

**XOKKEY 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 chizigi'ni 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 chizigi'ga 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.	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
	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.	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

	Sinovni bajarish uchun ikkita urinish beriladi, eng yaxshi natija olinadi.	4,66-4,70	5,16-5,20	16,0
		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	To'ldirilgan to'pni bosh orqasidan uloqtirish: Qo'llarning kuchini aniqlaydi. (o'g'il bolalar 3-kg, qiz bolalar 2-kg) Bajarilishi: Uloqtirish - oyoqlarni, gavadani, qo'llarni jadallik bilan tekislashdan boshlanib, uloqtirish tomon bilak harakatlari bilan yakunlanadi (turgan joyidan). Natijalar metr va santimetrlarda baholanadi. Sinovni bajarish uchun ikkita urinish beriladi, eng yaxshi natija olinadi.	11,0 dan yuqori	9,30 dan yuqori	21,0
		10,95-10,99	9,25-9,29	20,5
		10,90-10,94	9,20-9,24	20,0
		10,85-10,89	9,15-9,19	19,5
		10,80-10,84	9,10-9,14	19,0
		10,75-10,79	9,05-9,09	18,5
		10,70-10,74	9,00-9,04	18,0
		10,65-10,69	8,95-8,99	17,5
		10,60-10,64	8,90-8,94	17,0
		10,55-10,59	8,85-8,89	16,5
		10,50-10,54	8,80-8,84	16,0
		10,45-10,49	8,75-8,79	15,5
		10,40-10,44	8,70-8,74	15,0

	10,35-10,39	8,65-8,69	14,5
	10,30-10,34	8,60-8,64	14,0
	10,25-10,29	8,55-8,59	13,5
	10,20-10,24	8,50-8,54	13,0
	10,15-10,19	8,45-8,49	12,5
	10,10-10,14	8,40-8,44	12,0
	10,05-10,09	8,35-8,39	11,5
	10,00-10,04	8,30-8,34	11,0
	9,95-9,99	8,25-8,29	10,5
	9,90-9,94	8,20-8,24	10,0
	9,85-9,89	8,15-8,19	9,5
	9,80-9,84	8,10-8,14	9,0
	9,75-9,79	8,05-8,09	8,5
	9,70-9,74	8,00-8,04	8,0
	9,65-9,69	7,95-7,99	7,5
	9,60-9,64	7,90-7,94	7,0
	9,55-9,59	7,85-7,89	6,5
	9,50-9,54	7,80-7,84	6,0
	9,45-9,49	7,75-7,79	5,5
	9,40-9,44	7,70-7,74	5,0
	9,35-9,39	7,65-7,69	4,5
	9,30-9,34	7,60-7,64	4,0
	9,25-9,29	7,55-7,59	3,5
	9,20-9,24	7,50-7,54	3,0
	9,15-9,19	7,45-7,49	2,5
	9,10-9,14	7,40-7,44	2,0
	9,05-9,09	7,35-7,39	1,5
	9,00-9,04	7,30-7,34	1,0
	8,95-8,99	7,25-7,29	0,5
	8,94 dan past	7,24 dan past	0,0

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): xokkeychining konkisi, bosh kiyimi, klushkasi, qo'lqop, gavdaning barcha sohalarini himoyalovchi qopchalar (tirsak, ko'krak, tizza) maxsus shortik va futbolkasiga ega bo'lishi kerak.

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
uslubiyati» kafedrasini mudiri:

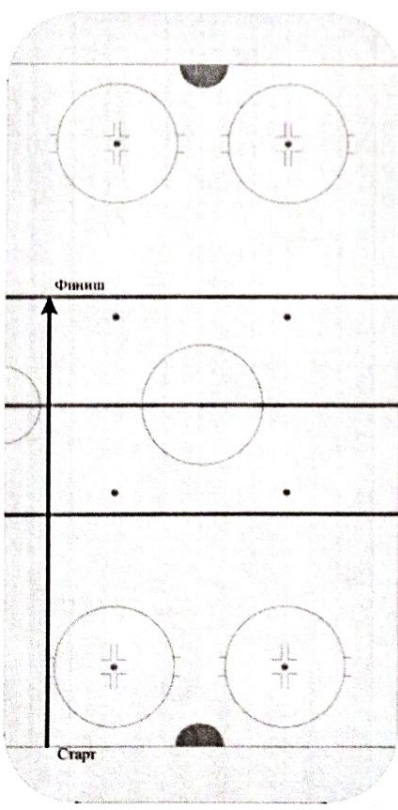
Karimov A.A.

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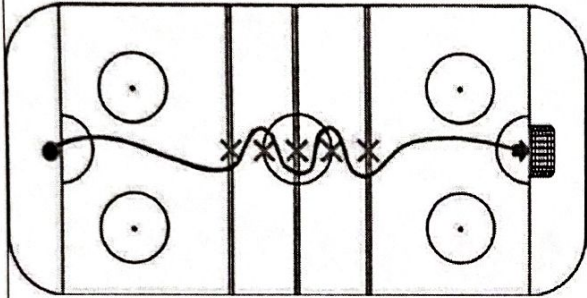
Ixtisoslik bo'yicha maksimal ball 93

(maksimal ball-93)

№	Me'yoriy talablar mazmuni	Natija		Ballar
		Erkaklar	Ayollar	
1	<p>36 metr konkida yugurish</p> <p>Test maxsus tezlik sifatini aniqlash imkonini beradi (start tezligi va harakat chastotasi).</p> <p>Bajarilishi: mashq muz maydonida o'tkaziladi, xokkeychi start chizig'ida turadi Signal berilganidan so'ng sportchi masofani imkon qadar tezroq va to'liq tezlikda marra chizig'ini kesib o'tadi. Masofani bosib o'tish soniya va millisoniyalarda baholanadi. Ikkita urinish beriladi va eng yaxshi natija olinadi.</p> 	4,50 dan past	5,50 dan past	30,0
		4,51-4,60	5,51-5,60	29,5
		4,61-4,70	5,61-5,70	29,0
		4,71-4,80	5,71-5,80	28,5
		4,81-4,90	5,81-5,90	28,0
		4,91-5,00	5,91-6,00	27,5
		5,01-5,10	6,01-6,10	27,0
		5,11-5,20	6,11-6,20	26,5
		5,21-5,30	6,21-6,30	26,0
		5,31-5,40	6,31-6,40	25,5
		5,41-5,50	6,41-6,50	25,0
		5,51-5,60	6,51-6,60	24,5
		5,61-5,70	6,61-6,70	24,0
		5,71-5,80	6,71-6,80	23,5
		5,81-5,90	6,81-6,90	23,0
		5,91-6,00	6,91-7,00	22,5
		6,01-6,10	7,01-7,10	22,0
		6,11-6,20	7,11-7,20	21,5
		6,21-6,30	7,21-7,30	21,0
		6,31-6,40	7,31-7,40	20,5
		6,41-6,50	7,41-7,50	20,0
		6,51-6,60	7,51-7,60	19,5
		6,61-6,70	7,61-7,70	19,0
		6,71-6,80	7,71-7,80	18,5
		6,81-6,90	7,81-7,90	18,0
		6,91-7,00	7,91-8,00	17,5
		7,01-7,10	8,01-8,10	17,0
		7,11-7,20	8,11-8,20	16,5
		7,21-7,30	8,21-8,30	16,0
		7,31-7,40	8,31-8,40	15,5
7,41-7,50	8,41-8,50	15,0		
7,51-7,60	8,51-8,60	14,5		
7,61-7,70	8,61-8,70	14,0		
7,71-7,80	8,71-8,80	13,5		
7,81-7,90	8,81-8,90	13,0		
7,91-8,00	8,91-9,00	12,5		
8,01-8,10	9,01-9,10	12,0		
8,11-8,20	9,11-9,20	11,5		
8,21-8,30	9,21-9,30	11,0		
8,31-8,40	9,31-9,40	10,5		

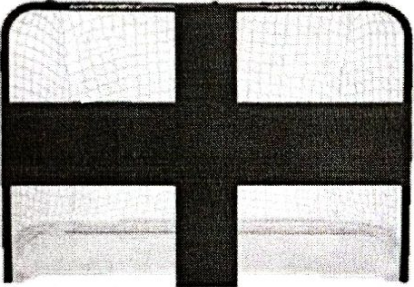
		8,41-8,50	9,41-9,50	10,0
		8,51-8,60	9,51-9,60	9,5
		8,61-8,70	9,61-9,70	9,0
		8,71-8,80	9,71-9,80	8,5
		8,81-8,90	9,81-9,90	8,0
		8,91-9,00	9,91-10,00	7,5
		9,01-9,10	10,01-10,10	7,0
		9,11-9,20	10,11-10,20	6,5
		9,21-9,30	10,21-10,30	6,0
		9,31-9,40	10,31-10,40	5,5
		9,41-9,50	10,41-10,50	5,0
		9,51-9,60	10,51-10,60	4,5
		9,61-9,70	10,61-10,70	4,0
		9,71-9,80	10,71-10,80	3,5
		9,81-9,90	10,81-10,90	3,0
		9,91-10,00	10,91-11,00	2,5
		10,01-10,10	11,01-11,10	2,0
		10,11-10,20	11,11-11,20	1,5
		10,21-10,30	11,21-11,30	1,0
		10,31-10,40	11,31-11,40	0,5
		10,41 dan yuqori	11,41 dan yuqori	0
2	Beshta to'siqni ilon izi bo'ylab o'tib darvozaga shaybani uloqtirish. Test shaybani olib yurish, olib o'tish va yakunda darvoza tomon shaybani uloqtirish texnikasiga qaratilib, quyidagi tartibda bajariladi. Test soniya va millisoniyalarda shaybani darvozaga mo'ljallagandan keyin baholanadi.	8.00 dan past	9.00 dan past	33,0
		8.01-8.05	9.01-9.05	32,7
		8.06-8.10	9.06-9.10	32,4
		8.11-8.15	9.11-9.15	32,1
		8.16-8.20	9.16-9.20	31,8
		8.21-8.25	9.21-9.25	31,5
		8.26-8.30	9.26-9.30	31,2
		8.31-8.35	9.31-9.35	30,9
		8.36-8.40	9.36-9.40	30,6
		8.41-8.45	9.41-9.45	30,3
		8.46-8.50	9.46-9.50	30,0
		8.51-8.55	9.51-9.55	29,7
		8.56-8.60	9.56-9.60	29,4
		8.61-8.65	9.61-9.65	29,1
		8.66-8.70	9.66-9.70	28,8
		8.71-8.75	9.71-9.75	28,5
		8.76-8.80	9.76-9.80	28,2
		8.81-8.85	9.81-9.85	27,9
		8.86-8.90	9.86-9.90	27,6
		8.91-8.95	9.91-9.95	27,3
		8.96-9.00	9.96-10.00	27,0
		9.01-9.05	10.01-10.05	26,7
		9.06-9.10	10.06-10.10	26,4
		9.11-9.15	10.11-10.15	26,1
		9.16-9.20	10.16-10.20	25,8
		9.21-9.25	10.21-10.25	25,5
		9.26-9.30	10.26-10.30	25,2

Bajarilishi: Start darvoza chizig'idan shaybani olib yurishdan boshlab, markaz zonasidagi oralig'i 4,5 metrli 5 ta konuslardan ilon izi bo'ylab olib o'tilgandan, keyin darvoza tomon shaybani uloqtirish bilan yakunlanadi. Shayba darvoza chizig'idan o'tgandan so'ng (gol) vaqt to'xtatiladi. Sinovni bajarish uchun ikkita urinish beriladi, eng yaxshi natija olinadi.



9.31-9.35	10.31-10.35	24,9
9.36-9.40	10.36-10.40	24,6
9.41-9.45	10.41-10.45	24,3
9.46-9.50	10.46-10.50	24,0
9.51-9.55	10.51-10.55	23,7
9.56-9.60	10.56-10.60	23,4
9.61-9.65	10.61-10.65	23,1
9.66-9.70	10.66-10.70	22,8
9.71-9.75	10.71-10.75	22,5
9.76-9.80	10.76-10.80	22,2
9.81-9.85	10.81-10.85	21,9
9.86-9.90	10.86-10.90	21,6
9.91-9.95	10.91-10.95	21,3
9.96-10.00	10.96-11.00	21,0
10.01-10.05	11.01-11.05	20,7
10.06-10.10	11.06-11.10	20,4
10.11-10.15	11.11-11.15	20,1
10.16-10.20	11.16-11.20	19,8
10.21-10.25	11.21-11.25	19,5
10.26-10.30	11.26-11.30	19,2
10.31-10.35	11.31-11.35	18,9
10.36-10.40	11.36-11.40	18,6
10.41-10.45	11.41-11.45	18,3
10.46-10.50	11.46-11.50	18,0
10.51-10.55	11.51-11.55	17,7
10.56-10.60	11.56-11.60	17,4
10.61-10.65	11.61-11.65	17,1
10.66-10.70	11.66-11.70	16,8
10.71-10.75	11.71-11.75	16,5
10.76-10.80	11.76-11.80	16,2
10.81-10.85	11.81-11.85	15,9
10.86-10.90	11.86-11.90	15,6
10.91-10.95	11.91-11.95	15,3
10.96-11.00	11.96-12.00	15,0
11.01-11.05	12.01-12.05	14,7
11.06-11.10	12.06-12.10	14,4
11.11-11.15	12.11-12.15	14,1
11.16-11.20	12.16-12.20	13,8
11.21-11.25	12.21-12.25	13,5
11.26-11.30	12.26-12.30	13,2
11.31-11.35	12.31-12.35	12,9
11.36-11.40	12.36-12.40	12,6
11.41-11.45	12.41-12.45	12,3
11.46-11.50	12.46-12.50	12,0
11.51-11.55	12.51-12.55	11,7
11.56-11.60	12.56-12.60	11,4
11.61-11.65	12.61-12.65	11,1

	11.66-11.70	12.66-12.70	10,8
	11.71-11.75	12.71-12.75	10,5
	11.76-11.80	12.76-12.80	10,2
	11.81-11.85	12.81-12.85	9,9
	11.86-11.90	12.86-12.90	9,6
	11.91-11.95	12.91-12.95	9,3
	11.96-12.00	12.96-13.00	9,0
	12.01-12.05	13.01-13.05	8,7
	12.06-12.10	13.06-13.10	8,4
	12.11-12.15	13.11-13.15	8,1
	12.16-12.20	13.16-13.20	7,8
	12.21-12.25	13.21-13.25	7,5
	12.26-12.30	13.26-13.30	7,2
	12.31-12.35	13.31-13.35	6,9
	12.36-12.40	13.36-13.40	6,6
	12.41-12.45	13.41-13.45	6,3
	12.46-12.50	13.46-13.50	6,0
	12.51-12.55	13.51-13.55	5,7
	12.56-12.60	13.56-13.60	5,4
	12.61-12.65	13.61-13.65	5,1
	12.66-12.70	13.66-13.70	4,8
	12.71-12.75	13.71-13.75	4,5
	12.76-12.80	13.76-13.80	4,2
	12.81-12.85	13.81-13.85	3,9
	12.86-12.90	13.86-13.90	3,6
	12.91-12.95	13.91-13.95	3,3
	12.96-13.00	13.96-14.00	3,0
	13.01-13.05	14.01-14.05	2,7
	13.06-13.10	14.06-14.10	2,4
	13.11-13.15	14.11-14.15	2,1
	13.16-13.20	14.16-14.20	1,8
	13.21-13.25	14.21-14.25	1,5
	13.26-13.30	14.26-14.30	1,2
	13.31-13.35	14.31-14.35	0,9
	13.36-13.40	14.36-14.40	0,6
	13.41-13.45	14.41-14.45	0,3
	13.46 dan yuqori	14.46 dan yuqori	0

3	Shaybani darvoza tomon aniq yo'llash. Test. Shayba va chapyonga (клюшка) egalik qilish texnikasini aniqlash imkonini beradi. Darvoza to'rt bo'lakka bo'linadi. Darvoza chizig'idan 7 metr uzoqlikda 5 ta shaybani o'rnatiladi. Bajarilishi: Testdan o'tuvchi darvoza chig'idan 7 metr uzoqlikda turadi. Signalidan so'ng, sinovdan o'tuvchi shaybani aytilgan kvadratga yo'llaydi. Xar bir aniq mo'ljalga olingan shaybalar uchun 6 balldan beriladi. Vazifa imkon qadar ko'proq ball olishdan iborat.	5 ta aniq	5 ta aniq	30
		4 ta aniq	4 ta aniq	24
		3 ta aniq	3 ta aniq	18
		2 ta aniq	2 ta aniq	12
		1 ta aniq	1 ta aniq	6
		0	0	0
				

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): xockeychining konkisi, bosh kiyimi, klushkasi, qo'lqop, gavdaning barcha sohalarini himoyalovchi qopchalar (tirsak, ko'krak, tizza) maxsus shortik va futbolkasiga ega bo'lishi kerak.

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.

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kafedrasi mudiri:



Karimov A.A.