

TENNIS BO'YICHA KASBIY (JODIY) IMTIXONLARNING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
 (kunduzgi, sirtqi ta'lim erkaklar uchun)
 Jismoniy tayyorgarlik bo'yicha maksimal ball 63

№	Me'yor mazmuni																			
	(Maksimal ball – 21)																			
	Erkaklar																			
I	30 metrga yugurish (soniya)*																			
	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball						
	4.00 va kam	21	4.31-4.35	14	4.66-4.70	10	5.01-5.05	6.5	5.36-5.40	3	4.01-4.05	20	4.36-4.40	13	4.71-4.75	9.5	5.06-5.10	6	5.41-5.45	2.5
	4.06-4.10	19	4.41-4.45	12.5	4.76-4.80	9	5.11-5.15	5.5	5.46-5.50	2	4.11-4.15	18	4.46-4.50	12	4.81-4.85	8.5	5.16-5.20	5	5.51-5.55	1.5
	4.16-4.20	17	4.51-4.55	11.5	4.86-4.90	8	5.21-5.25	4.5	5.56-5.60	1	4.21-4.25	16	4.56-4.60	11	4.91-4.95	7.5	5.26-5.30	4	5.61 va ko'p	0
	4.26-4.30	15	4.61-4.65	10.5	4.96-5.00	7	5.31-5.35	3.5												

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2		(Maksimal ball – 21)									
Maksimon yugurish 4x10 metr.		Erkaklar									
Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball
8,00 va kam	21	8,51-8,60	15	9,11-9,20	9	9,71-9,80	5				
8,01-8,10	20	8,61-8,70	14	9,21-9,30	8,5	9,81-9,90	4				
8,11-8,20	19	8,71-8,80	13	9,31-9,40	8	9,91-10,00	3				
8,21-8,30	18	8,81-8,90	12	9,41-9,50	7,5	10,01-10,10	2				
8,31-8,40	17	8,91-9,00	11	9,51-9,60	7	10,11-10,20	1				
8,41-8,50	16	9,01-9,10	10	9,61-9,70	6	10,21 va ko'p	0				

3		(Maksimal ball – 21)									
Veer yugurish (tennis kortida)		Erkaklar									
Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball
16,00 va kam	21	16,41-16,45	13,2	16,86-16,90	11,4	17,31-17,35	9,6	17,76-17,80	5,0		
16,01-16,05	20	16,46-16,50	13,0	16,91-16,95	11,2	17,36-17,40	9,4	17,81-17,85	4,5		
16,06-16,10	19	16,51-16,55	12,8	16,96-17,00	11,0	17,41-17,45	9,2	17,86-17,90	4,0		
16,11-16,15	18	16,56-16,60	12,6	17,01-17,05	10,8	17,46-17,50	8,0	17,91-17,95	3,5		
16,16-16,20	17	16,61-16,65	12,4	17,06-17,10	10,6	17,51-17,55	7,5	17,96-18,00	3,0		
16,21-16,25	16	16,66-16,70	12,2	17,11-11,15	10,4	17,56-17,60	7,0	18,01-18,05	2,5		
16,26-16,30	15	16,71-16,75	12,0	17,16-17,20	10,2	17,61-17,65	6,5	18,06-18,10	2,0		
16,31-16,35	14	16,76-16,80	11,8	17,21-17,25	10,0	17,66-17,70	6,0	18,11-18,15	1,5		
16,36-16,40	13,5	16,81-16,85	11,6	17,26-17,30	9,8	17,71-17,75	5,5	18,16-18,20	1,0		

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(kunduzgi, sirtqi ta'lim ayollar va xotin-qizlar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

№	Me'yor mazmuni											
	30 metrga yugurish (soniya) * (Maksimal ball – 21)											
Ayollar												
	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball
	4.60 va kam	21	4.91-4.95	14	5.26-5.30	10	5.61-5.65	6.5	5.96-6.00	3		
	4.61-4.65	20	4.96-5.00	13	5.31-5.35	9.5	5.66-5.70	6	6.01-6.05	2.5		
	4.66-4.70	19	5.01-5.05	12.5	5.36-5.40	9	5.71-5.75	5.5	6.06-6.10	2		
	4.71-4.75	18	5.06-5.10	12	5.41-5.45	8.5	5.76-5.80	5	6.11-6.15	1.5		
	4.76-4.80	17	5.11-5.15	11.5	5.46-5.50	8	5.81-5.85	4.5	6.16-6.20	1		
	4.81-4.85	16	5.16-5.20	11	5.51-5.55	7.5	5.86-5.90	4	6.21 va ko'p	1		
	4.86-4.90	15	5.21-5.25	10.5	5.56-5.60	7	5.91-5.95	3.5		0		

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2 Maksimon yugurish 4x10 metr. (Maksimal ball – 21)									
Ayollar									
Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball
9,00 va kam	21	9,51-9,60	15	10,11-10,20	9	10,71-10,80	5		
9,01-9,10	20	9,61-9,70	14	10,21-10,30	8,5	10,81-10,90	4		
9,11-9,20	19	9,71-9,80	13	10,31-10,40	8	10,91-11,00	3		
9,21-9,30	18	9,81-9,90	12	10,41-10,50	7,5	11,01-11,10	2		
9,31-9,40	17	9,91-10,00	11	10,51-10,60	7	11,11-11,20	1		
9,41-9,50	16	10,01-10,10	10	10,61-10,70	6	11,30 va ko'p	0		

3 Veer yugurish (tennis kortida) (Maksimal ball – 21)									
Ayollar									
Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball
17,00 va kam	21	17,41-17,45	13,2	17,86-17,90	11,4	18,31-18,35	9,6	18,76-18,80	5,0
17,01-17,05	20	17,46-17,50	13,0	17,91-17,95	11,2	18,36-18,40	9,4	18,81-18,85	4,5
17,06-17,10	19	17,51-17,55	12,8	17,96-18,00	11,0	18,41-18,45	9,2	18,86-18,90	4,0
17,11-17,15	18	17,56-17,60	12,6	18,01-18,05	10,8	18,46-18,50	8,0	18,91-18,95	3,5
17,16-17,20	17	17,61-17,65	12,4	18,06-18,10	10,6	18,51-18,55	7,5	18,96-19,00	3,0
17,21-17,25	16	17,66-17,70	12,2	18,11-18,15	10,4	18,56-18,60	7,0	19,01-19,05	2,5
17,26-17,30	15	17,71-17,75	12,0	18,16-18,20	10,2	18,61-18,65	6,5	19,06-19,10	2,0
17,31-17,35	14	17,76-17,80	11,8	18,21-18,25	10,0	18,66-18,70	6,0	19,11-19,15	1,5
17,36-17,40	13,5	17,81-17,85	11,6	18,26-18,30	9,8	18,71-18,75	5,5	19,16-19,20	1,0
								19,21 va ko'p	0

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TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta'lim erkaklar, ayollar va xotin-qizlar uchun)
Ixtisoslik bo'yicha maksimal ball 93

To'pni o'yinga kiritish zonalarining to'rtta burchagida chizilgan 1,5x1,5 m nishonlarga 10 marta zarba beriladi. Har bir zonaga 5 ta zarba bajariladi. Nishonni abituriyent tanlaydi.			Maydonning orqa ikki burchagida chizilgan 1,5x1,5 m nishonlarga yerdan sabchigan to'pga 5 marotaba o'ngdan va 5 marotaba chapdan jami 10 ta zarba berish.			Maydonning orqa ikki burchagida chizilgan 1,5x1,5 m nishonlarga parvozda (slyota) kelayotgan to'pga 5 marotaba o'ngdan va 5 marotaba chapdan jami 10 zarba berish.		
Natija	Ball	Texnika uchun baho (ball)	Natija	Ball	Texnika uchun baho (ball)	Natija	Ball	Texnika uchun baho (ball)
10	16	0-15	10	16	0-15	10	16	0-15
9	14		9	14		9	14	
8	12		8	12		8	12	
7	10		7	10		7	10	
6	8		6	8		6	8	
5	6		5	6		5	6	
4	4		4	4		4	4	
3	3		3	3		3	3	
2	2		2	2		2	2	
1	1		1	1		1	1	
0	0	0	0	0	0	0	0	0
<ol style="list-style-type: none"> To'p belgilangan zonaga tushsa To'p uzatish vaqtida oyoqlar joylashuvi va holati to'g'ri bo'lsa, Raketka dastasining pastki qismidan ushlangan bo'lsa To'p uzatish vaqtida chiziqni bosmasa Zarbani amalga oshirgandan so'ng to'p to'rga tegmasa Zarba amalga oshirganda to'p yo'nalishi yuqoridan pastga tomon bo'lganda Zarbani boshdan yuqorida amalga oshirsa Zarba vaqtida to'p raketkaga tegsa Zarbani amalga oshirish vaqtida to'p talabgor tomonidan qayd etilgan zonaga aniq tushsa Zarbani bajarish vaqtida to'p yerga tushib ketmasa 			<ol style="list-style-type: none"> To'p belgilangan zonaga tushsa, Raketka dastasining pastki qismidan ushlangan bo'lsa, Zarba berish vaqtida oyoqlar joylashuvi va holati to'g'ri bo'lsa (yarim bukilgan), To'p yerga 1 marta sapchishidan so'ng zarba berilsa Har bir zarba o'z navbatida amalga oshirilsa Zarbadan so'ng to'p bevosita maydon atrofidagi jismlarga tegmagan holda belgilangan zonaga tushsa To'p raketkaning dastasi va gardish qismiga emas aynan raketka to'riga tegib zonaga tushsa To'p yo'nalishi haddan ziyod baland bo'lmasa To'pga kesma zarba bermasa Zarba fazalari bexato bajarilsa 			<ol style="list-style-type: none"> To'p belgilangan zonaga tushsa, Raketka dastasining pastki qismidan ushlangan bo'lsa, Zarba berish vaqtida oyoqlar joylashuvi va holati to'g'ri bo'lsa (yarim bukilgan), to'pga havodan ya'ni to'p yerga sapchimasdan urganda Har bir zarba o'z navbatida amalga oshirilsa Zarbadan so'ng to'p bevosita maydon atrofidagi jismlarga tegmagan holda belgilangan zonaga tushsa To'p raketkaning dastasi va gardish qismiga emas aynan raketka to'riga tegib zonaga tushsa To'p yo'nalishi haddan ziyod baland bo'lmasa To'pga kesma zarba bermasa Zarba fazalari bexato bajarilsa Zarba vaqtida raketka vertikal holatda bo'lmasa 		

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Tennis ixtisosligi bo'yicha ijodiy (kirish) imtihonlarining baholash mezonlari

Har bir test mashqi son hamda texnik jihatlardan to'g'ri va maksimal natija bilan bajarilsa maksimal bal qo'yiladi. Lekin test mashqini bajarishda yo'l qo'yilgan har bir texnik xato uchun 1 ball olib tashlanadi, 15 ta texnik xato – minus 15 ball.

1-test – 16 ball va texnika uchun – 15 ball, jami – 31 ball.

1-test: Ikkita to'p oshirish maydonchalariga 5 marotabadan jami 10 ta to'p oshirish. To'p oshirish maydonchalarida o'rnatilgan 4 nishonga (1,5x1,5 m) to'pni tushirishdagi texnik xatolar:

1. To'p boshqa zonaga tushganda;
2. To'pni yon va beldan past qismidan bajarilsa;
3. Raketkani bel qismidan ushlab to'p uzatish;
4. To'p uzatish vaqtida chiziqni bosish;
5. To'p uzatish vaqtida oyoqlarning noto'g'ri joylashuvi;

Izoh: Testni bajarishda vaqtida to'p kerakli zonaga tushmasa, unga qayta urinish berilmaydi. Nazoratchi uchta salbiy tanbex bergandan so'ng abituriyent testdan chetlashtiriladi.

2-test – 16 ball va texnika uchun – 15 ball, jami – 31 ball.

2-test: 1,5x1,5 m li nishonlarning har biriga 5 marotabadan jami yerdan sapchigan to'pga jami 10 ta zarba berish.

1. Raketkani noto'g'ri ushlaganda;
2. Yerdan 2 marta sabchitib urganda;
3. Zarbani tepalatma urganda;

Izoh: Ballar faqat to'g'ri bajarilgan texnikaga beriladi. Kuchli zarba uchun ball qo'shilmaydi. Nazoratchi uchta salbiy tanbex bergandan so'ng abituriyent testdan chetlashtiriladi.

3-test – 16 ball va texnika uchun – 15 ball, jami – 31 ball.

3-test: 1,5x1,5 m li nishonlarning har biriga 5 marotabadan parvozdan (slyota) kelayotgan to'pga jami 10 zarba berish.

1. Raketkani noto'g'ri ushlaganda;
2. Tekis (ploski) zarba berganda;
3. Zarbani tepalatma urganda;

Izoh: Ballar faqat to'g'ri bajarilgan texnikaga beriladi. Kuchli zarba uchun ball qo'shilmaydi. Nazoratchi uchta salbiy tanbex bergandan so'ng abituriyent testdan chetlashtiriladi.

Umumiy izoh:

1. Abituriyentga testdan oldin 10 min. razminka beriladi.
2. Barcha test natijalarining maksimal bali – 93.

1-test bajarilishini baholash:

Natija	Ball	Texnika uchun ball	Test uchun umumiy ball
10	16	0-15	31
9	14	0-15	29
8	12	0-15	27
7	10	0-15	25
6	8	0-15	23
5	6	0-15	21
4	4	0-15	19
3	3	0-15	18
2	2	0-15	17
1	1	0-15	16
0	0	0	0

Eslatma: 1 testlarni o'yin usulini ijro etish bilan bog'liq texnik mahorat darajasi 15 ballik ekspert tizim asosida baholanadi.

2-test bajarilishini baholash:

Natija	Ball	Texnika uchun ball	Test uchun umumiy ball
10	16	0-15	31
9	14	0-15	29
8	12	0-15	27
7	10	0-15	25
6	8	0-15	23
5	6	0-15	21
4	4	0-15	19
3	3	0-15	18
2	2	0-15	17
1	1	0-15	16
0	0	0	0

Eslatma: 2 testlarni o'yin usulini ijro etish bilan bog'liq texnik mahorat darajasi 15 ballik ekspert tizim asosida baholanadi.

3-test bajarilishini baholash:

Natija	Ball	Texnika uchun ball	Test uchun umumiy ball
10	16	0-15	31
9	14	0-15	29
8	12	0-15	27
7	10	0-15	25
6	8	0-15	23
5	6	0-15	21
4	4	0-15	19
3	3	0-15	18
2	2	0-15	17
1	1	0-15	16
0	0	0	0

Eslatma: 3 testlarni o'yin usulini ijro etish bilan bog'liq texnik mahorat darajasi 15 ballik ekspert tizim asosida baholanadi.