11	13
3.64	59	4.12	12
3.65	58	4.13	11
3.66	57	4.14	10
3.67	56	4.15	9
3.68	55	4.16	8
3.69	54	4.17	7
3.70	53	4.18	6
3.71	52	4.19	5
3.72	51	4.20	4
3.73	50	4.21	3
3.74	49	4.22	2
3.75	48	4.23	1
3.76	47		

**AKADEMIK ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA BIR OYOQ
NOZOLOGIYASI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI
(kunduzgi, ta'lim erkaklar uchun) Ixtisoslik bo'yicha maksimal ball 93**

500 metr masofaga akademik eshkak eshish			
Natija	Ball	Natija	Ball
2.20	93	3.07	46
2.21	92	3.08	45
2.22	91	3.09	44
2.23	90	3.10	43
2.24	89	3.11	42
2.25	88	3.12	41
2.26	87	3.13	40
2.27	86	3.14	39
2.28	85	3.15	38
2.29	84	3.16	37
2.30	83	3.17	36
2.31	82	3.18	35
2.32	81	3.19	34
2.33	80	3.20	33
2.34	79	3.21	32
2.35	78	3.22	31
2.36	77	3.23	30
2.37	76	3.24	29
2.38	75	3.25	28
2.39	74	3.26	27
2.40	73	3.27	26
2.41	72	3.28	25
2.42	71	3.29	24
2.43	70	3.30	23
2.44	69	3.31	22
2.45	68	3.32	21
2.46	67	3.33	20
2.47	66	3.34	19
2.48	65	3.35	18
2.49	64	3.36	17
2.50	63	3.37	16
2.51	62	3.38	15
2.52	61	3.39	14
2.53	60	3.40	13
2.54	59	3.41	12
2.55	58	3.42	11
2.56	57	3.43	10
2.57	56	3.44	9
2.58	55	3.45	8
2.59	54	3.46	7
3.00	53	3.47	6
3.01	52	3.48	5
3.02	51	3.49	4
3.03	50	3.50	3
3.04	49	3.51	2
3.05	48	3.52	1
3.06	47		

**AKADEMIK ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA
BIR OYOQ NOZOLOGIYASI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH
MEZONLARI**

(kunduzgi, ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93

500 metr masofaga akademik eshkak eshish			
Natija	Ball	Natija	Ball
3.30	93	3.77	46
3.31	92	3.78	45
3.32	91	3.79	44
3.33	90	3.80	43
3.34	89	3.81	42
3.35	88	3.82	41
3.36	87	3.83	40
3.37	86	3.84	39
3.38	85	3.85	38
3.39	84	3.86	37
3.40	83	3.87	36
3.41	82	3.88	35
3.42	81	3.89	34
3.43	80	3.90	33
3.44	79	3.91	32
3.45	78	3.92	31
3.46	77	3.94	30
3.47	76	3.95	29
3.48	75	3.96	28
3.49	74	3.97	27
3.50	73	3.98	26
3.51	72	3.99	25
3.52	71	4.0	24
3.53	70	4.1	23
3.54	69	4.2	22
3.55	68	4.3	21
3.56	67	4.4	20
3.57	66	4.5	19
3.58	65	4.6	18
3.59	64	4.7	17
3.60	63	4.8	16
3.61	62	4.9	15
3.62	61	4.10	14
3.63	60	4.11	13
3.64	59	4.12	12
3.65	58	4.13	11
3.66	57	4.14	10
3.67	56	4.15	9
3.68	55	4.16	8
3.69	54	4.17	7
3.70	53	4.18	6
3.71	52	4.19	5
3.72	51	4.20	4
3.73	50	4.21	3
3.74	49	4.22	2
3.75	48	4.23	1
3.76	47		

**AKADEMIK ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (NOZOLOGIYANING QOLGAN
BARCHA TURLARI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**
(kunduzgi, ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93

500 metr masofaga akademik eshkak eshish			
Natija	Ball	Natija	Ball
2.20	93	3.07	46
2.21	92	3.08	45
2.22	91	3.09	44
2.23	90	3.10	43
2.24	89	3.11	42
2.25	88	3.12	41
2.26	87	3.13	40
2.27	86	3.14	39
2.28	85	3.15	38
2.29	84	3.16	37
2.30	83	3.17	36
2.31	82	3.18	35
2.32	81	3.19	34
2.33	80	3.20	33
2.34	79	3.21	32
2.35	78	3.22	31
2.36	77	3.23	30
2.37	76	3.24	29
2.38	75	3.25	28
2.39	74	3.26	27
2.40	73	3.27	26
2.41	72	3.28	25
2.42	71	3.29	24
2.43	70	3.30	23
2.44	69	3.31	22
2.45	68	3.32	21
2.46	67	3.33	20
2.47	66	3.34	19
2.48	65	3.35	18
2.49	64	3.36	17
2.50	63	3.37	16
2.51	62	3.38	15
2.52	61	3.39	14
2.53	60	3.40	13
2.54	59	3.41	12
2.55	58	3.42	11
2.56	57	3.43	10
2.57	56	3.44	9
2.58	55	3.45	8
2.59	54	3.46	7
3.00	53	3.47	6
3.01	52	3.48	5
3.02	51	3.49	4
3.03	50	3.50	3
3.04	49	3.51	2
3.05	48	3.52	1
3.06	47		

**AKADEMIK ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (NOZOLOGIYANING QOLGAN
BARCHA TURLARI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**
(kunduzgi, ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93

500 metr masofaga akademik eshkak eshish			
Natija	Ball	Natija	Ball
3.30	93	3.77	46
3.31	92	3.78	45
3.32	91	3.79	44
3.33	90	3.80	43
3.34	89	3.81	42
3.35	88	3.82	41
3.36	87	3.83	40
3.37	86	3.84	39
3.38	85	3.85	38
3.39	84	3.86	37
3.40	83	3.87	36
3.41	82	3.88	35
3.42	81	3.89	34
3.43	80	3.90	33
3.44	79	3.91	32
3.45	78	3.92	31
3.46	77	3.94	30
3.47	76	3.95	29
3.48	75	3.96	28
3.49	74	3.97	27
3.50	73	3.98	26
3.51	72	3.99	25
3.52	71	4.0	24
3.53	70	4.1	23
3.54	69	4.2	22
3.55	68	4.3	21
3.56	67	4.4	20
3.57	66	4.5	19
3.58	65	4.6	18
3.59	64	4.7	17
3.60	63	4.8	16
3.61	62	4.9	15
3.62	61	4.10	14
3.63	60	4.11	13
3.64	59	4.12	12
3.65	58	4.13	11
3.66	57	4.14	10
3.67	56	4.15	9
3.68	55	4.16	8
3.69	54	4.17	7
3.70	53	4.18	6
3.71	52	4.19	5
3.72	51	4.20	4
3.73	50	4.21	3
3.74	49	4.22	2
3.75	48	4.23	1
3.76	47		

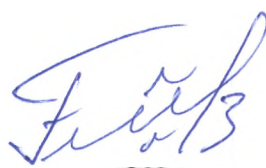
**AKADEMIK ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BO'YI PASTLAR) UCHUN KASBIY
(IJODIY) IMTIHON BAHOLASH MEZONLARI
(kunduzgi, ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

500 metr masofaga akademik eshkak eshish			
Natija	Ball	Natija	Ball
2.20	93	3.07	46
2.21	92	3.08	45
2.22	91	3.09	44
2.23	90	3.10	43
2.24	89	3.11	42
2.25	88	3.12	41
2.26	87	3.13	40
2.27	86	3.14	39
2.28	85	3.15	38
2.29	84	3.16	37
2.30	83	3.17	36
2.31	82	3.18	35
2.32	81	3.19	34
2.33	80	3.20	33
2.34	79	3.21	32
2.35	78	3.22	31
2.36	77	3.23	30
2.37	76	3.24	29
2.38	75	3.25	28
2.39	74	3.26	27
2.40	73	3.27	26
2.41	72	3.28	25
2.42	71	3.29	24
2.43	70	3.30	23
2.44	69	3.31	22
2.45	68	3.32	21
2.46	67	3.33	20
2.47	66	3.34	19
2.48	65	3.35	18
2.49	64	3.36	17
2.50	63	3.37	16
2.51	62	3.38	15
2.52	61	3.39	14
2.53	60	3.40	13
2.54	59	3.41	12
2.55	58	3.42	11
2.56	57	3.43	10
2.57	56	3.44	9
2.58	55	3.45	8
2.59	54	3.46	7
3.00	53	3.47	6
3.01	52	3.48	5
3.02	51	3.49	4
3.03	50	3.50	3
3.04	49	3.51	2
3.05	48	3.52	1
3.06	47		

**AKADEMIK ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BO'YI PASTLAR) UCHUN KASBIY
(IJODIY) IMTIHON BAHOLASH MEZONLARI**
(kunduzgi, ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93

500 metr masofaga akademik eshkak eshish			
Natija	Ball	Natija	Ball
3.30	93	3.77	46
3.31	92	3.78	45
3.32	91	3.79	44
3.33	90	3.80	43
3.34	89	3.81	42
3.35	88	3.82	41
3.36	87	3.83	40
3.37	86	3.84	39
3.38	85	3.85	38
3.39	84	3.86	37
3.40	83	3.87	36
3.41	82	3.88	35
3.42	81	3.89	34
3.43	80	3.90	33
3.44	79	3.91	32
3.45	78	3.92	31
3.46	77	3.94	30
3.47	76	3.95	29
3.48	75	3.96	28
3.49	74	3.97	27
3.50	73	3.98	26
3.51	72	3.99	25
3.52	71	4.0	24
3.53	70	4.1	23
3.54	69	4.2	22
3.55	68	4.3	21
3.56	67	4.4	20
3.57	66	4.5	19
3.58	65	4.6	18
3.59	64	4.7	17
3.60	63	4.8	16
3.61	62	4.9	15
3.62	61	4.10	14
3.63	60	4.11	13
3.64	59	4.12	12
3.65	58	4.13	11
3.66	57	4.14	10
3.67	56	4.15	9
3.68	55	4.16	8
3.69	54	4.17	7
3.70	53	4.18	6
3.71	52	4.19	5
3.72	51	4.20	4
3.73	50	4.21	3
3.74	49	4.22	2
3.75	48	4.23	1
3.76	47		

Adaptiv jismoniy tarbiya
va sport kafedrası mudiri



O. Dadaboyev

ARAVACHADA QILICHBOZLIK IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING KASBIY (IJODIY) IMTIHON
BAHOLASH MEZONLARI

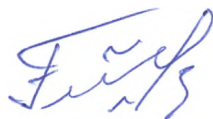
(kunduzgi, ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

Aravachada qilichbozlik qoidalariga mos holarda raqib bilan bellashish. Eng yaxshi natija (marta raqibga sanchish zarbasini amalga oshirish)	
Natija	Ball
15	93
14	86.8
13	80.6
12	74.4
11	68.2
10	62
9	55.8
8	49.6
7	43.4
6	37.2
5	31
4	24.8
3	18.6
2	12.4
1	6.2

Izoh: Maxsus aravachada o'tirgan holda raqib bilan bellashish 3 daqiqa davomida va 3 marotaba urinish beriladi va raqibga sanchislar soni hisobga olinadi.

- / Adaptiv jismoniy tarbiya
- / va sport kafedrasi mudiri



O.Dadaboyev

ARAVACHADA QILICHBOZLIK IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING KASBIY (IJODIY) IMTIHON
BAHOLASH MEZONLARI

(kunduzgi, ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

Aravachada qilichbozlik qoidalariga mos holda raqib bilan bellashish. Eng yaxshi natija (15 marta raqibga sanchish zarbasini amalga oshirish)	
Natija	Ball
15	93
14	86.8
13	80.6
12	74.4
11	68.2
10	62
9	55.8
8	49.6
7	43.4
6	37.2
5	31
4	24.8
3	18.6
2	12.4
1	6.2

Izoh: Maxsus aravachada o'tirgan holda raqib bilan bellashish 3 daqiqa davomida va 3 marotaba urinish beriladi va raqibga sanchislar soni hisobga olinadi.

Adaptiv jismoniy tarbiya
va sport kafedrası mudiri



O.Dadaboyev

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN KASBIY (IJODIY)
IMTIHON BAHOLASH MEZONLARI**
(kunduzgi, ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93

(Aravachadagilar uchun)	
Volan kiritish chizig'idan o'yin maydoni ortigacha 50 sm kenglikda chizilgan koridorga qisqa to'p kiritish -5 ta ochiq raketka bilan (Forehand). -5 ta yopiq raketka bilan (Backhand)	
Natija	Ball
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urunishdan belgilangan joyga tushgan valanlar natijalari qo'shilib hisoblanadi.

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN KASBIY (IJODIY)
IMTIHON BAHOLASH MEZONLARI**
(kunduzgi, ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93

(Aravachadagilar uchun) Volan kiritish chizig'idan o'yin maydoni ortigacha 50 sm kenglikda chizilgan koridorga qisqa to'p kiritish -5 ta ochiq raketka bilan (Forehand). -5 ta yopiq raketka bilan Backhand)	
Natija	Ball
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urunishdan belgilangan joyga tushgan valanlar natijalari qo'shilib hisoblanadi.

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN KASBIY (IJODIY)
IMTIHON BAHOLASH MEZONLARI**
(kunduzgi, ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93

(Bo'yi pastlar uchun)

Volan kiritish chizig'idan orqa chiziq bo'ylab chizilgan 1 metr koridorga

Smesh zarbasini orqa chiziq bo'ylab to'g'ridan zarba berish

-O'ngdan 5 ta zarba berish (Forehand).

- Chapdan 5 ta zarba berish (Backhand).

Natija	Ball
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urinishdan belgilangan joyga tushgan valanlar natijalari qo'shib hisoblanadi.

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN KASBIY (IJODIY)
IMTIHON BAHOLASH MEZONLARI**
(kunduzgi, ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93

(Bo'yi pastlar uchun)	
Volan kiritish chizig'idan orqa chiziq bo'ylab chizilgan 1 metr koridorga Smesh zarbasini orqa chiziq bo'ylab to'g'ridan zarba berish	
- O'ngdan 5 ta zarba berish (Forehand).	
- Chapdan 5 ta zarba berish (Backhand).	
Natija	Ball
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urunishdan belgilangan joyga tushgan valanlar natijalari qo'shib hisoblanadi.

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN KASBIY (IJODIY)
IMTIHON BAHOLASH MEZONLARI**

(kunduzgi, ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(Amputantlar, bir qo'l va bir oyoq uchun)

**Orqa chiziqdan orqa chiziqqa baland-uzoq zarba berish –topshiruvchi
baland trayektoriya bilan volanni 5,18x80sm lik raqib koridoriga 10
marta zarba berish**

Natiija	Ball
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urunishdan belgilangan joyga tushgan valanlar natijalari qo'shilib hisoblanadi.

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN KASBIY (IJODIY)
IMTIHON BAHOLASH MEZONLARI**

(kunduzgi, ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(Amputantlar, bir qo'l va bir oyoq uchun)

**Orqa chiziqdan orqa chiziqqa baland-uzoq zarba berish –topshiruvchi
baland trayektoriya bilan volanni 5,18x80sm lik raqib koridoriga 10
marta zarba berish**

Natiija	Ball
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urinishdan belgilangan joyga tushgan valanlar natijalari qo'shilib hisoblanadi.

**Adaptiv jismoniy tarbiya
va sport kafedrasi mudiri**



O.Dadaboyev

**BOCHCHA IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI
CHEKLANGAN ABITURIENTLARNING KASBIY (IJODIY) IMTIHONLARIDAN
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93

O'tirgan holda kort o'rtasidagi halqa ichiga bochcha to'pini otib joylashtirish 10 ta urinishda	
Natija	Ball
10	93
9	83,7
8	74,4
7	65,1
6	55,8
5	46,5
4	37,2
3	27,9
2	18,6
1	9,3

Izoh; bochcha to'plari kortda belgilangan maxsus joy ichidan otiladi.

**BOCHCHA IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI
CHEKLANGAN ABITURIENTLARNING KASBIY (IJODIY) IMTIHONLARIDAN
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(kunduzgi, sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

O'tirgan holda kort o'rtaidagi halqa ichiga bochcha to'pini otib joylashtirish 10 ta urinishda	
Natija	Ball
10	93
9	83,7
8	74,4
7	65,1
6	55,8
5	46,5
4	37,2
3	27,9
2	18,6
1	9,3

Izoh; bochcha to'plari kortda belgilangan maxsus joy ichidan otiladi.

**Adaptiv jismoniy tarbiya
va sport kafedrasi mudiri**



O.Dadaboyev

**PARA SPORT TURLARI IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI
CHEKLANGAN ABITURIENTLARNING JISMONIY TAYYORGARLI BO'YICHA KASBIY
(IJODIY) IMTIHON BAHOLASH MEZONLARI
(OYOQ NOZOLOGIYASI UCHUN)
(kunduzgi, sirtqi ta'lim erkaklar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

Jismoniy tayyorgarlik			
Turnikda tortilish (marta) 33 ball		Qo'shpo'yada qo'llarni bukib-yozish (marta) 30 ball	
Natija	Ball	Natija	Ball
18	33	49-50	30
17	31	47-48	29
16	29	45-46	28
15	27	43-44	27
14	25	41-42	26
13	23	39-40	25
12	21	37-38	24
11	19	35-36	23
10	17	33-34	22
9	15	31-32	21
8	13	29-30	20
7	11	27-28	19
6	9	25-26	18
5	7	23-24	17
4	5	21-22	16
3	3	19-20	15
2	2	17-18	14
1	1	15-16	13
		13-14	12
		11-12	11
		10	10
		9	9
		8	8
		7	7
		6	6
		5	5
		4	4
		3	3
		2	2
		1	1

Izoh: Turnikda qo'llar to'g'ri holda gavdani ko'krak qafasigacha ko'tarilgan holda mashqni bajarish xarakterlar soni bilan aniqlanadi.

Qo'shpo'yada gavdani oxirigacha tushirib va ko'tarish mashqni bajarish xarakterlar soni bilan aniqlanadi.

**PARA SPORT TURLARI IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI
CHEKLANGAN ABITURIENTLARNING JISMONIY TAYYORGARLI BO'YICHA KASBIY
(IJODIY) IMTIHON BAHOLASH MEZONLARI
OYOQ NOZOLOGIYASI UCHUN**

(kunduzgi, sirtqi ta'lim ayollar uchun)

Jismoniy tayyorgarlik bo'yicha maksimal ball 63

(maksimal ball -63)

Jismoniy tayyorgarlik			
Chalqancha yotgan xolotda gavnani ko'tarish 1 daqiqa davomida (marta) 33 ball		Qo'shpoyada qo'llarni bukib-yozish (marta) 30 ball	
Natija	Ball	Natija	Ball
29-30	33	30	30
27-28	31	29	29
25-26	29	28	28
23-24	27	27	27
21-22	25	26	26
19-20	23	25	25
17-18	21	24	24
15-16	19	23	23
13-14	17	22	22
11-12	15	21	21
9-10	13	19	19
8	11	17	17
7	9	15	15
5	7	13	13
4	5	11	11
3	3	10	10
2	2	9	9
1	1	8	8
		7	7
		6	6
		5	5
		4	4
		3	3
		2	2
		1	1

Izoh: Chalqancha yotgan xolda mashqni bajarishda qo'llar bosh orqasida, oyoqlar juft holda bo'lishi kerak, gavda kamida 90⁰ gacha ko'tarilib bajariladi

Qo'shpoyada gavnani oxirgacha tushirib va ko'tarish mashqni bajarish xarakatlar soni bilan aniqlanadi

QO'L NOZOLOGIYASI UCHUN
(kunduzgi, sirtqi ta'lim erkaklar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Jismoniy tayyorgarlik			
Turgan joydan uzunlikka sakrash (natija sm) 33 ball		Chalqancha yotgan xolotda gvdani ko'tarish 1 daqiqa davomida(marta) 30 ball	
Natija	Ball	Natija	Ball
240	33	49-50	30
235-239	31	47-48	29
230-234	29	45-46	28
225-229	27	43-44	27
220-224	25	41-42	26
215-219	23	39-40	25
210-214	21	37-38	24
200-209	19	35-36	23
195-199	17	33-34	22
190-194	15	31-32	21
185-189	13	29-30	20
180-184	11	27-28	19
175-179	9	25-26	18
170-174	7	23-24	17
165-169	5	21-22	16
160-164	3	19-20	15
155-159	2	17-18	14
150-154	1	15-16	13
		13-14	12
		11-12	11
		10	10
		9	9
		8	8
		7	7
		6	6
		5	5
		4	4
		3	3
		2	2
		1	1

Izoh: Turgan joydan uzunlikka sakrashda 3 marotaba imkoniyat beriladi va eng yaxshi natija inobatga olinadi.

Chalqancha yotgan xolda mashqni gavda kamida 90⁰ gacha ko'tarilib bajariladi.

QO'L NOZOLOGIYASI UCHUN
kunduzgi, sirtqi ta'lim ayollar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Jismoniy tayyorgarlik			
Turgan joydan uzunlikka sakrash (natija sm) 33 ball		Chalqancha yotgan xolotda gavnani ko'tarish 1 daqiqa davomida(marta) 30 ball	
Natija	Ball	Natija	Ball
220	33	30	30
215-219	31	29	29
210-214	29	28	28
200-209	27	27	27
195-199	25	26	26
190-194	23	25	25
185-189	21	24	24
180-184	19	23	23
175-179	17	22	22
170-174	15	21	21
165-169	13	20	20
160-164	11	19	19
155-159	9	18	18
150-154	7	17	17
145-149	5	16	16
140-144	3	15	15
135-139	2	14	14
130-134	1	13	13
		12	12
		11	11
		10	10
		9	9
		8	8
		7	7
		6	6
		5	5
		4	4
		3	3
		2	2
		1	1

Izoh: Turgan joydan uzunlikka sakrashda 3 marotaba imkoniyat beriladi va eng yaxshi natija inobatga olinadi.

Chalqancha yotgan xolda mashqni gavda kamida 90⁰ gacha ko'tarilib bajariladi.

BIR QO'L VA BIR OYOQ NOZOLOGIYASI UCHUN
(kunduzgi, sirtqi ta'lim erkaklar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Jismoniy tayyorgarlik			
Chalqancha yotgan xolotda gavnani ko'tarish 1 daqiqa davomida(marta) 33 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball	
Natij a	Ball	Natija	Ball
49-50	33	175-180	30
47-48	31	170-174	29
45-46	29	165-169	28
43-44	27	160-164	27
41-42	25	155-159	26
39-40	23	150-154	25
37-38	21	145-149	24
35-36	19	140-144	23
33-34	17	135-139	22
31-32	15	130-134	21
29-30	13	125-129	19
27-28	11	120-124	17
25-26	9	115-119	15
23-24	7	110-114	13
21-22	5	105-109	11
19-20	3	100-104	9
16-18	2	95-99	7
14-15	1	90-94	5
		85-89	4
		80-84	3
		75-79	2
		70	1

Izoh: Chalqancha yotgan xolda mashqni gavda kamida 90⁰ gacha ko'tarilib bajariladi.
Turgan joydan uzunlikka sakrash sog'lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.

BIR QO'L VA BIR OYOQ NOZOLOGIYASI UCHUN
(Qiz bolalar uchun) kunduzgi, sirtqi ta'lim ayollar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Jismoniy tayyorgarlik			
Chalqancha yotgan xolotda gavdani ko'tarish 1 daqiqa davomida(marta) 33 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball	
Natija	Ball	Natija	Ball
29-30	33	160	30
27-28	31	155-159	29
25-26	29	150-154	28
23-24	27	145-149	27
21-22	25	140-144	26
19-20	23	135-139	25
17-18	21	130-134	24
15-16	19	125-129	23
13-14	17	120-124	22
11-12	15	115-119	21
9-10	13	110-114	19
8	11	105-109	17
7	9	100-104	15
5	7	95-99	13
4	5	90-94	11
3	3	85-89	9
2	2	80-84	7
1	1	75-79	5
		70-74	4
		65-69	3
		60-64	2
		55-59	1

Izoh: Chalqancha yotgan xolda mashqni gavda kamida 90⁰ gacha ko'tarilib bajariladi.
Turgan joydan uzunlikka sakrash sog'lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.

NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN
(kunduzgi, sirtqi ta'lim erkaklar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Jismoniy tayyorgarlik			
3 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 33 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball	
Natija	Ball	Natija	Ball
11.81-12.00	33	240	30
11.61-11.80	32	235-239	29
11.41-11.60	31	230-234	28
10.21-11.40	30	225-229	27
10.01-10.20	29	220-224	26
9.81-10.00	28	215-219	25
9.61-9.80	27	210-214	24
9.41-9.60	26	205-209	23
9.21-9.40	25	200-204	22
9.01-9.20	24	195-199	21
8.81-9.00	23	190-194	19
8.61-8.80	22	185-189	17
8.41-8.60	21	180-184	15
8.21-8.40	20	175-179	13
8.01-8.20	19	170-174	11
7.81-8.00	18	165-169	9
7.61-7.80	17	160-164	7
7.41-7.60	16	155-159	5
7.21-7.40	15	150-154	4
7.01-7.20	14	145-149	3
6.81-7.00	13	140-144	2
6.61-6.80	12	135-139	1
6.41-6.60	11		
6.21-6.40	10		
6.01-6.20	9		
5.81-6.00	8		
5.61-5.80	7		
5.41-5.60	6		
5.21-5.40	5		
5.01-5.20	4		
4.81-5.00	3		
4.61-4.80	2		
4.40-4.60	1		

**Izoh: 3 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.
Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.**

NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN
(kunduzgi, sirtqi ta'lim erkaklar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Jismoniy tayyorgarlik			
2 kg li to'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(sm) 33 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball	
Natija	Ball	Natija	Ball
8.81-9.00	33	220	30
8.61-8.80	32	215-219	29
8.41-8.60	31	210-214	28
8.21-8.40	30	205-209	27
8.01-8.20	29	200-204	26
7.81-8.00	28	195-199	25
7.61-7.80	27	190-194	24
7.41-7.60	26	185-189	23
7.21-7.40	25	180-184	22
7.01-7.20	24	175-179	21
6.81-7.00	23	170-174	19
6.61-6.80	22	165-169	17
6.41-6.60	21	160-164	15
6.21-6.40	20	155-159	13
6.01-6.20	19	150-154	11
5.81-6.00	18	145-149	9
5.61-5.80	17	140-144	7
5.41-5.60	16	135-139	5
5.21-5.40	15	130-134	4
5.01-5.20	14	125-129	3
4.81-5.00	13	120-124	2
4.61-4.80	12	115-119	1
4.41-4.60	11		
4.21-4.40	10		
4.01-4.20	9		
3.81-4.00	8		
3.61-3.80	7		
3.41-3.60	6		
3.21-3.40	5		
3.01-3.20	4		
2.81-3.00	3		
2.61-2.80	2		
2.40-2.60	1		

Izoh: 2 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.
Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.

BO'YI PAST
kunduzgi, sirtqi ta'lim erkaklar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Jismoniy tayyorgarlik			
3 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 33 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball	
Natija	Ball	Natija	Ball
6.81-7.00	33	180	30
6.61-6.80	32	175-179	29
6.41-6.60	31	170-174	28
6.21-6.40	30	165-169	27
6.01-6.20	29	160-164	26
5.81-6.00	28	155-159	25
5.61-5.80	27	150-154	24
5.41-5.60	26	145-149	23
5.21-5.40	25	140-144	22
5.01-5.20	24	135-139	21
4.81-5.00	23	130-134	20
4.61-4.80	22	125-129	19
4.41-4.60	21	120-124	18
4.21-4.40	20	115-119	17
4.01-4.20	19	110-114	16
3.81-4.00	18	105-109	15
3.61-3.80	17	100-104	14
3.41-3.60	16	95-99	13
3.21-3.40	15	90-94	12
3.01-3.20	14	85-89	11
2.81-3.00	13	80-84	10
2.61-2.80	12	75-79	9
2.41-2.60	11	70-74	8
2.21-2.40	10	65-69	7
2.01-2.20	9	60-64	6
1.81-2.00	8	55-59	5
1.61-1.80	7	50-54	4
1.41-1.60	6	45-49	3
1.21-1.40	5	40-44	2
1.01-1.20	4	35-39	1
81-1.00	3		
61-80	2		
40-60	1		

**Izoh: 3 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.
Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.**

BO'YI PAST
kunduzgi, sirtqi ta'lim erkaklar v ayollar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Jismoniy tayyorgarlik			
2 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 33 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball	
Natija	Ball	Natija	Ball
4.81-5.00	33	150	30
4.61-4.80	32	145-149	29
4.41-4.60	31	140-144	28
4.21-4.40	30	135-139	27
4.01-4.20	29	130-134	26
3.81-4.00	28	125-129	25
3.61-3.80	27	120-124	24
3.41-3.60	26	115-119	23
3.21-3.40	25	110-114	22
3.01-3.20	24	105-109	21
2.81-3.00	23	100-104	20
2.61-2.80	22	95-99	19
2.41-2.60	21	90-94	18
2.21-2.40	20	85-89	17
2.01-2.20	19	80-84	16
1.81-2.00	18	75-79	15
1.61-1.80	17	70-74	14
1.41-1.60	16	65-69	13
1.21-1.40	15	60-64	12
1.01-1.20	14	55-59	11
91-1.00	13	50-54	10
81-90	12	45-49	9
71-80	11	40-44	8
61-70	10	35-39	6
51-60	8	30-34	4
41-50	6	25-29	2
31-40	4	20-24	1
21-30	2		
11-20	1		

**Izoh: 2 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.
Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.**

(UMURTQA POG'ONASI SHIKASTLANGANLAR UCHUN)
(kunduzgi, sirtqi ta'lim erkaklar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Jismoniy tayyorgarlik			
Turnikda tortilish (marta) 33 ball		Qo'shpoyada qo'llarni bukib-yozish (marta) 30 ball	
Natija	Ball	Natija	Ball
18	33	39-40	30
17	31	37-38	29
16	29	35-36	28
15	27	33-34	27
14	25	31-32	26
13	23	29-30	25
12	21	27-28	24
11	19	25-26	23
10	17	23-24	22
9	15	21-22	21
8	13	19-20	20
7	11	18	19
6	9	17	18
5	7	16	17
4	5	15	16
3	3	14	15
2	2	13	14
1	1	12	13
		11	12
		10	11
		9	10
		8	9
		7	8
		6	7
		5	6
		4	5
		3	4
		2	3
		1	1

Izoh: Turnikda qo'llar to'g'ri holda gavdani ko'krak qafasigacha ko'tarilgan holda mashqni bajarish xarakterlar soni bilan aniqlanadi.

Qo'shpoyada gavdani oxirigacha tushirib va ko'tarish mashqni bajarish xarakterlar soni bilan aniqlanadi.

(UMURTQA POG'ONASI SHIKASTLANGANLAR UCHUN)
(kunduzgi, sirtqi ta'lim ayollar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Jismoniy tayyorgarlik			
Turnikda tortilish (marta) 33 ball		Qo'shpoyada qo'llarni bukib-yozish (marta) 30 ball	
Natija	Ball	Natija	Ball
10	33	30	30
9	30	29	29
8	27	28	28
7	24	27	27
6	21	26	26
5	19	25	25
4	16	24	24
3	13	23	23
2	10	22	22
1	7	21	21
		19	19
		17	17
		15	15
		13	13
		11	11
		10	10
		9	9
		8	8
		7	7
		6	6
		5	5
		4	4
		3	3
		2	2
		1	1

Izoh: Turnikda qo'llar to'g'ri holda gavnani ko'krak qafasigacha ko'tarilgan holda mashqni bajarish xarakatlar soni bilin aniqlanadi.

Qo'shpoyada gavnani oxirigacha tushirib va ko'tarish mashqni bajarish xarakatlar soni bilan aniqlanadi.

Adaptiv jismoniy tarbiya
va sport kafedrasi mudiri



O.Dadaboyev

**PARA KANOEDA ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARNING (OYOQ
NOZOLOGİYASI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH
MEZONLARI**

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

200 metr masofaga Para kanoeda eshkak eshish (soniyada)			
Natija	Ball	Natija	Ball
1.10	93	1.57	46
1.11	92	1.58	45
1.12	91	1.59	44
1.13	90	2.00	43
1.14	89	2.01	42
1.15	88	2.02	41
1.16	87	2.03	40
1.17	86	2.04	39
1.18	85	2.05	38
1.19	84	2.06	37
1.20	83	2.07	36
1.21	82	2.08	35
1.22	81	2.09	34
1.23	80	2.10	33
1.24	79	2.11	32
1.25	78	2.12	31
1.26	77	2.13	30
1.27	76	2.14	29
1.28	75	2.15	28
1.29	74	2.16	27
1.30	73	2.17	26
1.31	72	2.18	25
1.32	71	2.19	24
1.33	70	2.20	23
1.34	69	2.21	22
1.35	68	2.22	21
1.36	67	2.23	20
1.37	66	2.24	19
1.38	65	2.25	18
1.39	64	2.26	17
1.40	63	2.27	16
1.41	62	2.28	15
1.42	61	2.29	14
1.43	60	2.30	13
1.44	59	2.31	12
1.45	58	2.32	11
1.46	57	2.33	10
1.47	56	2.34	9
1.48	55	2.35	8
1.49	54	2.36	7
1.50	53	2.37	6
1.51	52	2.38	5
1.52	51	2.39	4
1.53	50	2.40	3
1.54	49	2.41	2
1.55	48	2.42	1
1.56	47		

**PARA KANOEDA ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (OYOQ NOZOLOGIYASI) UCHUN
KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI
(sirtqi ta'lim ayollar uchun)**

Ixtisoslik bo'yicha maksimal ball 93

200 metr masofaga Para kanoeda eshkak eshish (soniyada)			
Natija	Ball	Natija	Ball
1.20	93	2.07	46
1.21	92	2.08	45
1.22	91	2.09	44
1.23	90	2.10	43
1.24	89	2.11	42
1.25	88	2.12	41
1.26	87	2.13	40
1.27	86	2.14	39
1.28	85	2.15	38
1.29	84	2.16	37
1.30	83	2.17	36
1.31	82	2.18	35
1.32	81	2.19	34
1.33	80	2.20	33
1.34	79	2.21	32
1.35	78	2.22	31
1.36	77	2.23	30
1.37	76	2.24	29
1.38	75	2.25	28
1.39	74	2.26	27
1.40	73	2.27	26
1.41	72	2.28	25
1.42	71	2.29	24
1.43	70	2.30	23
1.44	69	2.31	22
1.45	68	2.32	21
1.46	67	2.33	20
1.47	66	2.34	19
1.48	65	2.35	18
1.49	64	2.36	17
1.50	63	2.37	16
1.51	62	2.38	15
1.52	61	2.39	14
1.53	60	2.40	13
1.54	59	2.41	12
1.55	58	2.42	11
1.56	57	2.43	10
1.57	56	2.44	9
1.58	55	2.45	8
1.59	54	2.46	7
2.00	53	2.47	6
2.01	52	2.48	5
2.02	51	2.49	4
2.03	50	2.50	3
2.04	49	2.51	2
2.05	48	2.52	1
2.06	47		

**PARA KANOEDA ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARNING (QO'L
NOZOLOGIYASI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH
MEZONLARI**

**(sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

200 metr masofaga Para kanoeda eshkak eshish (soniyada)			
Natija	Ball	Natija	Ball
1.10	93	1.57	46
1.11	92	1.58	45
1.12	91	1.59	44
1.13	90	2.00	43
1.14	89	2.01	42
1.15	88	2.02	41
1.16	87	2.03	40
1.17	86	2.04	39
1.18	85	2.05	38
1.19	84	2.06	37
1.20	83	2.07	36
1.21	82	2.08	35
1.22	81	2.09	34
1.23	80	2.10	33
1.24	79	2.11	32
1.25	78	2.12	31
1.26	77	2.13	30
1.27	76	2.14	29
1.28	75	2.15	28
1.29	74	2.16	27
1.30	73	2.17	26
1.31	72	2.18	25
1.32	71	2.19	24
1.33	70	2.20	23
1.34	69	2.21	22
1.35	68	2.22	21
1.36	67	2.23	20
1.37	66	2.24	19
1.38	65	2.25	18
1.39	64	2.26	17
1.40	63	2.27	16
1.41	62	2.28	15
1.42	61	2.29	14
1.43	60	2.30	13
1.44	59	2.31	12
1.45	58	2.32	11
1.46	57	2.33	10
1.47	56	2.34	9
1.48	55	2.35	8
1.49	54	2.36	7
1.50	53	2.37	6
1.51	52	2.38	5
1.52	51	2.39	4
1.53	50	2.40	3
1.54	49	2.41	2
1.55	48	2.42	1
1.56	47		

**PARA KANOEDA ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (QO'L NOZOLOGIYASI) UCHUN
KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**

(sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

200 metr masofaga Para kanoeda eshkak eshish (soniyada)			
Natija	Ball	Natija	Ball
1.20	93	2.07	46
1.21	92	2.08	45
1.22	91	2.09	44
1.23	90	2.10	43
1.24	89	2.11	42
1.25	88	2.12	41
1.26	87	2.13	40
1.27	86	2.14	39
1.28	85	2.15	38
1.29	84	2.16	37
1.30	83	2.17	36
1.31	82	2.18	35
1.32	81	2.19	34
1.33	80	2.20	33
1.34	79	2.21	32
1.35	78	2.22	31
1.36	77	2.23	30
1.37	76	2.24	29
1.38	75	2.25	28
1.39	74	2.26	27
1.40	73	2.27	26
1.41	72	2.28	25
1.42	71	2.29	24
1.43	70	2.30	23
1.44	69	2.31	22
1.45	68	2.32	21
1.46	67	2.33	20
1.47	66	2.34	19
1.48	65	2.35	18
1.49	64	2.36	17
1.50	63	2.37	16
1.51	62	2.38	15
1.52	61	2.39	14
1.53	60	2.40	13
1.54	59	2.41	12
1.55	58	2.42	11
1.56	57	2.43	10
1.57	56	2.44	9
1.58	55	2.45	8
1.59	54	2.46	7
2.00	53	2.47	6
2.01	52	2.48	5
2.02	51	2.49	4
2.03	50	2.50	3
2.04	49	2.51	2
2.05	48	2.52	1
2.06	47		

**PARA KANOEDA ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA BIR OYOQ
NOZOLOGIYASI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**

**(sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

200 metr masofaga Para kanoeda eshkak eshish (soniyada)			
Natija	Ball	Natija	Ball
1.10	93	1.57	46
1.11	92	1.58	45
1.12	91	1.59	44
1.13	90	2.00	43
1.14	89	2.01	42
1.15	88	2.02	41
1.16	87	2.03	40
1.17	86	2.04	39
1.18	85	2.05	38
1.19	84	2.06	37
1.20	83	2.07	36
1.21	82	2.08	35
1.22	81	2.09	34
1.23	80	2.10	33
1.24	79	2.11	32
1.25	78	2.12	31
1.26	77	2.13	30
1.27	76	2.14	29
1.28	75	2.15	28
1.29	74	2.16	27
1.30	73	2.17	26
1.31	72	2.18	25
1.32	71	2.19	24
1.33	70	2.20	23
1.34	69	2.21	22
1.35	68	2.22	21
1.36	67	2.23	20
1.37	66	2.24	19
1.38	65	2.25	18
1.39	64	2.26	17
1.40	63	2.27	16
1.41	62	2.28	15
1.42	61	2.29	14
1.43	60	2.30	13
1.44	59	2.31	12
1.45	58	2.32	11
1.46	57	2.33	10
1.47	56	2.34	9
1.48	55	2.35	8
1.49	54	2.36	7
1.50	53	2.37	6
1.51	52	2.38	5
1.52	51	2.39	4
1.53	50	2.40	3
1.54	49	2.41	2
1.55	48	2.42	1
1.56	47		

**PARA KANOEDA ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA BIR OYOQ
NOZOLOGIYASI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**

**(sirtqi ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

200 metr masofaga Para kanoeda eshkak eshish (soniyada)			
Natija	Ball	Natija	Ball
1.20	93	2.07	46
1.21	92	2.08	45
1.22	91	2.09	44
1.23	90	2.10	43
1.24	89	2.11	42
1.25	88	2.12	41
1.26	87	2.13	40
1.27	86	2.14	39
1.28	85	2.15	38
1.29	84	2.16	37
1.30	83	2.17	36
1.31	82	2.18	35
1.32	81	2.19	34
1.33	80	2.20	33
1.34	79	2.21	32
1.35	78	2.22	31
1.36	77	2.23	30
1.37	76	2.24	29
1.38	75	2.25	28
1.39	74	2.26	27
1.40	73	2.27	26
1.41	72	2.28	25
1.42	71	2.29	24
1.43	70	2.30	23
1.44	69	2.31	22
1.45	68	2.32	21
1.46	67	2.33	20
1.47	66	2.34	19
1.48	65	2.35	18
1.49	64	2.36	17
1.50	63	2.37	16
1.51	62	2.38	15
1.52	61	2.39	14
1.53	60	2.40	13
1.54	59	2.41	12
1.55	58	2.42	11
1.56	57	2.43	10
1.57	56	2.44	9
1.58	55	2.45	8
1.59	54	2.46	7
2.00	53	2.47	6
2.01	52	2.48	5
2.02	51	2.49	4
2.03	50	2.50	3
2.04	49	2.51	2
2.05	48	2.52	1
2.06	47		

PARA KANOEDA ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (NOZOLOGIYANING QOLGAN
BARCHA TURLARI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI

(sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93

200 metr masofaga Para kanoeda eshkak eshish (soniyada)			
Natija	Ball	Natija	Ball
1.10	93	1.57	46
1.11	92	1.58	45
1.12	91	1.59	44
1.13	90	2.00	43
1.14	89	2.01	42
1.15	88	2.02	41
1.16	87	2.03	40
1.17	86	2.04	39
1.18	85	2.05	38
1.19	84	2.06	37
1.20	83	2.07	36
1.21	82	2.08	35
1.22	81	2.09	34
1.23	80	2.10	33
1.24	79	2.11	32
1.25	78	2.12	31
1.26	77	2.13	30
1.27	76	2.14	29
1.28	75	2.15	28
1.29	74	2.16	27
1.30	73	2.17	26
1.31	72	2.18	25
1.32	71	2.19	24
1.33	70	2.20	23
1.34	69	2.21	22
1.35	68	2.22	21
1.36	67	2.23	20
1.37	66	2.24	19
1.38	65	2.25	18
1.39	64	2.26	17
1.40	63	2.27	16
1.41	62	2.28	15
1.42	61	2.29	14
1.43	60	2.30	13
1.44	59	2.31	12
1.45	58	2.32	11
1.46	57	2.33	10
1.47	56	2.34	9
1.48	55	2.35	8
1.49	54	2.36	7
1.50	53	2.37	6
1.51	52	2.38	5
1.52	51	2.39	4
1.53	50	2.40	3
1.54	49	2.41	2
1.55	48	2.42	1
1.56	47		

**PARA KANOEDA ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (NOZOLOGIYANING QOLGAN
BARCHA TURLARI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI
(sirtqi ta'lim ayollar uchun)**

Ixtisoslik bo'yicha maksimal ball 93

200 metr masofaga Para kanoeda eshkak eshish (soniyada)			
Natija	Ball	Natija	Ball
1.20	93	2.07	46
1.21	92	2.08	45
1.22	91	2.09	44
1.23	90	2.10	43
1.24	89	2.11	42
1.25	88	2.12	41
1.26	87	2.13	40
1.27	86	2.14	39
1.28	85	2.15	38
1.29	84	2.16	37
1.30	83	2.17	36
1.31	82	2.18	35
1.32	81	2.19	34
1.33	80	2.20	33
1.34	79	2.21	32
1.35	78	2.22	31
1.36	77	2.23	30
1.37	76	2.24	29
1.38	75	2.25	28
1.39	74	2.26	27
1.40	73	2.27	26
1.41	72	2.28	25
1.42	71	2.29	24
1.43	70	2.30	23
1.44	69	2.31	22
1.45	68	2.32	21
1.46	67	2.33	20
1.47	66	2.34	19
1.48	65	2.35	18
1.49	64	2.36	17
1.50	63	2.37	16
1.51	62	2.38	15
1.52	61	2.39	14
1.53	60	2.40	13
1.54	59	2.41	12
1.55	58	2.42	11
1.56	57	2.43	10
1.57	56	2.44	9
1.58	55	2.45	8
1.59	54	2.46	7
2.00	53	2.47	6
2.01	52	2.48	5
2.02	51	2.49	4
2.03	50	2.50	3
2.04	49	2.51	2
2.05	48	2.52	1
2.06	47		

**PARA KANOEDA ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BO'YI
PASTLAR) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**

**(sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

200 metr masofaga Para kanoeda eshkak eshish (soniyada)			
Natija	Ball	Natija	Ball
1.10	93	1.57	46
1.11	92	1.58	45
1.12	91	1.59	44
1.13	90	2.00	43
1.14	89	2.01	42
1.15	88	2.02	41
1.16	87	2.03	40
1.17	86	2.04	39
1.18	85	2.05	38
1.19	84	2.06	37
1.20	83	2.07	36
1.21	82	2.08	35
1.22	81	2.09	34
1.23	80	2.10	33
1.24	79	2.11	32
1.25	78	2.12	31
1.26	77	2.13	30
1.27	76	2.14	29
1.28	75	2.15	28
1.29	74	2.16	27
1.30	73	2.17	26
1.31	72	2.18	25
1.32	71	2.19	24
1.33	70	2.20	23
1.34	69	2.21	22
1.35	68	2.22	21
1.36	67	2.23	20
1.37	66	2.24	19
1.38	65	2.25	18
1.39	64	2.26	17
1.40	63	2.27	16
1.41	62	2.28	15
1.42	61	2.29	14
1.43	60	2.30	13
1.44	59	2.31	12
1.45	58	2.32	11
1.46	57	2.33	10
1.47	56	2.34	9
1.48	55	2.35	8
1.49	54	2.36	7
1.50	53	2.37	6
1.51	52	2.38	5
1.52	51	2.39	4
1.53	50	2.40	3
1.54	49	2.41	2
1.55	48	2.42	1
1.56	47		

**PARA KANOEDA ESHKAK ESHISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (NOZOLOGIYANING QOLGAN
BARCHA TURLARI) UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI
(sirtqi ta'lim ayollar uchun)**

Ixtisoslik bo'yicha maksimal ball 93

200 metr masofaga Para kanoeda eshkak eshish (soniyada)			
Natija	Ball	Natija	Ball
1.20	93	2.07	46
1.21	92	2.08	45
1.22	91	2.09	44
1.23	90	2.10	43
1.24	89	2.11	42
1.25	88	2.12	41
1.26	87	2.13	40
1.27	86	2.14	39
1.28	85	2.15	38
1.29	84	2.16	37
1.30	83	2.17	36
1.31	82	2.18	35
1.32	81	2.19	34
1.33	80	2.20	33
1.34	79	2.21	32
1.35	78	2.22	31
1.36	77	2.23	30
1.37	76	2.24	29
1.38	75	2.25	28
1.39	74	2.26	27
1.40	73	2.27	26
1.41	72	2.28	25
1.42	71	2.29	24
1.43	70	2.30	23
1.44	69	2.31	22
1.45	68	2.32	21
1.46	67	2.33	20
1.47	66	2.34	19
1.48	65	2.35	18
1.49	64	2.36	17
1.50	63	2.37	16
1.51	62	2.38	15
1.52	61	2.39	14
1.53	60	2.40	13
1.54	59	2.41	12
1.55	58	2.42	11
1.56	57	2.43	10
1.57	56	2.44	9
1.58	55	2.45	8
1.59	54	2.46	7
2.00	53	2.47	6
2.01	52	2.48	5
2.02	51	2.49	4
2.03	50	2.50	3
2.04	49	2.51	2
2.05	48	2.52	1
2.06	47		

Adaptiv jismoniy tarbiya va sport kafedrasi mudiri



O.Dadaboyev

**PARA KAMONDAN OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI
CHEKLANGAN ABITURIENTLARNING (OYOQ NOZOLOGIYASI) UCHUN KASBIY (IJODIY)
IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(kunduzgi ta'lim erkaklar va ayollar uchun)**

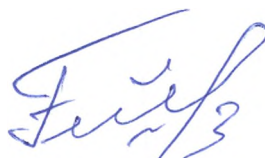
Ixtisoslik bo'yicha maksimal ball 93

*Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.
Klassik va Blokli kamondan otishga ruxsat etiladi.*

Erkaklar va ayollar uchun		
	Natija	Ballar
Klassik va blokli kamondan otish 30 m masofadan (10 ta otilgan o'qlar yig'indisiga qarab baholanadi)	91-100	93
	81-90	83
	71-80	73
	61-70	63
	51-60	53
	41-50	43
	31-40	33
	21-30	23
	11-20	13
	1-10	3

Har bir abituriyent o'z kamon o'qlari bilan otish imkoniyatiga ega.

**Adaptiv jismoniy tarbiya
va sport kafedrasi mudiri**



O. Dadaboyev

**PARA SUZISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN
ABITURIENTLARNING KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**

(kunduzgi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

100 m	93	83	73	63	53	43	33	23	13	3
C1	02:55.00	03:05.00	03:15.00	03:25.00	03:35.00	03:45.00	03:55.00	04:05.00	04:15.00	04:25.00
C2	02:50.00	03:00.00	03:10.00	03:20.00	03:30.00	03:40.00	03:50.00	04:00.00	04:10.00	04:20.00
C3	02:00.00	02:10.00	02:20.00	02:30.00	02:40.00	02:50.00	03:00.00	03:10.00	03:20.00	03:30.00
C4	01:55.00	02:05.00	02:15.00	02:25.00	02:35.00	02:45.00	02:55.00	03:05.00	03:15.00	03:25.00
C5	01:50.00	02:00.00	02:10.00	02:20.00	02:30.00	02:40.00	02:50.00	03:00.00	03:10.00	03:20.00
C6	01:39.00	01:49.00	01:59.00	02:09.00	02:19.00	02:29.00	02:39.00	02:49.00	02:59.00	03:09.00
C7	01:35.00	01:45.00	01:55.00	02:05.00	02:15.00	02:25.00	02:35.00	02:45.00	02:55.00	03:05.00
C8	01:25.00	01:35.00	01:45.00	01:55.00	02:05.00	02:15.00	02:25.00	02:35.00	02:45.00	02:55.00
C9	01:19.00	01:29.00	01:39.00	01:49.00	01:59.00	02:09.00	02:19.00	02:29.00	02:39.00	02:49.00
C10	01:15.00	01:25.00	01:35.00	01:45.00	01:55.00	02:05.00	02:15.00	02:25.00	02:35.00	02:45.00
C11	01:24.00	01:34.00	01:44.00	01:54.00	02:04.00	02:14.00	02:24.00	02:34.00	02:44.00	02:54.00
C12/13	01:16.00	01:26.00	01:36.00	01:46.00	01:56.00	02:06.00	02:16.00	02:26.00	02:36.00	02:46.00
C14	01:17.00	01:27.00	01:37.00	01:47.00	01:57.00	02:07.00	02:17.00	02:27.00	02:37.00	02:47.00

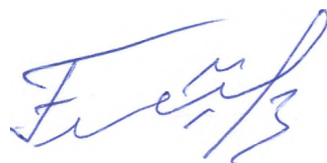
- **Izoh: 100 metr masofani erkin usulda oyoqlar yerga tegmagan holatda to'liq suzish va to'xtab qolish mumkin emas.**

**PARA SUZISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN
ABITURIENTLARNING KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLAR**
(kunduzgi ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball **93**

100 m	93	83	73	63	53	43	33	23	13	3
C1	03:05.00	03:15.00	03:25.00	03:35.00	03:45.00	03:55.00	04:05.00	04:15.00	04:25.00	04:35.00
C2	02:35.00	02:45.00	02:55.00	03:05.00	03:15.00	03:25.00	03:35.00	03:45.00	03:55.00	04:05.00
C3	02:25.00	02:35.00	02:45.00	02:55.00	03:05.00	03:15.00	03:25.00	03:35.00	03:45.00	03:55.00
C4	02:10.00	02:20.00	02:30.00	02:40.00	02:50.00	03:00.00	03:10.00	03:20.00	03:30.00	03:40.00
C5	02:00.00	02:10.00	02:20.00	02:30.00	02:40.00	02:50.00	03:00.00	03:10.00	03:20.00	03:30.00
C6	01:55.00	02:05.00	02:15.00	02:25.00	02:35.00	02:45.00	02:55.00	03:05.00	03:15.00	03:25.00
C7	01:50.00	02:00.00	02:10.00	02:20.00	02:30.00	02:40.00	02:50.00	03:00.00	03:10.00	03:20.00
C8	01:40.00	01:50.00	02:00.00	02:10.00	02:20.00	02:30.00	02:40.00	02:50.00	03:00.00	03:10.00
C9	01:30.00	01:40.00	01:50.00	02:00.00	02:10.00	02:20.00	02:30.00	02:40.00	02:50.00	03:00.00
C10	01:22.00	01:32.00	01:42.00	01:52.00	02:02.00	02:12.00	02:22.00	02:32.00	02:42.00	02:52.00
C11	01:35.00	01:45.00	01:55.00	02:05.00	02:15.00	02:25.00	02:35.00	02:45.00	02:55.00	03:05.00
C12/13	01:21.00	01:31.00	01:41.00	01:51.00	02:01.00	02:12.00	02:22.00	02:32.00	02:42.00	02:52.00
C14	01:20.00	01:30.00	01:40.00	01:50.00	02:00.00	02:10.00	02:20.00	02:30.00	02:40.00	02:50.00

- Izoh: 100 metr masofani erkin usulda oyoqlar yerga tegmagan holatda to'liq suzish va to'xtab qolish mumkin emas.

/Adaptiv jismoniy tarbiya
va sport kafedrasi mudiri



O.Dadaboyev

**PARA VOLEYBOL IXTISOSLIGI BO'YICHA TAYANCH HARAKAT APPARATI
SHKASTLANGAN VA OYOQ AMPUTATSIYASIDAGI ABITURIENTLARNING
KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH
MEZONLARI**

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

O'tirgan holda yuqoridan to'pni maydonga kiritish	
Natija	Ball
9	93
8	82.64
7	72.31
6	61.98
5	51.65
4	41.32
3	30.99
2	20.66
1	10.33

Izoh: para voleybol maydonida o'tirgan holda yuqoridan to'pga zarba berib 1,5,6 chi zonalarga tushirish. Har bir zonaga 3 marotabadan urinishga ruhsat beriladi va har bir ishtirokchi umumiy 9 ta urinish imkoniyatidan foydalanadi.

**PARA VOLEYBOL IXTISOSLIGI BO'YICHA TAYANCH HARAKAT APPARATI
SHKASTLANGAN VA OYOQ AMPUTATSIYASIDAGI ABITURIENTLARNING
KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH
MEZONLARI**

(sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

O'tirgan holda yuqoridan to'pni maydonga kiritish	
Natija	Ball
9	93
8	82.64
7	72.31
6	61.98
5	51.65
4	41.32
3	30.99
2	20.66
1	10.33

Izoh: para voleybol maydonida o'tirgan holda yuqoridan to'pga zarba berib 1,5,6 chi zonalarga tushirish. Har bir zonaga 3 marotabadan urinishga ruhsat beriladi va har bir ishtirokchi umumiy 9 ta urinish imkoniyatidan foydalanadi.

**PARA VOLEYBOL IXTISOSLIGI BO'YICHA (NOZOLOGIYANING BOSHQA
TURLARI UCHUN) ABITURIENTLARNING KASBIY (IJODIY) IMTIHON BO'YICHA
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**
(sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93

O'tirgan holda yuqoridan to'pni maydonga kiritish	
Natija	Ball
9	93
8	82.64
7	72.31
6	61.98
5	51.65
4	41.32
3	30.99
2	20.66
1	10.33

Izoh: para voleybol maydonida o'tirgan holda yuqoridan to'pga zarba berib 1,5,6 chi zonalarga tushirish. Har bir zonaga 3 marotabadan urinishga ruhsat beriladi va har bir ishtirokchi umumiy 9 ta urinish imkoniyatidan foydalanadi.

**PARA VOLEYBOL IXTISOSLIGI BO'YICHA (NOZOLOGIYANING BOSHQA
TURLARI UCHUN) ABITURIENTLARNING KASBIY (IJODIY) IMTIHON BO'YICHA
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**
(sirtqi ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93

O'tirgan holda yuqoridan to'pni maydonga kiritish	
Natija	Ball
9	93
8	82.64
7	72.31
6	61.98
5	51.65
4	41.32
3	30.99
2	20.66
1	10.33

Izoh: para voleybol maydonida o'tirgan holda yuqoridan to'pga zarba berib 1,5,6 chi zonalarga tushirish. Har bir zonaga 3 marotabadan urinishga ruhsat beriladi va har bir ishtirokchi umumiy 9 ta urinish imkoniyatidan foydalanadi.

Adaptiv jismoniy tarbiya
va sport kafedrasini mudiri



O. Dadaboyev

**PARA VELOSPORT IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING KASBIY
(IJODIY) IMTIHON BAHOLASH MEZONLARI**

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

Velosiped maxsus uskunasi (velotrenajer) turgan joyda pedalni 1 daqiqa aylantirish (bir oyoqdan hisoblanadi) (53*15) charxlarda	
Natija	Ball
120	93
117	90
114	87
111	84
108	81
105	78
102	74
99	71
96	68
93	65
90	62
87	59
84	56
81	53
78	50
75	47
72	44
69	41
66	38
63	35
60	32
57	29
54	26
51	23
48	20
45	17
42	16
39	15
36	14
33	13
30	12
27	11
24	10
21	9

18	8
15	7
12	6
9	5
6	4
3	1

Izoh: Velotrenajerda ikki oyoqlar bilan yoki bir oyoqda aylantiriladi xisoblash esa bir oyoqdan xisoblanadi.

**PARA VELOSPORT IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING KASBIY
(IJODIY) IMTIHON BAHOLASH MEZONLARI**

(sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

Velosiped maxsus uskunasi (velotrenajer) turgan joyda pedalni 1 daqiqa aylantirish (bir oyoqdan hisoblanadi) (39*15) charxlarda	
Natija	Ball
120	93
117	90
114	87
111	84
108	81
105	78
102	74
99	71
96	68
93	65
90	62
87	59
84	56
81	53
78	50
75	47
72	44
69	41
66	38
63	35
60	32
57	29
54	26
51	23
48	20
45	17
42	16
39	15
36	14
33	13
30	12
27	11
24	10
21	9

18	8
15	7
12	6
9	5
6	4
3	1

Izoh: Velotrenajerda ikki oyoqlar bilan yoki bir oyoqda aylantiriladi xisoblash esa bir oyoqdan xisoblanadi.

Adaptiv jismoniy tarbiya
va sport kafedrasi mudiri



O.Dadaboyev

**PNEVMATIK MILTIQDAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARING (OYOQ
NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY
TALABLARI VA BAHOLASH MEZONLARI**

**(sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

(PP9) Qog'oz nishonga o'q otish (10 urinishda)			
Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

**PNEVMATIK MILTIQDAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARNING (OYOQ
NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY
TALABLARI VA BAHOLASH MEZONLARI**

(sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

**(PP9) Qog'oz nishonga o'q otish
(10 urinishda)**

Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

**PNEVMATIK MILTIQDAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARNING (QO'L
NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY
TALABLARI VA BAHOLASH MEZONLARI**

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP9) Qog'oz nishonga o'q otish (10 urinishda)			
Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

**PNEVMATIK MILTIQDAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (QO'L NOZOLOGIYASI UCHUN)
KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH
MEZONLARI**

(sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

**(PP9) Qog'oz nishonga o'q otish
(10 urinishda)**

Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

**PNEVMATIK MILTIQDAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA
BIR OYOQ NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(sirtqi ta'lim erkaklar uchun)**

Ixtisoslik bo'yicha maksimal ball 93

(PP9) Qog'oz nishonga o'q otish
(10 urinishda)

Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

**PNEVMATIK MILTIQDAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA
BIR OYOQ NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

**(PP9) Qog'oz nishonga o'q otish
(10 urinishda)**

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87	87	40	40
86	86	39	39
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82	82	35	35
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80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

**PNEVMATIK MILTIQDAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARNING
(NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN) KASBIY (IJODIY)
IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(sirtqi ta'lim erkaklar uchun)**

Ixtisoslik bo'yicha maksimal ball 93

(PP9) Qog'oz nishonga o'q otish (10 urinishda)			
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70	70	23	23
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68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
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Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

**PNEVMATIK MILTIQDAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLARNING
(NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN) KASBIY (IJODIY)
IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(sirtqi ta'lim ayollar uchun)**

Ixtisoslik bo'yicha maksimal ball 93

(PP9) Qog'oz nishonga o'q otish (10 urinishda)			
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66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
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59	59	12	12
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52	52	4	4
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50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

**PNEVMATIK MILTIQDAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN (BO'YI PAST) ABITURIENTLARNING
KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH
MEZONLARI**

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP9) Qog'oz nishonga o'q otish (10 urinishda)			
Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
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78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
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73	73	26	26
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71	71	24	24
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69	69	22	22
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67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

**PNEVMATIK MILTIQDAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA
JISMONIY IMKONIYATI CHEKLANGAN (BO'YI PAST) ABITURIENTLARNING
KASBIY(IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH
MEZONLARI**

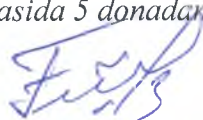
(sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP9) Qog'oz nishonga o'q otish (10 urinishda)			
Natija	Ball	Natija	Ball
93	93	46	46
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82	82	35	35
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80	80	33	33
79	79	32	32
78	78	31	31
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76	76	29	29
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74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
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61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

Adaptiv jismoniy tarbiya
va sport kafedrasi mudiri



O.Dadaboyev

**PNEVMATIK TO'PPONCHADAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (OYOQ NOZOLOGIYASI UCHUN) KASBIY
(IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP8) Qog'oz nishonga o'q otish (10 urinishda)			
Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
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74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
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53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

Abituriyentlar pnevmatik to'pponchadan turgan holda o'q uzadilar.

Abituriyentlar mutaxassisning ko'rsatmalariga to'liq rioya qilishlari shart.

**PNEVMATIK TO'PPONCHADAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (OYOQ NOZOLOGIYASI UCHUN) KASBIY
(IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP8) Qog'oz nishonga o'q otish
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Natija	Ball	Natija	Ball
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67	67	20	20
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65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
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Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

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IMKONIYATI CHEKLANGAN ABITURIENTLARNING (QO'L NOZOLOGIYASI UCHUN) KASBIY
(IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP8) Qog'oz nishonga o'q otish
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Abituriyentlar pnevmatik to'pponchadan turgan holda o'q uzadilar.*

**PNEVMATIK TO'PPONCHADAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (QO'L NOZOLOGIYASI UCHUN) KASBIY
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Ixtisoslik bo'yicha maksimal ball 93

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**PNEVMATIK TO'PPONCHADAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA BIR OYOQ NOZOLOGIYASI
UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH**

MEZONLARI

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP8) Qog'oz nishonga o'q otish
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77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

**PNEVMATIK TO'PPONCHADAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA BIR OYOQ NOZOLOGIYASI
UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH
MEZONLARI**

(sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP8) Qog'oz nishonga o'q otish (10 urinishda)			
Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.

**PNEVMATIK TO'PPONCHADAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (NOZOLOGIYANING BOSHQA BARCHA
TURLARI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA
BAHOLASH MEZONLARI**

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP8) Qog'oz nishonga o'q otish (10 urinishda)			
Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

*Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.
Abituriyentlar pnevmatik to'pponchadan turgan holda o'q uzadilar.*

**PNEVMATIK TO'PPONCHADAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (NOZOLOGIYANING BOSHQA BARCHA
TURLARI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA
BAHOLASH MEZONLARI
(sirtqi ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

(PP8) Qog'oz nishonga o'q otish (10 urinishda)			
Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

*Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.
Abituriyentlar pnevmatik to'pponchadan turgan holda o'q uzadilar.
Abituriyentlar mutaxassisning ko'rsatmalariga to'liq rioya qilishlari shart.*

**PNEVMATIK TO'PPONCHADAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN (BO'YI PAST) ABITURIENTLARNING KASBIY (IJODIY) IMTIHON
BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP8) Qog'oz nishonga o'q otish (10 urinishda)			
Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

*Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.
Abituriyentlar pnevmatik to'pponchadan turgan holda o'q uzadilar.
Abituriyentlar mutaxassisning ko'rsatmalariga to'liq rioya qilishlari shart.*

**PNEVMATIK TO'PPONCHADAN O'Q OTISH IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN (BO'YI PAST) ABITURIENTLARNING KASBIY(IJODIY) IMTIHON
BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

(PP8) Qog'oz nishonga o'q otish (10 urinishda)			
Natija	Ball	Natija	Ball
93	93	46	46
92	92	45	45
91	91	44	44
90	90	43	43
89	89	42	42
88	88	41	41
87	87	40	40
86	86	39	39
85	85	38	38
84	84	37	37
83	83	36	36
82	82	35	35
81	81	34	34
80	80	33	33
79	79	32	32
78	78	31	31
77	77	30	30
76	76	29	29
75	75	28	28
74	74	27	27
73	73	26	26
72	72	25	25
71	71	24	24
70	70	23	23
69	69	22	22
68	68	21	21
67	67	20	20
66	66	19	19
65	65	18	18
64	64	17	17
63	63	16	16
62	62	15	15
61	61	14	14
60	60	13	13
59	59	12	12
58	58	11	11
57	57	9	9
56	56	8	8
55	55	7	7
54	54	6	6
53	53	5	5
52	52	4	4
51	51	3	3
50	50	2	2
49	49	1	1
48	48		
47	47		

*Izoh: Har bir abituriyentga sinov tariqasida 5 donadan o'q beriladi.
Abituriyentlar pnevmatik to'pponchadan turgan holda o'q uzadilar.
Abituriyentlar mutaxassisning ko'rsatmalariga to'liq rioya qilishlari shart.*

**PARA STOL TENNISI IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI
CHEKLANGAN ABITURIENTLARNING (OYOQ NOZOLOGIYASI UCHUN) KASBIY (IJODIY)
IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(kunduzgi, sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish (1 daqiqa davomida)			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (OYOQ NOZOLOGIYASI
UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA
BAHOLASH MEZONLARI**

(kunduzgi, sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (QO'L NOZOLOGIYASI
UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA
BAHOLASH MEZONLARI**

**(kunduzgi, sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI
CHEKLANGAN ABITURIENTLARNING (QO'L NOZOLOGIYASI UCHUN) KASBIY (IJODIY)
IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(kunduzgi, sirtqi ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI
CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA BIR OYOQ NOZOLOGIYASI UCHUN)
KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(kunduzgi, sirtqi ta'lim erkaklar uchun)**

Ixtisoslik bo'yicha maksimal ball 93

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA BIR OYOQ
NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY
TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (NOZOLOGIYANING
BOSHQA BARCHA TURLARI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (NOZOLOGIYANING
BOSHQA BARCHA TURLARI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(kunduzgi, sirtqi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN (BO'YI PAST) ABITURIENTLARNING KASBIY
(IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH
MEZONLARI**

**(kunduzgi, sirtqi ta'lim erkaklar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY
IMKONIYATI CHEKLANGAN (BO'YI PAST) ABITURIENTLARING
KASBIY(IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH
MEZONLARI**

**(kunduzgi ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)

Adaptiv jismoniy tarbiya
va sport kafedrası mudiri



O.Dadaboyev

**PARA YENGIL ATLETIKA IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN
ABITURIENTLARING MAHSUS JISMONIY TAYYORGARLIGIDAN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI
(kunduzgi ta'lim erkaklar va ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93**

Erkaklar uchun

100 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	12,10	12,20	12,30	12,40	12,50	12,60	12,70	12,80	12,90	13,00
T/12	11,40	11,50	11,60	11,70	11,80	11,90	12,00	12,10	12,20	12,30
T/13	11,20	11,30	11,40	11,50	11,60	11,70	11,80	11,90	12,00	12,10
T/20	11,80	11,90	12,00	12,10	12,20	12,30	12,40	12,50	12,60	12,70
T/35	15,00	15,10	15,20	15,30	15,40	15,50	15,60	15,70	15,80	15,90
T/36	14,00	14,10	14,20	14,30	14,40	14,50	14,60	14,70	14,80	14,90
T/37	13,50	13,60	13,70	13,80	13,90	14,00	14,10	14,20	14,30	14,40
T/38	13,30	13,40	13,50	13,60	13,70	13,80	13,90	14,00	14,10	14,20
T/42	16,00	16,10	16,20	16,30	16,40	16,50	16,60	16,70	16,80	16,90
T/44	15,00	15,10	15,20	15,30	15,40	15,50	15,60	15,70	15,80	15,90
T/46-47	12,40	12,50	12,60	12,70	12,80	12,90	13,00	13,10	13,20	13,30
T/52	19,00	19,10	19,20	19,30	19,40	19,50	19,60	19,70	19,80	19,90
T/53	17,00	17,10	17,20	17,30	17,40	17,50	17,60	17,70	17,80	17,90
T/54	16,00	16,10	16,20	16,30	16,40	16,50	16,60	16,70	16,80	16,90

200m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	26,70	26,80	26,90	27,00	27,10	27,20	27,30	27,40	27,50	27,60
T/12	25,10	25,20	25,30	25,40	25,50	25,60	25,70	25,80	25,90	26,00
T/13	25,00	25,10	25,20	25,30	25,40	25,50	25,60	25,70	25,80	25,90
T/20	24,85	24,95	25,05	25,15	25,25	25,35	25,45	25,55	25,65	25,75
T/35	29,50	29,60	29,70	29,80	29,90	30,00	30,10	30,20	30,30	30,40
T/36	30,50	30,60	30,70	30,80	30,90	31,00	31,10	31,20	31,30	31,40
T/37	27,00	27,10	27,20	27,30	27,40	27,50	27,60	27,70	27,80	27,90
T/42	28,90	29,00	29,10	29,20	29,30	29,40	29,50	29,60	29,70	29,80
T/44	28,00	28,10	28,20	28,30	28,40	28,50	28,60	28,70	28,80	28,90
T/46-47	25,50	25,60	25,70	25,80	25,90	26,00	26,10	26,20	26,30	26,40

400 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	57,60	57,70	57,80	57,90	58,00	58,10	58,20	58,30	58,40	58,50
T/12	54,90	55,00	55,10	55,20	55,30	55,40	55,50	55,60	55,70	55,80
T/13	54,70	54,80	54,90	55,00	55,10	55,20	55,30	55,40	55,50	55,60
T/20	54,55	54,60	54,70	54,80	54,90	55,00	55,10	55,20	55,30	55,40
T/36	1:05,00	1:06,00	1:07,00	1:08,00	1:09,00	1:10,00	1:11,00	1:12,00	1:13,00	1:14,00
T/37-38	56,50	56,60	56,70	56,80	56,90	57,00	57,10	57,20	57,30	57,40
T/42	1:06,00	1:07,00	1:08,00	1:09,00	1:10,00	1:11,00	1:12,00	1:13,00	1:14,00	1:15,00
T/44	1:04,00	1:05,00	1:06,00	1:07,00	1:08,00	1:09,00	1:10,00	1:11,00	1:12,00	1:13,00
T/46-47	55,50	55,60	55,70	55,80	55,90	56,00	56,10	56,20	56,30	56,40
T/52	1:15,60	1:20,10	1:25,10	1:30,10	1:35,10	1:40,10	1:45,10	1:50,10	1:55,10	2:05,10
T/53	53,00	53,10	53,20	53,30	53,40	53,50	53,60	53,70	53,80	53,90
T/54	52,60	52,70	52,80	52,90	53,00	53,10	53,20	53,30	53,40	53,50

800 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	2:26,00	2:31,00	2:36,00	2:41,00	2:46,00	2:51,00	2:56,00	2:61,00	2:66,00	2:71,00
T/12	2:05,90	2:10,90	2:15,90	2:20,90	2:25,90	2:30,90	2:35,90	2:40,90	2:45,90	2:50,90
T/13	2:04,00	2:09,00	2:14,00	2:19,00	2:24,00	2:29,00	2:34,00	2:39,00	2:44,00	2:49,00
T/20	2:07,00	2:12,00	2:17,00	2:22,00	2:27,00	2:32,00	2:37,00	2:42,00	2:47,00	2:52,00
T/36	2:40,00	2:45,00	2:50,00	2:55,00	2:60,00	2:65,00	2:70,00	2:75,00	2:80,00	2:85,00
T/37	2:36,00	2:41,00	2:46,00	2:51,00	2:56,00	2:61,00	2:66,00	2:71,00	2:76,00	2:81,00
T/46	2:25,00	2:30,00	2:35,00	2:40,00	2:45,00	2:50,00	2:55,00	2:60,00	2:65,00	2:70,00
T/52	2:45,50	2:50,50	2:55,50	2:60,50	2:65,50	2:70,50	2:75,50	2:80,50	2:85,50	2:90,50
T/53	1:52,00	1:57,00	1:62,00	1:67,00	1:72,00	1:77,00	1:82,00	1:87,00	1:92,00	1:97,00
T/54	1:39,20	1:44,20	1:49,20	1:54,20	1:59,20	1:64,20	1:69,20	1:74,20	1:79,20	1:84,20

1500 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	4:30,50	4:35,50	4:40,50	4:45,50	4:50,50	4:55,50	4:60,50	4:65,50	4:70,50	4:75,50
T/12	4:15,50	4:20,50	4:25,50	4:30,50	4:35,50	4:40,50	4:45,50	4:50,50	4:55,50	4:60,50
T/13	4:10,50	4:15,50	4:20,50	4:25,50	4:30,50	4:35,50	4:40,50	4:45,50	4:50,50	4:55,50
T/20	4:08,50	4:13,50	4:18,50	4:23,50	4:28,50	4:33,50	4:38,50	4:43,50	4:48,50	4:53,50
T/37	4:40,00	4:45,00	4:50,00	4:55,00	4:60,00	4:65,00	4:70,00	4:75,00	4:80,00	4:85,00
T/46	4:20,00	4:25,00	4:30,00	4:35,00	4:40,00	4:45,00	4:50,00	4:55,00	4:60,00	4:65,00
5000 m ga yugurish	93	83	73	63	53	43	33	23	13	3

T/11	17:50,5 0	17:55,5 0	17:60,5 0	17:65,5 0	17:70,5 0	17:75,5 0	17:80,5 0	17:85,5 0	17:90,5 0	17:95,5 0
T/12	17:30,0 0	17:35,0 0	17:40,0 0	17:45,0 0	17:50,0 0	17:55,0 0	17:60,0 0	17:65,0 0	17:70,0 0	17:75,0 0
T/13	17:30,0 0	17:35,0 0	17:40,0 0	17:45,0 0	17:50,0 0	17:55,0 0	17:60,0 0	17:65,0 0	17:70,0 0	17:75,0 0
T/20	17:20,0 0	17:25,0 0	17:30,0 0	17:35,0 0	17:40,0 0	17:45,0 0	17:50,0 0	17:55,0 0	17:60,0 0	17:65,0 0
T/46	17:20,0 0	17:25,0 0	17:30,0 0	17:35,0 0	17:40,0 0	17:45,0 0	17:50,0 0	17:55,0 0	17:60,0 0	17:65,0 0
T/54	18:00,0 0	18:05,0 0	18:10,0 0	18:15,0 0	18:20,0 0	18:25,0 0	18:30,0 0	18:35,0 0	18:40,0 0	18:45,0 0

Uzunlikga sakrash	93	83	73	63	53	43	33	23	13	3
T/11	5,10 m	5,00 m	4,90 m	4,80 m	4,70 m	4,60 m	4,50 m	4,40 m	4,30 m	4,20 m
T/12	6,30 m	6,20 m	6,10 m	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m	5,50 m	5,40 m
T/13	6,40 m	6,30 m	6,20 m	6,10 m	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m	5,50 m
T/20	6,45 m	6,35 m	6,25 m	6,15 m	6,05 m	5,95 m	5,85 m	5,75 m	5,65 m	5,55 m
T/36	4,50 m	4,40 m	4,30 m	4,20 m	4,10 m	4,00 m	3,90 m	3,80 m	3,70 m	3,60 m
T/37	4,00 m	3,90 m	3,80 m	3,70 m	3,60 m	3,50 m	3,40 m	3,30 m	3,20 m	3,10 m
T/42	4,20 m	4,10 m	4,00 m	3,90 m	3,80 m	3,70 m	3,60 m	3,50 m	3,40 m	3,30 m
T/44	5,20 m	5,10 m	5,00 m	4,90 m	4,80 m	4,70 m	4,60 m	4,50 m	4,40 m	4,40 m
T/46-47	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m	5,50 m	5,40 m	5,30 m	5,20 m	5,10 m

Baland likga sakrash	93	83	73	63	53	43	33	23	13	3
T/12	1,75 m	1,70 m	1,65 m	1,60 m	1,55 m	1,50 m	1,45 m	1,40 m	1,35 sm	1,30 sm
T/42	1,52 m	1,47 m	1,42 m	1,37 m	1,32 m	1,27 m	1,22 m	1,17 m	1,12 m	1,07 sm
T/44	1,80 m	1,75 m	1,70 m	1,65 m	1,60 m	1,55 m	1,50 m	1,45 m	1,40 m	1,35 m
T/46-47	1,70 m	1,65 m	1,60 m	1,55 m	1,50 m	1,45 m	1,40 m	1,35 m	1,30 m	1,25 m

Yadro itqitish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	7,260 kg	11,10 m	11,00 m	10,90 m	10,80 m	10,70 m	10,60 m	10,50 m	10,40 m	10,30 m	10,20 m
F/12, F/13	7,260 kg	14,00 m	13,90 m	13,80 m	13,70 m	13,60 m	13,50 m	13,40 m	13,30 m	13,20 m	13,10 m
F/20	7,260 kg	14,50 m	14,40 m	14,30 m	14,20 m	14,10 m	14,00 m	13,90 m	13,80 m	13,70 m	13,60 m
F/32	2,0 kg	6,50 m	6,40 m	6,30 m	6,20 m	6,10 m	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m
F/33	3,0 kg	7,70 m	7,60 m	7,50 m	7,40 m	7,30 m	7,20 m	7,10 m	7,00 m	6,90 m	6,80 m
F/34	4,0 kg	8,60 m	8,50 m	8,40 m	8,30 m	8,20 m	8,10 m	8,00 m	7,90 m	7,80 m	7,70 m
F/35	4,0 kg	12,40 m	12,30 m	12,20 m	12,10 m	12,00 m	11,90 m	11,80 m	11,70 m	11,60 m	11,50 m
F/36	5,0 kg	11,20 m	11,10 m	11,00 m	10,90 m	10,80 m	10,70 m	10,60 m	10,50 m	10,40 m	10,30 m
F/37	5,0 kg	10,50 m	10,40 m	10,30 m	10,20 m	10,10 m	10,00 m	9,90 m	9,80 m	9,70 m	9,60 m
F/40	4,0 kg	6,50 m	6,40 m	6,30 m	6,20 m	6,10 m	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m
F/41	4,0 kg	11,00 m	10,90 m	10,80 m	10,70 m	10,60 m	10,50 m	10,40 m	10,30 m	10,20 m	10,10 m
F/42	6,0 kg	12,50 m	12,40 m	12,30 m	12,20 m	12,10 m	12,00 m	11,90 m	11,80 m	11,70 m	11,80 m

F/44	6,0 kg	13,00 m	12,90 m	12,80 m	12,70 m	12,60 m	12,50 m	12,40 m	12,30 m	12,20 m	12,10 m
F/46-47	6,0 kg	11,80 m	11,70 m	11,60 m	11,50 m	11,40 m	11,30 m	11,20 m	11,10 m	11,00 m	10,90 m
F/52	2,0 kg	5,50 m	5,40 m	5,30 m	5,20 m	5,10 m	5,00 m	4,90 m	4,80 m	4,70 m	4,60 m
F/53	3,0 kg	5,50 m	5,40 m	5,30 m	5,20 m	5,10 m	5,00 m	4,90 m	4,80 m	4,70 m	4,60 m
F/54	3,0 kg	6,10 m	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m	5,50 m	5,40 m	5,30 m	5,20 m
F/55	4,0 kg	7,80 m	7,70 m	7,60 m	7,50 m	7,40 m	7,30 m	7,20 m	7,10 m	7,00 m	6,90 m
F/56	4,0 kg	8,60 m	8,50 m	8,40 m	8,30 m	8,20 m	8,10 m	8,00 m	7,90 m	7,80 m	7,70 m

Nayza uloqtir ish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	800 gr	28,00 m	27,90 m	27,80 m	27,70 m	27,60 m	27,50 m	27,40 m	27,30 m	27,20 m	27,10 m
F/12, F/13	800 gr	45,00 m	44,90 m	44,80 m	44,70 m	44,60 m	44,50 m	44,40 m	44,30 m	44,20 m	44,10 m
F/33	600 gr	12,00 m	11,90 m	11,80 m	11,70 m	11,60 m	11,50 m	11,40 m	11,30 m	11,20 m	11,10 m
F/34	600 gr	23,00 m	22,90 m	22,80 m	22,70 m	22,60 m	22,50 m	22,40 m	22,30 m	22,20 m	22,10 m
F/35	600 gr	26,70 m	26,60 m	26,50 m	26,40 m	26,30 m	26,20 m	26,10 m	26,00 m	25,90 m	25,80 m
F/36	600 gr	27,00 m	26,90 m	26,80 m	26,70 m	26,60 m	26,50 m	26,40 m	26,30 m	26,20 m	26,10 m
F/37	600 gr	28,00 m	27,90 m	27,80 m	27,70 m	27,60 m	27,50 m	27,40 m	27,30 m	27,20 m	27,10 m
F/38	800 gr	40,00 m	39,90 m	39,80 m	39,70 m	39,70 m	39,60 m	39,50 m	39,40 m	39,30 m	39,20 m
F/40	600 gr	21,00 m	20,90 m	20,80 m	20,70 m	20,60 m	20,50 m	20,40 m	20,30 m	20,20 m	20,10 m
F/41	600 gr	28,00 m	27,90 m	27,80 m	27,70 m	27,60 m	27,50 m	27,40 m	27,30 m	27,20 m	27,10 m
F/44	800 gr	40,00 m	39,90 m	39,80 m	39,70 m	39,70 m	39,60 m	39,50 m	39,40 m	39,30 m	39,20 m
F/46-47	800 gr	37,00 m	36,90 m	36,80 m	36,70 m	36,60 m	36,50 m	36,40 m	36,30 m	36,20 m	36,10 m
F/54	600 gr	18,50 m	18,40 m	18,30 m	18,20 m	18,10 m	18,00 m	17,90 m	17,80 m	17,70 m	17,60 m
F/55	600 gr	24,00 m	23,90 m	23,80 m	23,70 m	23,60 m	23,50 m	23,40 m	23,30 m	23,20 m	23,10 m
F/56	600 gr	26,00 m	25,90 m	25,80 m	25,70 m	25,60 m	25,50 m	25,40 m	25,30 m	25,20 m	25,10 m
F/57	600 gr	35,50 m	35,40 m	35,30 m	35,20 m	35,10 m	35,00 m	34,90 m	34,80 m	34,70 m	34,60 m

Disk uloqtirish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	2,0 kg	28,00 m	27,90 m	27,80 m	27,70 m	27,60 m	27,50 m	27,40 m	27,30 m	27,20 m	27,10 m
F/12-13	2,0 kg	38,50 m	38,40 m	38,30 m	38,20 m	38,10 m	38,00 m	37,90 m	37,80 m	37,70 m	37,60 m
F/32	1,0 kg	13,40 m	13,30 m	13,20 m	13,10 m	13,00 m	12,90 m	12,80 m	12,70 m	12,60 m	12,50 m
F/33	1,0 kg	19,00 m	18,90 m	18,80 m	18,70 m	18,60 m	18,50 m	18,40 m	18,30 m	18,20 m	18,10 m
F/34	1,0 kg	21,50 m	21,40 m	21,30 m	21,20 m	21,10 m	21,00 m	20,90 m	20,80 m	20,70 m	20,60 m
F/35	1,0 kg	29,00 m	28,90 m	28,80 m	28,70 m	28,60 m	28,50 m	28,40 m	28,30 m	28,20 m	28,10 m
F/36	1,0 kg	29,50 m	29,40 m	29,30 m	29,20 m	29,10 m	29,00 m	28,90 m	28,80 m	28,70 m	28,60 m
F/37	1,0 kg	37,00 m	36,90 m	36,80 m	36,70 m	36,60 m	36,50 m	36,40 m	36,30 m	36,20 m	36,10 m
F/40	1,0 kg	18,00 m	17,90 m	17,80 m	17,70 m	17,60 m	17,50 m	17,40 m	17,30 m	17,20 m	17,10 m
F/41	1,0 kg	32,00 m	31,90 m	31,80 m	31,70 m	31,60 m	31,50 m	31,40 m	31,30 m	31,20 m	31,10 m
F/42	1,5 kg	31,50 m	31,40 m	31,30 m	31,20 m	31,10 m	31,00 m	30,90 m	30,80 m	30,70 m	30,60 m

F/44	1,5 kg	37,50 m	37,40 m	37,30 m	37,20 m	37,10 m	37,00 m	36,90 m	36,80 m	35,70 m	37,60 m
F/46-47	1,5 kg	37,00 m	36,90 m	36,80 m	36,70 m	36,60 m	36,50 m	36,40 m	36,30 m	36,20 m	36,10 m
F/51	1,0 kg	5,00 m	4,90 m	4,80 m	4,70 m	4,60 m	4,50 m	4,40 m	4,30 m	4,20 m	4,10 m
F/52	1,0 kg	11,50 m	11,40 m	11,30 m	11,20 m	11,10 m	11,00 m	10,90 m	10,80 m	10,70 m	10,60 m
F/53	1,0 kg	13,80 m	13,70 m	13,60 m	13,50 m	13,40 m	13,30 m	13,20 m	13,10 m	13,00 m	12,90 m
F/54	1,0 kg	16,50 m	16,40 m	16,30 m	16,20 m	16,10 m	16,00 m	15,90 m	15,80 m	15,70 m	15,60 m
F/55	1,0 kg	22,00 m	21,90 m	21,80 m	21,70 m	21,60 m	21,50 m	21,40 m	21,30 m	21,20 m	21,10 m
F/56	1,0 kg	30,00 m	29,90 m	29,80 m	29,70 m	29,60 m	29,50 m	29,40 m	29,30 m	29,20 m	29,10 m
F/57	1,0 kg	34,00 m	33,90 m	33,80 m	33,70 m	33,60 m	33,50 m	33,40 m	33,30 m	33,20 m	33,10 m

Klap	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/32	360 gr	20,00	19,90	19,80	19,70	19,60	19,50	19,40	19,30	19,20	19,10
F/51	360 gr	20,00	19,90	19,80	19,70	19,60	19,50	19,40	19,30	19,20	19,10

Izoh: ushbu mezonlar para yengil atletika musobaqa qoidalari bo'yicha qabul qilinadi,yani uloqtirish va sakrash turlarida 3 martadan urinish beriladi va eng yahshi urinishi hisobga olinadi hamda yugurish turlarida bir marotaba urinish beriladi.

Ayollar uchun

(maksimal bal 93)

100 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	14,40	14,50	14,60	14,70	14,80	14,90	15,00	15,10	15,20	15,20
T/12	13,50	13,60	13,70	13,80	13,90	14,00	14,10	14,20	14,30	13,50
T/13	13,40	13,50	13,60	13,70	13,80	13,90	14,00	14,10	14,20	14,30
T/35	17,10	17,20	17,30	17,40	17,50	17,60	17,70	17,80	17,90	18,00
T/36	15,90	16,00	16,10	16,20	16,30	16,40	16,50	16,60	16,70	16,80
T/37	15,60	15,70	15,80	15,90	16,00	16,10	16,20	16,30	16,40	16,50
T/38	14,20	14,30	14,40	14,50	14,60	14,70	14,80	14,90	15,00	15,10
T/42	21,00	21,10	21,20	21,30	21,40	21,50	21,60	21,70	21,80	21,90
T/44	14,90	15,00	15,10	15,20	15,30	15,40	15,50	15,60	15,70	15,80
T/46-47	14,50	14,60	14,70	14,80	14,90	15,00	15,10	15,20	15,30	15,40
T/52	29,20	29,30	29,40	29,50	29,60	29,70	29,80	29,90	30,00	30,10
T/53	20,40	20,50	20,60	20,70	20,80	20,90	21,00	21,10	21,20	21,30
T/54	21,60	21,70	21,80	21,90	22,00	22,10	22,20	22,30	22,40	22,50

200m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	28,50	28,60	28,70	28,80	28,90	29,00	29,10	29,20	29,30	29,40
T/12	27,50	27,60	27,70	27,80	27,90	28,00	28,10	28,20	28,30	28,40
T/13	27,30	27,40	27,50	27,60	27,70	27,80	27,90	28,00	28,10	28,20
T/35	35,00	35,10	35,20	35,30	35,40	35,50	35,60	35,70	35,80	35,90
T/36	34,00	34,10	34,20	34,30	34,40	34,50	34,60	34,70	34,80	34,90
T/37-38	32,00	32,10	32,20	32,30	32,40	32,50	32,60	32,70	32,80	32,90
T/44	31,30	31,40	31,50	31,60	31,70	31,80	31,90	32,00	32,10	32,20
T/46-47	28,50	28,60	28,70	28,80	28,90	29,00	29,10	29,20	29,30	29,40
T/52	47,20	47,30	47,40	47,50	47,60	47,70	47,80	47,90	48,00	48,10
T/53	30,50	30,60	30,70	30,80	30,90	31,00	31,10	31,20	31,30	31,40
T/54	31,10	31,20	31,30	31,40	31,50	31,60	31,70	31,80	31,90	32,00

400 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	57,60	57,70	57,80	57,90	58,00	58,10	58,20	58,30	58,40	58,50
T/12, T/13	54,90	55,00	55,10	55,20	55,30	55,40	55,50	55,60	55,70	55,80
T/36	54,70	54,80	54,90	55,00	55,10	55,20	55,30	55,40	55,50	55,60
T/37-38	54,55	54,65	54,75	54,85	54,95	55,05	55,15	55,25	55,35	55,45

T/44	1:05.00	1:10.00	1:15.00	1:20.00	1:25.00	1:30.00	1:35.00	1:40.00	1:45.00	1:50.00
T/46-47	56.50	56.60	56.70	56.80	56.90	57.00	57.10	57.20	57.30	57.40
T/52	1:06.00	1:06.10	1:06.20	1:06.30	1:06.40	1:06.50	1:06.60	1:06.70	1:06.80	1:06.90
T/53	1:04.00	1:04.10	1:04.20	1:04.30	1:04.40	1:04.50	1:04.60	1:04.70	1:04.80	1:04.90
T/54	55.50	55.60	55.70	55.80	55.90	56.00	56.10	56.20	56.30	56.40

800 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	3:05.50	3:10.50	3:15.50	3:20.50	3:25.50	3:30.50	3:35.50	3:40.50	3:45.50	3:50.50
T/12, T/13	2:28.00	2:33.00	2:38.00	2:43.00	2:48.00	2:53.00	2:58.00	2:63.00	2:68.00	2:73.00
T/36	3:22.50	3:27.50	3:32.50	3:37.50	3:42.50	3:47.50	3:52.50	3:57.50	3:62.50	3:67.50
T/37	3:20.00	3:25.00	3:30.00	3:35.00	3:40.00	3:45.00	3:50.00	3:55.00	3:60.00	3:65.00
T/46	3:00.50	3:05.50	3:10.50	3:15.50	3:20.50	3:25.50	3:30.50	3:35.50	3:40.50	3:45.50
T/53	2:07.00	2:12.00	2:17.00	2:22.00	2:27.00	2:32.00	2:37.00	2:42.00	2:47.00	2:52.00
T/54	2:05.20	2:10.20	2:15.20	2:20.20	2:25.20	2:30.20	2:35.20	2:40.20	2:45.20	2:50.20

1500 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	5:15,50	5:20,50	5:25,50	5:30,50	5:35,50	5:40,50	5:45,50	5:50,50	5:55,50	5:60,50
T/12, T/13	5:15,50	5:20,50	5:25,50	5:30,50	5:35,50	5:40,50	5:45,50	5:50,50	5:55,50	5:60,50
T/53-54	3:55.00	3:60.00	3:65.00	3:70.00	3:75.00	3:80.00	3:85.00	3:90.00	3:95.00	4:00.00

5000 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	27:20.0 0	27:25.0 0	27:30.0 0	27:35.0 0	27:40.0 0	27:45.0 0	27:50.0 0	27:55.0 0	27:60.0 0	27:65.0 0
T/12, T/13	22:00.0 0	22:05.0 0	22:10.0 0	22:15.0 0	22:20.0 0	22:25.0 0	22:30.0 0	22:35.0 0	22:40.0 0	22:45.0 0
T/54	14:50.0 0	14:55.0 0	14:60.0 0	14:65.0 0	14:70.0 0	14:75.0 0	14:80.0 0	14:85.0 0	14:90.0 0	14:95.0 0
Uzunlikga sakrash	93	83	73	63	53	43	33	23	13	3
T/11	3.80 m	3.70 m	3.60 m	3.50 m	3.40 m	3.30 m	3.20 m	3.10 m	3.00 m	2.90 m
T/12, T/13	4.90 m	4.80 m	4.70 m	4.60 m	4.50 m	4.40 m	4.30 m	4.20 m	4.10 m	4.00 m
T/36	3.20 m	3.10 m	3.00 m	2.90 m	2.80 m	2.80 m	2.70 m	2.60 m	2.50 m	2.40 m
T/37	3.40 m	3.30 m	3.20 m	3.10 m	3.00 m	2.90 m	2.80 m	2.70 m	2.60 m	2.50 m
T/38	4.50 m	4.40 m	4.30 m	4.20 m	4.10 m	4.00 m	3.90 m	3.80 m	3.70 m	3.60 m
T/42	3.05 m	2.95 m	2.85 m	2.75 m	2.65 m	2.55 m	2.45 m	2.35 m	2.25 m	2.15 m
T/44	4.25 m	4.15 m	4.05 m	3.95 m	3.85 m	3.75 m	3.65 m	3.55 m	3.45 m	3.35 m
T/46-47	4.40 m	4.30 m	4.20 m	4.10 m	4.00 m	3.90 m	3.80 m	3.70 m	3.60 m	3.50 m

Yadro itqitish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	4.0 kg	9.00 m	8.90 m	8.80 m	8.70 m	8.60 m	8.50 m	8.40 m	8.30 m	8.20 m	8.10 m
F/12, F/13	4.0 kg	11.50 m	11.40 m	11.30 m	11.20 m	11.10 m	11.00 m	10.90 m	10.80 m	10.70 m	10.60 m
F/20	4.0 kg	11.50 m	11.40 m	11.30 m	11.20 m	11.10 m	11.00 m	10.90 m	10.80 m	10.70 m	10.60 m
F/32	2.0 kg	4.50 m	4.40 m	4.30 m	4.20 m	4.10 m	4.00 m	3.90 m	3.80 m	3.70 m	3.60 m
F/33	3.0 kg	4.00 m	3.90 m	3.80 m	3.70 m	3.60 m	3.50 m	3.40 m	3.30 m	3.20 m	3.10 m
F/34	3.0 kg	5.20 m	5.10 m	5.00 m	4.90 m	4.80 m	4.70 m	4.60 m	4.50 m	4.40 m	4.30 m
F/35	3.0 kg	7.40 m	7.30 m	7.20 m	7.10 m	7.00 m	6.90 m	6.80 m	6.70 m	6.60 m	6.50 m
F/36	3.0 kg	7.40 m	7.30 m	7.20 m	7.10 m	7.00 m	6.90 m	6.80 m	6.70 m	6.60 m	6.50 m
F/37	3.0 kg	9.50 m	9.40 m	9.30 m	9.20 m	9.10 m	9.00 m	8.90 m	8.80 m	8.70 m	8.60 m
F/40	3.0 kg	6.00 m	5.90 m	5.80 m	5.70 m	5.60 m	5.50 m	5.40 m	5.30 m	5.20 m	5.10 m
F/41	3.0 kg	6.40 m	6.30 m	6.20 m	6.10 m	6.00 m	5.90 m	5.80 m	5.70 m	5.60 m	5.50 m
F/42	4.0 kg	6.00 m	5.90 m	5.80 m	5.70 m	5.60 m	5.50 m	5.40 m	5.30 m	5.20 m	5.10 m
F/44	4.0 kg	8.00 m	7.90 m	7.80 m	7.70 m	7.60 m	7.50 m	7.40 m	7.30 m	7.20 m	7.10 m
F/46-47	4.0 kg	8.00 m	7.90 m	7.80 m	7.70 m	7.60 m	7.50 m	7.40 m	7.30 m	7.20 m	7.10 m
F/52	2.0 kg	2.00 m	1.90 m	1.80 m	1.70 m	1.60 m	1.50 m	1.40 m	1.30 m	1.20 m	1.10 m
F/53	3.0 kg	3.50 m	3.40 m	3.30 m	3.20 m	3.10 m	3.00 m	2.90 m	2.80 m	2.70 m	2.60 m
F/54	3.0 kg	6.10 m	6.00 m	5.90 m	5.80 m	5.70 m	5.60 m	5.50 m	5.40 m	5.30 m	5.20 m
F/55	3.0 kg	6.10 m	6.00 m	5.90 m	5.80 m	5.70 m	5.60 m	5.50 m	5.40 m	5.30 m	5.20 m
F/ 56 F/57	3.0 kg	7.60 m	7.50 m	7.40 m	7.30 m	7.20 m	7.10 m	7.00 m	6.90 m	6.80 m	6.70 m

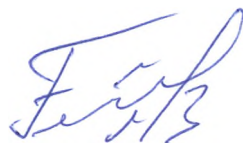
Nayza uloqtir ish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	600 gr	26.00 m	25.90 m	25.80 m	25.70 m	25.60 m	25.50 m	25.40 m	25.30 m	25.20 m	25.10 m
F/12, F/13	600 gr	36.00 m	35.90 m	35.80 m	35.70 m	35.60 m	35.50 m	35.40 m	35.30 m	35.20 m	35.10 m
F/33	600 gr	9.00 m	8,90 m	8,80 m	8,70 m	8,60 m	8,50 m	8,40 m	8,30 m	8,20 m	8,10 m
F/34	600 gr	13.30 m	13,20 m	13,10 m	13,00 m	12,90 m	12,80 m	12,70 m	12,60 m	12,50 m	12,40 m
F/37	600 gr	16.00 m	15,90 m	15,80 m	15,70 m	15,60 m	15,50 m	15,40 m	15,30 m	15,20 m	15,10 m
F/40, F/41	400 gr	16.50 m	16,40 m	16,30 m	16,20 m	16,10 m	16,00 m	15,90 m	15,80 m	15,70 m	15,60 m
F/42-44	600 gr	20.00 m	19,90 m	19,80 m	19,70 m	19,60 m	19,50 m	19,40 m	19,30 m	19,20 m	19,10 m
F/46-47	600 gr	31.00 m	30,90 m	30,80 m	30,70 m	30,60 m	30,50 m	30,40 m	30,30 m	30,20 m	30,10 m
F/53	600 gr	7.00 m	6.90 m	6.80 m	6.70 m	6.60 m	6.50 m	6.40 m	6.30 m	6.20 m	6.10 m
F/54	600 gr	15.00 m	14.90 m	14.80 m	14.70 m	14.60 m	14.50 m	14.40 m	14.30 m	14.20 m	14.10 m
F/55	600 gr	14.50 m	14.40 m	14.30 m	14.20 m	14.10 m	14.00 m	13.90 m	13.80 m	13.70 m	13.60 m
F56-57	600 gr	18.00 m	17.90 m	17.80 m	17.70 m	17.60 m	17.50 m	17.40 m	17.30 m	17.20 m	17.10 m

Disk uloqtirish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	1.0 kg	25.00 m	24.90 m	24.80 m	24.70 m	24.60 m	24.50 m	24.40 m	24.30 m	24.20 m	24.10 m

F/12, F/13	1.0 kg	32.50 m	32.40 m	32.30 m	32.20 m	32.10 m	32.00 m	31.90 m	31.80 m	31.70 m	31.60 m
F/32	1.0 kg	5.00 m	4.90 m	4.80 m	4.70 m	4.60 m	4.50 m	4.40 m	4.30 m	4.20 m	4.10 m
F/33	1.0 kg	12.00 m	11.90 m	11.80 m	11.70 m	11.60 m	11.50 m	11.40 m	11.30 m	11.20 m	11.10 m
F/34	1.0 kg	13.00 m	12.90 m	12.80 m	12.70 m	12.60 m	12.50 m	12.40 m	12.30 m	12.20 m	12.10 m
F/35	1.0 kg	17.50 m	17.40 m	17.30 m	17.20 m	17.10 m	17.00 m	16.90 m	16.80 m	16.70 m	16.60 m
F/36	1.0 kg	19.00 m	18.90 m	18.80 m	18.70 m	18.60 m	18.50 m	18.40 m	18.30 m	18.20 m	18.10 m
F/37	1.0 kg	20.00 m	19.90 m	19.80 m	19.70 m	19.60 m	19.50 m	19.40 m	19.30 m	19.20 m	19.10 m
F/40	750 gr	15.00 m	14.90 m	14.80 m	14.70 m	14.60 m	14.50 m	14.40 m	14.30 m	14.20 m	14.10 m
F/41	750 gr	23.00 m	22.90 m	22.80 m	22.70 m	22.60 m	22.50 m	22.40 m	22.30 m	22.20 m	22.10 m
F/42	1.0 kg	17.50 m	17.40 m	17.30 m	17.20 m	17.10 m	17.00 m	16.90 m	16.80 m	16.70 m	16.60 m
F/44	1.0 kg	29.00 m	28.90 m	28.80 m	28.70 m	28.60 m	28.50 m	28.40 m	28.30 m	28.20 m	28.10 m
F/46-47	1.0 kg	21.00 m	20.90 m	20.80 m	20.70 m	20.60 m	20.50 m	20.40 m	20.30 m	20.20 m	20.10 m
F/51	1.0 kg	8.00 m	7.90 m	7.80 m	7.70 m	7.60 m	7.50 m	7.40 m	7.30 m	7.20 m	7.10 m
F/52	1.0 kg	9.20 m	9.10 m	9.00 m	8.90 m	8.80 m	8.70 m	8.60 m	8.50 m	8.40 m	8.30 m
F/53	1.0 kg	10.40 m	10.30 m	10.20 m	10.10 m	10.00 m	9.90 m	9.80 m	9.70 m	9.60 m	9.50 m
F/54	1.0 kg	14.50 m	14.40 m	14.30 m	14.20 m	14.10 m	14.00 m	13.90 m	13.80 m	13.70 m	13.60 m
F/55	1.0 kg	17.00 m	16.90 m	16.80 m	16.70 m	16.60 m	16.50 m	16.40 m	16.30 m	16.20 m	16.10 m
F/56	1.0 kg	18.00 m	17.90 m	17.80 m	17.70 m	17.60 m	17.50 m	17.40 m	17.30 m	17.20 m	17.10 m
F/57	1.0 kg	23.00 m	22.90 m	22.80 m	22.70 m	22.60 m	22.50 m	22.40 m	22.30 m	22.20 m	22.10 m
Klap	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/32	360 gr	17.00 m	16.90 m	16.80 m	16.70 m	16.60 m	16.50 m	16.40 m	16.30 m	16.20 m	16.10 m
F/51	360 gr	17.00 m	16.90 m	16.80 m	16.70 m	16.60 m	16.50 m	16.40 m	16.30 m	16.20 m	16.10 m

Izoh: ushbu mezonlar para yengil atletika musobaqa qoidalari bo'yicha qabul qilinadi, yani uloqtirish va sakrash turlarida 3 martadan urunish beriladi va eng yahshi urunishi hisobga olinadi hamda yugurish turlarida bir marotaba urunish beriladi.

/Adaptiv jismoniy tarbiya
va sport kafedrasi mudiri



O.Dadaboyev

**PARA PAUERLIFTING IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN
ABITURIENTLARING (OYOQ NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BAHOLASH
MEZONLARI**

(sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

Yotgan holda shtangani siqib ko'tarish										
Vazn toifasi	93 ball	83 ball	73 ball	63 ball	53 ball	43 ball	33 ball	23 ball	13 ball	3 ball
<i>ERKAKLAR</i>										
49	100	97,5	95	92,5	90	87,5	85	82,5	80	77,5
54	105	102,5	100	97,5	95	92,5	90	87,5	85	82,5
59	110	107,5	105	102,5	100	97,5	95	92,5	90	87,5
65	120	117,5	115	110	107,5	105	102,5	100	97,5	95
72	130	127,5	125	122,5	120	117,5	115	110	107,5	105
80	140	137,5	135	132,5	130	127,5	125	122,5	120	117,5
88	150	147,5	145	142,5	140	137,5	135	132,5	130	127,5
97	160	157,5	155	152,5	150	147,5	145	142,5	140	137,5
107	165	162,5	160	157,5	155	152,5	150	147,5	145	142,5
+107	170	167,5	165	162,5	160	157,5	155	152,5	150	147,5

Izoh: ushbu meyorlar para pauerlifting musobaqa qoidalari talablari bo'yicha qabul qilinadi

**PARA PAUERLIFTING IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN
ABITURIENTLARNING (OYOQ NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BAHOLASH**

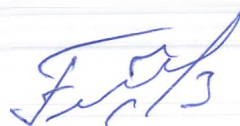
MEZONLARI (kunduzgi ta'lim ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

Yotgan holda shtangani siqib ko'tarish,										
Vazn toifasi	93 ball	83 ball	73 ball	63 ball	53 ball	43 ball	33 ball	23 ball	13 ball	3 ball
<i>AYOLLAR</i>										
41	50	47,5	45	42,5	40	37,5	35	32,5	30	27,5
45	55	52,5	50	47,5	45	42,5	40	37,5	35	32,5
50	60	57,5	55	52,5	50	47,5	45	42,5	40	37,5
55	65	62,5	60	57,5	55	52,5	50	47,5	45	42,5
61	70	67,5	65	62,5	60	57,5	55	52,5	50	47,5
67	75	72,5	70	67,5	65	62,5	60	57,5	55	52,5
73	80	77,5	75	72,5	70	67,5	65	62,5	60	57,5
79	85	82,5	80	77,5	75	72,5	70	67,5	65	62,5
86	90	87,5	85	82,5	80	77,5	75	72,5	70	67,5
+86	95	92,5	90	87,5	85	82,5	80	77,5	75	72,5

Izoh: ushbu meyorlar para pauerlifting musobaqa qoidalari talablari bo'yicha qabul qilinadi


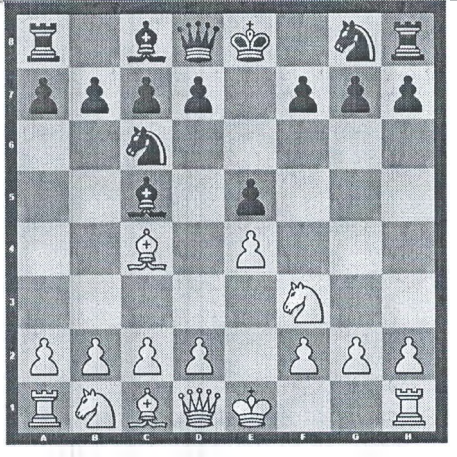
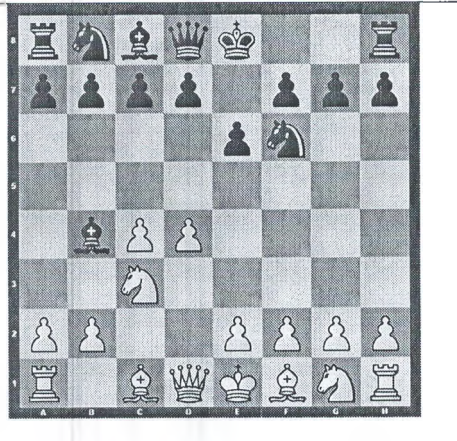
“Adaptiv jismoniy tarbiya va sport” kafedrasi mudiri

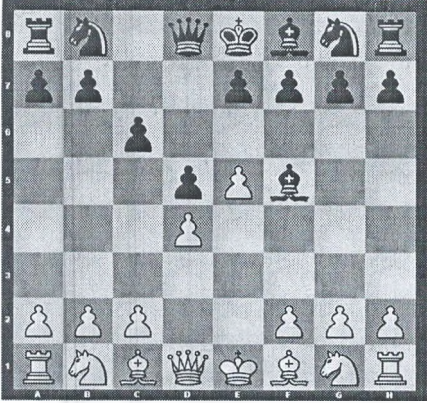
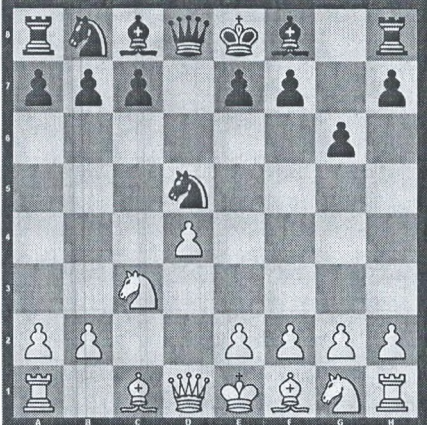
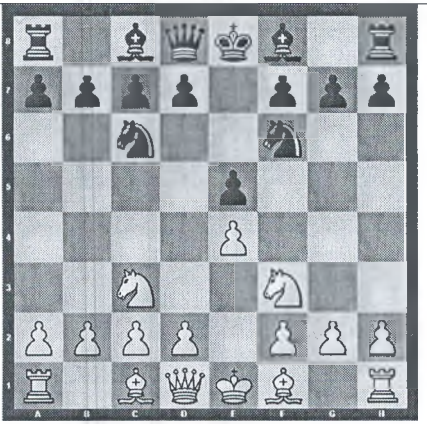




O.Dadaboyev

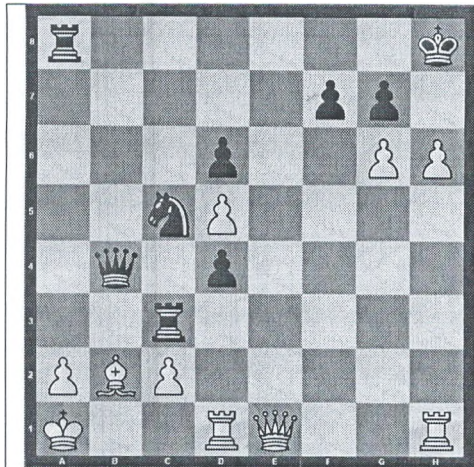
Para shaxmat ixtisosligi bo'yicha jismoniy imkoniyati cheklangan abituriyentlar uchun shaxmat bo'yicha kasbiy-ijodiy imtihonlarining me'yoriy talablari va baholash mezonlari.

Maksimal ball– 93

Topshiriq №1	Sharti	Javoblar
	<p>Taxtadagi vaziyat qaysi debyutdan yuzaga keladi? Yurishlar ketma-ketligini notatsiya (yozuv)da ifodalang.</p>	
Topshiriq №2	Sharti	Javoblar
	<p>Ushbu debyut qanday nomlanadi. Yurishlar ketma-ketligini yozib ko'rsating.</p>	
Topshiriq №3	Sharti	Javoblar
	<p>Ushbu debyut qanday nomlanadi va yurishlar ketma-ketligini yozib ko'rsating.</p>	

Topshiriq №4	Sharti	Javoblar
	<p>Ushbu vaziyatda uchtadan yurishlar qilingan. Yurishlar ketma-ketligini yozib ko'rsating. Debyut qanday nomlanadi?</p>	
Topshiriq №5	Sharti	Javoblar
	<p>Ushbu vaziyatda ikkala tomon to'rttadan yurishlar qilishgan. Debyut qanday nomlanadi va yurishlar ketma-ketligini yozib ko'rsating.</p>	
Topshiriq №6	Sharti	Javoblar
	<p>Ushbu vaziyat qaysi debyutdan yuzaga kelgan? Yurishlar tartibini yozing.</p>	

Topshiriq №7	Sharti	Javoblar
	<p>Tomonlar uchtdan yurish qilgan. Debyut qanday nomlanadi? Yurishlar tartibini yozing.</p>	
Topshiriq №8	Sharti	Javoblar
	<p>Debyut qanday nomlanadi? Yurishlar tartibini yozing.</p>	
Topshiriq №9	Sharti	Javoblar

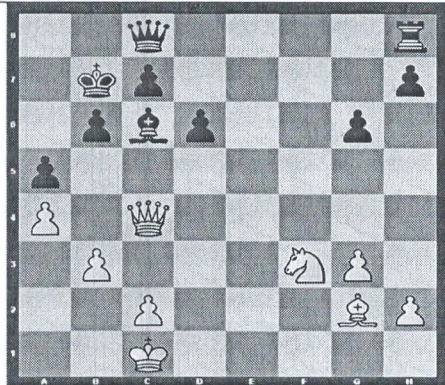


Yurish qoralardan.
Kombinatsiyani toping.

Topshiriq №10

Sharti

Javoblar

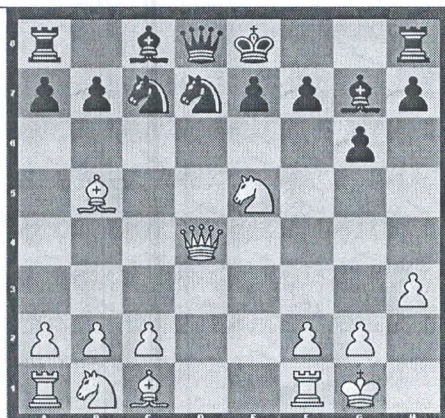


Yurish oqlardan.
Siz qanday o‘ynar edingiz?

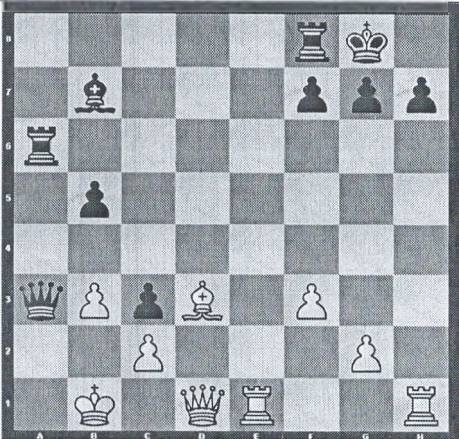
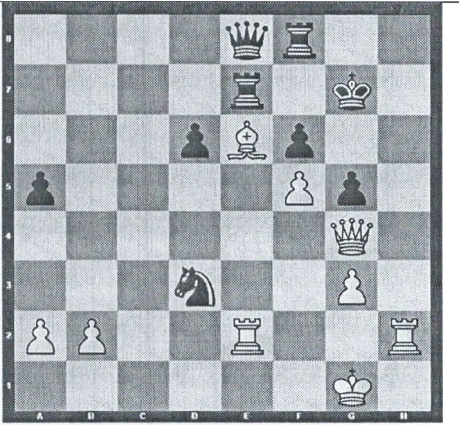
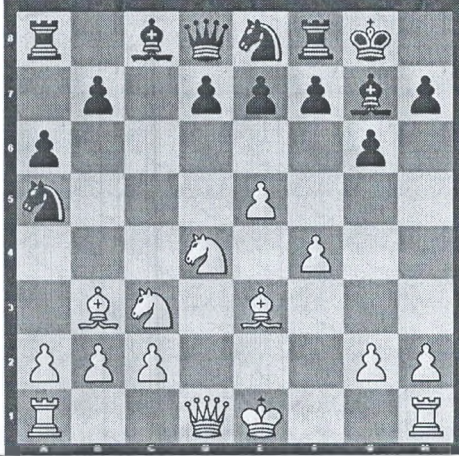
Topshiriq №11

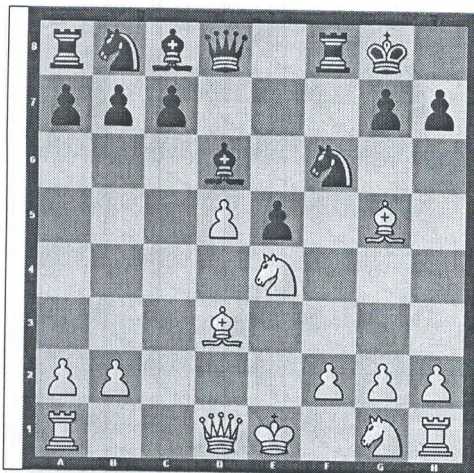
Sharti

Javoblar



Yurish oqlardan.
Siz qanday o‘ynar edingiz?













Topshiriq №12	Sharti	Javoblar
 <p>A chessboard diagram for problem №12. The board is labeled with files A-H and ranks 1-8. White pieces are on a1, b1, c1, d1, e1, f1, g1, h1, d2, e2, f2, g2, h2, d3, e3, f3, g3, h3, d4, e4, f4, g4, h4, d5, e5, f5, g5, h5, d6, e6, f6, g6, h6, d7, e7, f7, g7, h7, d8, e8, f8, g8, h8. Black pieces are on a8, b8, c8, d8, e8, f8, g8, h8, d7, e7, f7, g7, h7, d6, e6, f6, g6, h6, d5, e5, f5, g5, h5, d4, e4, f4, g4, h4, d3, e3, f3, g3, h3, d2, e2, f2, g2, h2, d1, e1, f1, g1, h1.</p>	<p>Yurish oqlardan. O‘yin natijasi qanday bo‘ladi? Siz qanday yo‘l tanlaysiz?</p>	
Topshiriq №13	Sharti	Javoblar
 <p>A chessboard diagram for problem №13. The board is labeled with files A-H and ranks 1-8. White pieces are on a1, b1, c1, d1, e1, f1, g1, h1, d2, e2, f2, g2, h2, d3, e3, f3, g3, h3, d4, e4, f4, g4, h4, d5, e5, f5, g5, h5, d6, e6, f6, g6, h6, d7, e7, f7, g7, h7, d8, e8, f8, g8, h8. Black pieces are on a8, b8, c8, d8, e8, f8, g8, h8, d7, e7, f7, g7, h7, d6, e6, f6, g6, h6, d5, e5, f5, g5, h5, d4, e4, f4, g4, h4, d3, e3, f3, g3, h3, d2, e2, f2, g2, h2, d1, e1, f1, g1, h1.</p>	<p>Yurish oqlardan. Qanday yurishlar qilar edingiz? Dastlabki aniq yurishlarni ko‘rsating.</p>	
Topshiriq №14	Sharti	Javoblar
 <p>A chessboard diagram for problem №14. The board is labeled with files A-H and ranks 1-8. White pieces are on a1, b1, c1, d1, e1, f1, g1, h1, d2, e2, f2, g2, h2, d3, e3, f3, g3, h3, d4, e4, f4, g4, h4, d5, e5, f5, g5, h5, d6, e6, f6, g6, h6, d7, e7, f7, g7, h7, d8, e8, f8, g8, h8. Black pieces are on a8, b8, c8, d8, e8, f8, g8, h8, d7, e7, f7, g7, h7, d6, e6, f6, g6, h6, d5, e5, f5, g5, h5, d4, e4, f4, g4, h4, d3, e3, f3, g3, h3, d2, e2, f2, g2, h2, d1, e1, f1, g1, h1.</p>	<p>Yurish oqlardan. Siz qanday o‘ynar edingiz?</p>	
Topshiriq №15	Sharti	Javoblar



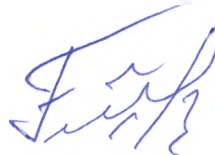
**Yurish
qoralardan.
Siz qanday o‘ynar
edingiz?**

**Para shaxmat ixtisosligi bo'yicha jismoniy imkoniyati cheklangan
abituriyentlarning uchun shaxmat bo'yicha kasbiy-ijodiy imtihonlarining
baholash mezonlari.**

1. Shaxmat ixtisosligi bo'yicha shaxmat nazariyasiga oid kasbiy-ijodiy imtihon sinovlari uchun jami 15 ta topshiriq berilgan. Har bir topshiriqning to'g'ri javoblari uchun 6,2 ball beriladi va maksimal ball miqdori 93 ballni tashkil etadi.
2. Topshiriqlarda nazariy, amaliy, taktika va strategiya, o'yin boshlari (debyut), o'yin o'rtalari (mittelshpil), kombinatsiyalar, hisoblash texnikasi, masala va etyud janrlariga oid turli g'oyalar mujassam etilgan.
3. Dastlabki 8 ta topshiriqda javoblarni belgilashda debyut nomi va yurishlarni notatsiyada (yozuvlarda) ifodalash zarur. Debyut nomini xato yozilganda - 3 ball, agar yurishlar tartibini yozishda texnik xatolarga yo'l qo'yilsa - 3 ball olib tashlanadi. Agar yurishlar umuman, yozuvda ifoda etilmasa, 3,2 ball olib qo'yiladi.
4. 9-15 topshiriqlarda mittelshpilga oid kombinatsiya va nazariy tushunchalar ifoda etilishi lozim, agar to'g'ri ifoda etilmasa ball berilmaydi. To'liq yechim (variantlari bilan) izoh va tushunchalar orqali ifoda etilmasa, umumiy balldan 3 ball olib tashlanadi.

Donalarning nomi	Donalarning qisqacha belgilanishi			Donalar tasviri	
	o'zbekcha	inglizcha	ruscha		
Shoh	Sh	K	Кр		
Farzin	Fz	Q	Ф		
Rux	R	R	Л		
Fil	F	B	С		
Ot	O	N	К		
Piyoda	--	--	--		

“Adaptiv jismoniy tarbiya va sport” kafedrasini mudiri



O.Dadaboyev

**PARA TAEKVONDO WT ixtisosligi bo'yicha kasbiy (ijodiy) imtihonlarining me'yoriy talablari
va baholash mezonlari (kunduzgi)**

(maksimal ball – 93)

**1. Oyoqlar bilan zarba harakatlarini turli sektorlarga aniq va texnik to'g'ri bajarish
(PAL CHAGI).**

Oyoqlar bilan zarba harakatlarini turli sektorlarga aniq va texnik to'g'ri bajarilishiga –
maximal 30 ball

Yuqorida ko'rsatilgan vazifalarni bajarishda quydagi xatolar bo'lishi mumkin, texnik harakatlarni noto'g'ri bajarganlik uchun quyida ko'rsatilgan ballar olib tashlanadi:

1. Zarbadan keyin zarba beruvchi oyoq tiraluvchi oyoq yoniga qo'yish – 4 ball olib tashlanadi.
2. Zarba beruvchi oyoq zarbadan keyin yonga qo'yish - 6 ball olib tashlanadi.
3. Zarba paytida tizzani bukib uzoq muddat ushlab turish - 4 ball olib tashlanadi.
4. Zarba aniq ko'rsatilganidan keyin shu holatda to'xtasa - 6 ball olib tashlanadi.
5. Tananing yuqori qismiga zarba paytida muvozanatni yo'qotish, aniq zarba berish moljal burchagidan past bo'lsa - 10 ball olib tashlanadi.

**2. Taekvondo WT qoidalari bo'yicha erkin jang (lapada)
(2 daqiqadan 2 raund, tanaffus 30 soniya)**

Erkin jangda (lapada) jangovar harakatlarining barcha texnik va taktik usullarini (razvedka harakatlari, aldash harakatlari, masofali manyor, hujum harakatlari, mudofaa harakatlari, qarshi hujum), himoya va hujumda oqilona va o'z vaqtida bajarilgan harakatlarni namoyishi qilganlik uchun

maximal 63 ball:

1) ahamiyatsiz xatolar - 16 ball olib tashlanadi:

- a) harakat va usullar texnikasini bajarishdagi ahamiyatsiz xatoliklar 4 ball.
- b) taktik harakatlarni bajarishdagi ahamiyatsiz xatoliklar 4 ball.
- c) sportchi asosiy jang maydoni chizig'idan chiqib ketsa 4 ball.
- d) sportchi yiqilib tushsa 4 ball

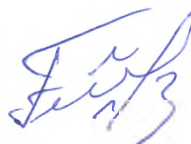
2) ahamiyatli xatolar - 16 ball olib tashlanadi:

- a) kyorugi texnikasidagi xatoliklar 5 ball.
- b) tayyorgarlik va manyovr harakatlarini qo'llanilmasligi 5 ball.
- c) raqib sportchini itarib yuborish 6 ball.

3) qo'pol xatolar - 31 ball olib tashlanadi:

- a) harakat va usullar texnikasini bajarishdagi qo'pol xatoliklar 7 ball.
- b) taktik harakatlarning yo'qligi 8 ball.
- c) hujum va himoya harakatlarini bajarishdagi qo'pol xatoliklar 8 ball.
- d) raqib sportchining belidan pastki (are) qismiga zarba berilishi 8 ball.

“Adaptiv jismoniy tarbiya va sport” kafedrasi mudiri



O.Dadaboyev

**PARA DZYUDO BO‘YICHA KIRISH IJODIY IMTIXONLARINING
IXTISOSLIK ME‘YORIY TALABLARI VA BAHOLASH MEZONLARI**

(sirtqi ta’lim erkaklar va ayollar uchun)

Ixtisoslik bo‘yicha maksimal ball 93

<i>No</i>	<i>Normativlar</i>	<i>Ballar</i>				
		6	4,5	3	1,5	0
1.	Yiqilishlar: 1.Ukemi (Yiqilish usullari) (6 ball)	Baland sakrash, erga yumshoq tushish, xarakat texnik jixatdan to‘g‘ri va aniq bajarildi.	Sakrash etarlicha baland emas, bosh erga tekkan xolda yiqilish.	Yon tomonlarga yiqilish. Bel bilan gilamga urilish.	Xarakat texnik jixatdan noto‘g‘ri bajarildi.	Texnik xarakatlar bajarilmadi
2	Shintai (Muvozanat saqlagan holda harakatlanish) (4 ball)	Baland sakrash, erga yumshoq tushish, xarakat texnik jixatdan to‘g‘ri va aniq bajarildi.	Sakrash etarlicha baland emas, bosh erga tekkan xolda yiqilish.	Yon tomonlarga yiqilish. Bel bilan gilamga urilish.	Xarakat texnik jixatdan noto‘g‘ri bajarildi.	Texnik xarakatlar bajarilmadi
3.	Yiqitishlar: Okuri-ashi-harai (raqibni yurgizgan holatda yondan ilib tashlash) (6 ball)	Yaxshi ushlagan holda tez harakat bilan to‘xtamasdan, raqibning muvozanatidan foydalanib bajarildi.	Yaxshi ushlash bilan o‘rtacha sur‘atda bajarildi, raqibning muvozanatidan foydalanib bajarildi.	Bo‘sh ushlash bilan o‘rtacha sur‘atda bajarildi. Raqibning muvozanatidan foydalanilmadi.	Texnik harakatlar axamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi
4	Uki-otoshi (muvozanatdan chiqarib oldiga tashlash) (6 ball)	Yaxshi ushlagan holda tez harakat bilan to‘xtamasdan, raqibning muvozanatidan foydalanib bajarildi.	Yaxshi ushlash bilan o‘rtacha sur‘atda bajarildi, raqibning muvozanatidan foydalanib bajarildi.	Bo‘sh ushlash bilan o‘rtacha sur‘atda bajarildi. Raqibning muvozanatidan foydalanilmadi.	Texnik harakatlar axamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi
	Nage-vadza:	18	13,5	9	4,5	0

5	Seo-pade (raqibni elkadan oshirib tashlash) (18 ball)	Tashlash yaxshi ushlar bilan, yuqori sur'atda katta amplituda bilan bajarildi.	Tashlash yaxshi ushlar bilan, lekin kichik amplituda bilan bajarildi. Kurashchi harakatlari o'rtacha sur'atda.	Tashlash bo'sh ushlar va kichik amplituda bilan bajarildi. Kurashchi harakatlari o'rtacha sur'atda.	Texnik harakatlar ahamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi.
		18	13,5	9	4,5	0
6	Uchi-makikomi (qo'ldan ushlagan holda aylanib yelkadan oshirib tashlash) (18 ball)	Tashlash yaxshi ushlar bilan, yuqori sur'atda katta amplituda bilan bajarildi.	Tashlash yaxshi ushlar bilan, lekin kichik amplituda bilan bajarildi. Kurashchi harakatlari o'rtacha sur'atda.	Tashlash bo'sh ushlar va kichik amplituda bilan bajarildi. Kurashchi harakatlari o'rtacha sur'atda.	Texnik harakatlar ahamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi.
		9	6,75	4,5	2,25	0
7	O-osoto-gruma (ikki oyoqadan orqaga qaytarib tashlash) (9 ball)	Tashlash yaxshi ushlar bilan, yuqori sur'atda katta amplituda bilan bajarildi.	Tashlash yaxshi ushlar bilan, lekin kichik amplituda bilan bajarildi. Kurashchi harakatlari o'rtacha sur'atda.	Tashlash bo'sh ushlar va kichik amplituda bilan bajarildi. Kurashchi harakatlari o'rtacha sur'atda.	Texnik harakatlar ahamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi.
		10	7,5	5	5,5	0
8	Ne-vaza: Ude-hishigi-sankaku-gatame (oyoq va qo'l bilan boshni ushlagan holatda tirsakka og'ritish usuli) (10 ball)	Yaxshi ushlar bilan oyoqlarni harakatlantirib bajarildi. Harakat to'xtovsiz aniq va tez sur'atda bajarildi	Yaxshi ushlar bilan oyoqlarni harakatlantirgan holda bajarildi. Harakatlar o'rtacha tezlikda.	Bo'sh ushlar bilan va oyoqlarni sust harakatlantirgan holda bajarildi. Kurashchi harakatlari o'rtacha sur'atda.	Texnik harakatlar ahamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi.
		16	12	8	4	0

9	Katame-vaza. Kesa-gatame, yoko-shiho-gatame, kami-shiho-gatame, tate-shiho-gatame (ushlash usullari) (yontomandan ushlash, oyoq orasiga va boshidan ushlash, bosh tomondan ushlash, ustidan ushlash) (16 ball)	Xarakat texnik jixatdan to`g`ri, xarakat (kuch) gavdaning ma`lum bir qismiga jamlash bilan bajarildi.	Xarakat texnik jixatdan to`g`ri, gavdaning ma`lum qismlarida axamiyatsiz xarakatlar bilan bajarildi.	Xarakat xatolar bilan bajarildi, kuch noto`g`ri yo`naltirildi.	Xarakat texnik jixatdan noto`g`ri bajarildi	Texnik xarakatlar bajarilmadi.
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Izox: Sportchi bajargan texnik usullarning sifatiga, ushlash holatlariga, usulni bajarganda raqibining yiqilish amplitudasiga, hamda texnik usulning tugallanishlariga qarab ballar qo`yiladi.

Adaptiv jismoniy tarbiya va sport kafedrasi mudiri



O.Dadaboyev