

**TOG' CHANG'ISI BO'YICHA KASBIY (IJODIY) IMTIXONLARNING ME'YORIY
TALABLARI VA BAHOLASH MEZONLARI**

(kunduzgi, sirtqi ta'lim erkaklar va ayollar uchun)

Jismoniy tayyorgarlik bo'yicha maksimal ball 63

(maksimal ball-63)

№	Me'yoriy talablar mazmuni	Natija		Ballar
		Erkaklar	Ayollar	
1	<p>Turgan joydan ikkala oyoq bilan depsinib uzunlikka sakrash. Test xokkeychining tezkor-kuch sifatini aniqlash imkonini beradi. Bajarilishi: sinovdan o'tayotgan start chizigi'da oldinga qaragan holda, start chizig'ini bosmasdan turadi. Oyoqlarni yelka kengligida qo'ygan holda, bir necha marta tizzalarni yengil bukib-yozib, qo'llarini oldinga va orqaga silkitib, maksimal darajada oldinga sakraydi va ikki oyog'ida yerga qo'nadi. Start chizig'iga nisbatan sportchi tanasining eng yaqin qismi sakrab tushilgan masofa hisoblanadi. Sinovni bajarish uchun ikkita urinish beriladi, eng yaxshi natija olinadi. Natija santimetrlarda qayd qilinadi.</p>	2,40 dan yuqori	2,00 dan yuqori	21,0
		2,39	1,99	20,7
		2,38	1,98	20,4
		2,37	1,97	20,1
		2,36	1,96	19,8
		2,35	1,95	19,5
		2,34	1,94	19,2
		2,33	1,93	18,9
		2,32	1,92	18,6
		2,31	1,91	18,3
		2,30	1,90	18,0
		2,29	1,89	17,7
		2,28	1,88	17,4
		2,27	1,87	17,1
		2,26	1,86	16,8
		2,25	1,85	16,5
		2,24	1,84	16,2
		2,23	1,83	15,9
		2,22	1,82	15,6
		2,21	1,81	15,3
		2,20	1,80	15,0
		2,19	1,79	14,7
		2,18	1,78	14,4
		2,17	1,77	14,1
		2,16	1,76	13,8
		2,15	1,75	13,5
2,14	1,74	13,2		
2,13	1,73	12,9		
2,12	1,72	12,6		
2,11	1,71	12,3		
2,10	1,70	12,0		
2,09	1,69	11,7		
2,08	1,68	11,4		
2,07	1,67	11,1		
2,06	1,66	10,8		
2,05	1,65	10,5		
2,04	1,64	10,2		

		2,03	1,63	9,9
		2,02	1,62	9,6
		2,01	1,61	9,3
		2,00	1,60	9,0
		1,99	1,59	8,7
		1,98	1,58	8,4
		1,97	1,57	8,1
		1,96	1,56	7,8
		1,95	1,55	7,5
		1,94	1,54	7,2
		1,93	1,53	6,9
		1,92	1,52	6,6
		1,91	1,51	6,3
		1,90	1,50	6,0
		1,89	1,49	5,7
		1,88	1,48	5,4
		1,87	1,47	5,1
		1,86	1,46	4,8
		1,85	1,45	4,5
		1,84	1,44	4,2
		1,83	1,43	3,9
		1,82	1,42	3,6
		1,81	1,41	3,3
		1,80	1,40	3,0
		1,79	1,39	2,7
		1,78	1,38	2,4
		1,77	1,37	2,1
		1,76	1,36	1,8
		1,75	1,35	1,5
		1,74	1,34	1,2
		1,73	1,33	0,9
		1,72	1,32	0,6
		1,71	1,31	0,3
		1,70 dan past	1,30 dan past	0,0
2	30 metrga yugurish. Test sportchining tezkorlik sifati darajasini aniqlash imkon beradi. Bajarilishi: Sinaluvchi o'ziga qulay holatda start chizig'i tomon yuzlanib uni bosmasdan turadi. Signal bo'yicha maksimal tezlikda oldinga yuguradi va to'liq tezlikda marra (finish) chig'ini kesib o'tadi. Masofani bosib o'tish soniya va millisoniyalarda baholanadi. Sinovni bajarish uchun ikkita urinish	4,20 dan past	4,70 dan past	21,0
		4,21-4,25	4,71-4,75	20,5
		4,26-4,30	4,76-4,80	20,0
		4,31-4,35	4,81-4,85	19,5
		4,36-4,40	4,86-4,90	19,0
		4,41-4,45	4,91-4,95	18,5
		4,46-4,50	4,96-5,00	18,0
		4,51-4,55	5,01-5,05	17,5
		4,56-4,60	5,06-5,10	17,0
		4,61-4,65	5,11-5,15	16,5
		4,66-4,70	5,16-5,20	16,0

	beriladi, eng yaxshi natija olinadi.	4,71-4,75	5,21-5,25	15,5
		4,76-4,80	5,26-5,30	15,0
		4,81-4,85	5,31-5,35	14,5
		4,86-4,90	5,36-5,40	14,0
		4,91-4,95	5,41-5,45	13,5
		4,96-5,00	5,46-5,50	13,0
		5,01-5,05	5,51-5,55	12,5
		5,06-5,10	5,56-5,60	12,0
		5,11-5,15	5,61-5,65	11,5
		5,16-5,20	5,66-5,70	11,0
		5,21-5,25	5,71-5,75	10,5
		5,26-5,30	5,76-5,80	10,0
		5,31-5,35	5,81-5,85	9,5
		5,36-5,40	5,86-5,90	9,0
		5,41-5,45	5,91-5,95	8,5
		5,46-5,50	5,96-6,00	8,0
		5,51-5,55	6,01-6,05	7,5
		5,56-5,60	6,06-6,10	7,0
		5,61-5,65	6,11-6,15	6,5
		5,66-5,70	6,16-6,20	6,0
		5,71-5,75	6,21-6,25	5,5
		5,76-5,80	6,26-6,30	5,0
		5,81-5,85	6,31-6,35	4,5
		5,86-5,90	6,36-6,40	4,0
		5,91-5,95	6,41-6,45	3,5
		5,96-6,00	6,46-6,50	3,0
		6,01-6,05	6,51-6,55	2,5
		6,06-6,10	6,56-6,60	2,0
		6,11-6,15	6,61-6,65	1,5
		6,16-6,20	6,66-6,70	1,0
		6,21-6,25	6,71-6,75	0,5
		6,26 dan yuqori	6,76 dan yuqori	0,0
3	Bir oyoqda o'tirib-turish "Pistoletcha" (o'ng va chap) Test Sportchi oyoqlarining kuch darajasini aniqlash imkonini beradi. Bajarilishi: Tayanch oyoq tekis yuzada, erkin oyoq yuzaga parallel joylashadi (o'tirilgan vaqtda erkin oyoqni yerga tegmasligi uchun, mashq balandroqda bajariladi). Og'irlik bitta oyoqqa o'tkaziladi va shu oyoqqa o'tiriladi, ikkinchi oyoq yerga tegishini oldini olish zarur bo'ladi. Qo'llar muvozanatni ushlab turishi uchun oldinga to'g'irlanadi. O'tirgan holatda tayanch oyoq butunligicha yuzada	25 dan yuqori	23 dan yuqori	21
		24,5-24,00	22,5-22,00	20
		23,5-23,00	21,5-21,00	19
		22,5-22,00	20,5-20,00	18
		21,5-21,00	19,5-19,00	17
		20,5-20,00	18,5-18,00	16
		19,5-19,00	17,5-17,00	15
		18,5-18,00	16,5-16,00	14
		17,5-17,00	15,5-15,00	13
		16,5-16,00	14,5-14,00	12
		15,5-15,00	13,5-13,00	11
		14,5-14,00	12,5-12,00	10
		13,5-13,00	11,5-11,00	9
		12,5-12,00	10,5-10,00	8
		11,5-11,00	9,5-9,00	7

turadi (tovon ko'tarilib, oyoq uchlarida turilmaydi). Har bitta oyoqda bir martadan urinish bajariladi. Oxirida urinishlar soni hisoblanib (o'ng va chap), o'rtacha arifmetik formula yordamida natija aniqlanadi va qayd etiladi.	10,5-10,00	8,5-8,00	6
	9,5-9,00	7,5-7,00	5
	8,5-8,00	6,5-6,00	4
	7,5-7,00	5,5-5,00	3
	6,5-6,00	4,5-4,00	2
	5,5-5,00	3,5-3,00	1
	4,5 dan past	2,5 dan past	0

zoh: Kirish sinovlari davomida har bir abituriyent tegishli sport turi bo'yicha sport kiyimiga (ekipirovka) ega bo'lishi kerak. Ixtisoslik bo'yicha meyoriy talablarni topshirish vaqtida sport kiyimi (ekipirovka): chang'ilar, shlem, sport kiyimi, ko'zoynak, oyoq kiyimi.

O'tkazish qoidalari - har bir abituriyent imtihonga o'z vaqtida, imtihon hay'ati tomonidan belgilangan vaqtda kelishi shart. Abituriyent imtihon maydonida mobil telefonlarini o'chirib qo'yishi, e'tiborli bo'lishi va imtihon olivchining talablarini aniq bajarishi, imtihonni o'tkazishga halaqit bermasligi kerak.

**«Qishki sport turlari
nazariyasi va uslubiati»
kafedrasi mudiri:**

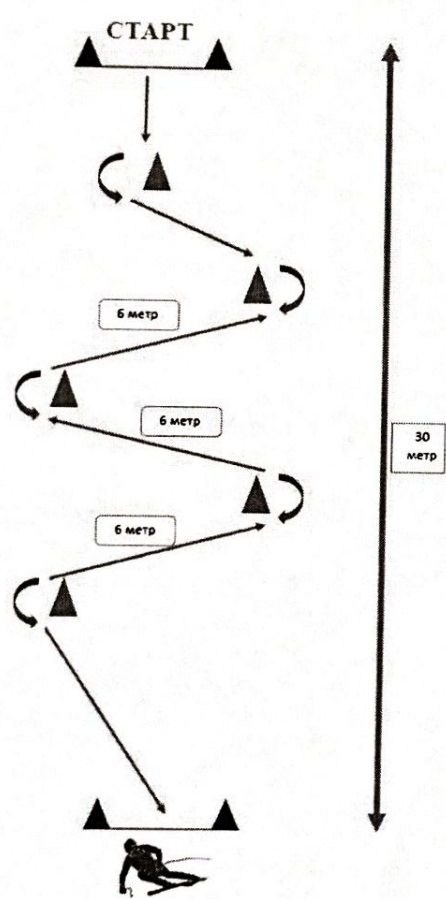


Karimov A.A.

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

(maksimal ball-93)

№	Me'yorning mazmuni			
1	<p>Burulishlar texnikasi. Test burulishlar, tog' chang'ichisi turish holati va to'xtash texnikasi darajasini baholaydi.</p> <p>Bajarilishi: 30 metrlik trassada tog' chang'ichisi holatini (стойка) ko'rsatgan holda, xarakatda parallel oyoqlarda burulishlar (ikki tomonga ham) va finishdan keyin to'xtash (plug yoki bir yon bilan) texnikasini bajarish.</p> <p>QO'POL XATOLAR</p> <p>1. Muvozanatni yo'qolishi (yiqilish)</p> <p>SEZILARLI XATOLAR</p> <p>1. Tananing noto'g'ri joylashuvi (постановка)</p> <p>2. Berilgan yo'nalish bo'yicha xarakatlanish tempini yo'qolishi</p> <p>3. Chang'ilarning noparallel tushishi</p> <p>SEZILMAS XATOLAR</p> <p>1. Burulish fazalarida qo'llarning noto'g'ri holati</p> <p>2. Oyoqlar ishlashida sezilmas xatolar</p> <p>3. Finishdan keyin tormozlanishni amalga oshirish</p>			
	Qo'pol xatolar soni	Sezilarli xatolar soni	Sezilmas xatolar soni	Ballar
	-	-	-	33
	-	-	1	30
	-	-	2	27
	-	-	3	24
	-	-	4	21
	-	1	-	18
	-	1	1	15
	-	1	2	12
	-	2	-	9
	-	2	1	5
	1	-	-	0

№	Me'yorning mazmuni	Natija		Ballar
		Erkaklar	Ayollar	
2	<p>Slalom trassasini bosib o'tish («ilon izi»). Test texnik tayyorgarlik va maxsus tezkor-chidamlilik darajasini aniqlash imkonini beradi</p> <p>Bajarilishi: Trassaning uzunligi 30 metr, xar bir fishka yoki to'siqlarni faqat tashqi tomonidan va o'tkazib yubormasdan (agar to'g'ri bajarilmasa urinish natijasi xisobga olinmaydi) uchib o'tish. Masofani iloji boricha tezroq va to'g'ri tartibda bosib o'tishi kerak. Fishka yoki to'siqlar orasidagi masofa 6 metr. Me'yor soniya va millisoniyalarda qayd etiladi. Me'yor uchun ikkita imkoniyat beriladi, yaxshisi qayd etiladi</p> 	7,00 dan past	9,00 dan past	30,0
		7,01-7,10	9,01-9,10	29,5
		7,11-7,20	9,11-9,20	29,0
		7,21-7,30	9,21-9,30	28,5
		7,31-7,40	9,31-9,40	28,0
		7,41-7,50	9,41-9,50	27,5
		7,51-7,60	9,51-9,60	27,0
		7,61-7,70	9,61-9,70	26,5
		7,71-7,80	9,71-9,80	26,0
		7,81-7,90	9,81-9,90	25,5
		7,91-8,00	9,91-10,00	25,0
		8,01-8,10	10,01-10,10	24,5
		8,11-8,20	10,11-10,20	24,0
		8,21-8,30	10,21-10,30	23,5
		8,31-8,40	10,31-10,40	23,0
		8,41-8,50	10,41-10,50	22,5
		8,51-8,60	10,51-10,60	22,0
		8,61-8,70	10,61-10,70	21,5
		8,71-8,80	10,71-10,80	21,0
		8,81-8,90	10,81-10,90	20,5
		8,91-9,00	10,91-11,00	20,0
9,01-9,10	11,01-11,10	19,5		
9,11-9,20	11,11-11,20	19,0		
9,21-9,30	11,21-11,30	18,5		
9,31-9,40	11,31-11,40	18,0		
9,41-9,50	11,41-11,50	17,5		
9,51-9,60	11,51-11,60	17,0		
9,61-9,70	11,61-11,70	16,5		
9,71-9,80	11,71-11,80	16,0		
9,81-9,90	11,81-11,90	15,5		
9,91-10,00	11,91-12,00	15,0		
10,01-10,10	12,01-12,10	14,5		
10,11-10,20	12,11-12,20	14,0		
10,21-10,30	12,21-12,30	13,5		
10,31-10,40	12,31-12,40	13,0		
10,41-10,50	12,41-12,50	12,5		
10,51-10,60	12,51-12,60	12,0		
10,61-10,70	12,61-12,70	11,5		
10,71-10,80	12,71-12,80	11,0		
10,81-10,90	12,81-12,90	10,5		
10,91-11,00	12,91-13,00	10,0		
11,01-11,10	13,01-13,10	9,5		
11,11-11,20	13,11-13,20	9,0		

		11,21-11,30	13,21-13,30	8,5
		11,31-11,40	13,31-13,40	8,0
		11,41-11,50	13,41-13,50	7,5
		11,51-11,60	13,51-13,60	7,0
		11,61-11,70	13,61-13,70	6,5
		11,71-11,80	13,71-13,80	6,0
		11,81-11,90	13,81-13,90	5,5
		11,91-12,00	13,91-14,00	5,0
		12,01-12,10	14,01-14,10	4,5
		12,11-12,20	14,11-14,20	4,0
		12,21-12,30	14,21-14,30	3,5
		12,31-12,40	14,31-14,40	3,0
		12,41-12,50	14,41-14,50	2,5
		12,51-12,60	14,51-14,60	2,0
		12,61-12,70	14,61-14,70	1,5
		12,71-12,80	14,71-14,80	1,0
		12,81-12,90	14,81-14,90	0,5
		12,91 dan yuqori	14,91 dan yuqori	0,0
3.	"Quti" testi	Erkaklar	Ayollar	Ballar
	Tezkor-kuch tayyorgarligini aniqlab beradi.	24,00 dan past	27,00 dan past	30,0
	Bajarilishi: Test abituriyentning yon tomon bilan "Quti" ustki yuzasiga yon tomondan sakrash bilan boshlanadi (balandligi 30 sm), va ikkinchi yoni bilan pastga sakrab tushishi bilan davom ettiriladi. Shu ketma-ketlikda 30 marta takrorlagunicha davom etadi.	24,01-24,10	27,01-27,10	29,5
	Xarakterat "Quti"ning o'ng yon tomonidan boshlanadi. "Quti"ga sakrash tog' chang'ichilarining o'rtacha turish holatida yon tomon bilan ikki oyoqda boshlanadi. Testda faqatgina ikki oyoq bilan quti yuzasi bosilgandagi urinishlar soni hisobga olinadi. Vaqt soniyalarda baholanadi. Me'yor uchun bitta imkoniyat beriladi.	24,11-24,20	27,11-27,20	29,0
		24,21-24,30	27,21-27,30	28,5
		24,31-24,40	27,31-27,40	28,0
		24,41-24,50	27,41-27,50	27,5
		24,51-24,60	27,51-27,60	27,0
		24,61-24,70	27,61-27,70	26,5
		24,71-24,80	27,71-27,80	26,0
		24,81-24,90	27,81-27,90	25,5
		4,91-25,00	27,91-28,00	25,0
		25,01-25,10	28,01-28,10	24,5
		25,11-25,20	28,11-28,20	24,0
		25,21-25,30	28,21-28,30	23,5
		25,31-25,40	28,31-28,40	23,0
		25,41-25,50	28,41-28,50	22,5
		25,51-25,60	28,51-28,60	22,0
		25,61-25,70	28,61-28,70	21,5
		25,71-25,80	28,71-28,80	21,0
		25,81-25,90	28,81-28,90	20,5
		25,91-26,00	28,91-29,00	20,0
		26,01-26,10	29,01-29,10	19,5
		26,11-26,20	29,11-29,20	19,0
		26,21-26,30	29,21-29,30	18,5
		26,31-26,40	29,31-29,40	18,0
		26,41-26,50	29,41-29,50	17,5

	26,51-26,60	29,51-29,60	17,0
	26,61-26,70	29,61-29,70	16,5
	26,71-26,80	29,71-29,80	16,0
	26,81-26,90	29,81-29,90	15,5
	26,91-27,00	29,91-30,00	15,0
	27,01-27,10	30,01-30,10	14,5
	27,11-27,20	30,11-30,20	14,0
	27,21-27,30	30,21-30,30	13,5
	27,31-27,40	30,31-30,40	13,0
	27,41-27,50	30,41-30,50	12,5
	27,51-27,60	30,51-30,60	12,0
	27,61-27,70	30,61-30,70	11,5
	27,71-27,80	30,71-30,80	11,0
	27,81-27,90	30,81-30,90	10,5
	27,91-28,00	30,91-31,00	10,0
	28,01-28,10	31,01-31,10	9,5
	28,11-28,20	31,11-31,20	9,0
	28,21-28,30	31,21-31,30	8,5
	28,31-28,40	31,31-31,40	8,0
	28,41-28,50	31,41-31,50	7,5
	28,51-28,60	31,51-31,60	7,0
	28,61-28,70	31,61-31,70	6,5
	28,71-28,80	31,71-31,80	6,0
	28,81-28,90	31,81-31,90	5,5
	28,91-29,00	31,91-32,00	5,0
	29,01-29,10	32,01-32,10	4,5
	29,11-29,20	32,11-32,20	4,0
	29,21-29,30	32,21-32,30	3,5
	29,31-29,40	32,31-32,40	3,0
	29,41-29,50	32,41-32,50	2,5
	29,51-29,60	32,51-32,60	2,0
	29,61-29,70	32,61-32,70	1,5
	29,71-29,80	32,71-32,80	1,0
	29,81-29,90	32,81-32,90	0,5
	29,91 dan yuqori	32,91 dan yuqori	0,0

Vaziyatga qarab imtixon chang'ida yoki rolikli konkilarda o'tkaziladi.

Izoh: Kirish sinovlari davomida har bir abituriyent tegishli sport turi bo'yicha sport kiyimiga (ekipirovka) ega bo'lishi kerak. Ixtisoslik bo'yicha meyoriy talablarni topshirish vaqtida sport kiyimi (ekipirovka): chang'ilar, shlem, sport kiyimi, ko'zoynak, oyoq kiyimi.

O'tkazish qoidalari - har bir abituriyent imtihonga o'z vaqtida, imtihon hay'ati tomonidan belgilangan vaqtda kelishi shart. Abituriyent imtihon maydonida mobil telefonlarini o'chirib qo'yishi, e'tiborli bo'lishi va imtihon olivchining talablarini aniq bajarishi, imtihonni o'tkazishga halaqit bermasligi kerak.

**«Qishki sport turlari
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kafedrasi mudiri:**

Karimov A.A.