

2025/2026 O'QUV YILI UCHUN **TOG' CHANG'ISI** IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar va ayollar uchun

№	Me'yor mazmuni				
1	Burulishlar texnikasi. Test burulishlar, tog' chang'ichisi turish holati va to'xtash texnikasi darajasini baholaydi. Bajarilishi: Imtihon qabul qiluvchining ko'rsatmasiga ko'ra sinaluvchi quyidagi tartibda bosqichma-bosqich chang'idan foydalanish texnikasini namoyish etadi. Har bir bajarilgan texnik element uchun belgilangan tartibda ballar beriladi, ballar soni umumlashtirilmaydi; Agar sinaluvchi texnik topshiriqni bajara olmasa, oxirgi bajarilgan elementga mos keladigan ballni qo'lga kiritadi. Sinov "Ski machine" chang'i simulyatorida 3 daqiqa davomida amalga oshiriladi. (Ball ko'rinishida)				
	Texnik elementlar		Ballar		
	A	Chang'ida muvozanatni saqlash	6		
	B	Tushish xolati	12		
	V	Plug xolati	18		
	G	Plug xolatida burilishlar	24		
	D	Chang'ida parallel oyoqlarda burilish	33		
2	Me'yorlar mazmuni		Natija		Ballar
			Erkaklar	Ayollar	
	Slalom trassasini bosib o'tish(«ilon izi»). Test texnik tayyorgarlik darajasini aniqlash imkonini beradi. Bajarilishi: Test imtihon topshiruvchi tomonidan "Sky tech" trenajorida uch daqiqa davomida bajariladi. Maksimal tezlik (60 km/soat), to'siqlarni tashqi tomondan aylanib o'tish zarur, ichki tomondan aylanib o'tish xato hisoblanadi (xato sodir etilganda trenajor bu haqida signal beradi), to'siqdan to'g'ri aylanib o'tganda tezlik oshadi, agarda xato o'tilsa tezlik tushadi. To'siqlar orasidagi masofa 13 metr. oralig'i 2 metr. Masofani bosib o'tish tezlikga nisbatan baxolanadi.		60 km/s	60 km/s	30,0
			59 km/s	59 km/s	29,0
			58 km/s	58 km/s	28,0
			57 km/s	57 km/s	27,0
			56 km/s	56 km/s	26,0
			55 km/s	55 km/s	25,0
			54 km/s	54 km/s	24,0
			53 km/s	53 km/s	23,0
			52 km/s	52 km/s	22,0
			51 km/s	51 km/s	21,0
			50 km/s	50 km/s	20,0
			49 km/s	49 km/s	19,0
			48 km/s	48 km/s	18,0
			47 km/s	47 km/s	17,0
			46 km/s	46 km/s	16,0
			45 km/s	45 km/s	15,0
			44 km/s	44 km/s	14,0
			43 km/s	43 km/s	13,0
			42 km/s	42 km/s	12,0
			41 km/s	41 km/s	11,0
40 km/s	40 km/s	10,0			
39 km/s	39 km/s	9,0			

		38 km/s	38 km/s	8,0
		37 km/s	37 km/s	7,0
		36 km/s	36 km/s	6,0
		35 km/s	35 km/s	5,0
		34 km/s	34 km/s	4,0
		33 km/s	33 km/s	3,0
		32 km/s	32 km/s	2,0
		31 km/s	31 km/s	1,0
		30 km/s	30 km/s	0,0
3	“Quti” testi	Erkaklar	Ayollar	Ballar
	Tezkor-kuch tayyorgarligini aniqlab beradi.	24,00 va past	27,00 va past	30,0
	Bajarilishi: Test imtihon topshiruvchi 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 25 marta takrorlaganiga qadar davom etadi.	24,01-24,10	27,01-27,10	29,5
	Harakat “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. (Natija ko‘rinishida)	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
		24,91-25,00	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 va ko'p	32,91 va ko'p	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): 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 oluvchining talablarini aniq bajarishi, imtihonni o'tkazishga halaqit bermasligi kerak.

2025/2026 O'QUV YILI UCHUN **TOG' CHANG'ISI** IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

Erkaklar va ayollar uchun

№	Me'yoriy talablar mazmuni	Natija		Ballar
		Erkaklar	Ayollar	
1	Turgan joydan ikkala oyoq bilan depsinib uzunlikka sakrash. Test tezkor-kuch sifatini aniqlash imkonini beradi. Bajarilishi: imtihon topshiruvchi start chizig'ida 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. (Natija ko'rinishida)	2,30 va yuqori	2,00 va yuqori	21,0
		2,29	1,99	20,7
		2,28	1,98	20,4
		2,27	1,97	20,1
		2,26	1,96	19,8
		2,25	1,95	19,5
		2,24	1,94	19,2
		2,23	1,93	18,9
		2,22	1,92	18,6
		2,21	1,91	18,3
		2,20	1,90	18,0
		2,19	1,89	17,7
		2,18	1,88	17,4
		2,17	1,87	17,1
		2,16	1,86	16,8
		2,15	1,85	16,5
		2,14	1,84	16,2
		2,13	1,83	15,9
		2,12	1,82	15,6
		2,11	1,81	15,3
		2,10	1,80	15,0
		2,09	1,79	14,7
		2,08	1,78	14,4
		2,07	1,77	14,1
		2,06	1,76	13,8
		2,05	1,75	13,5
		2,04	1,74	13,2
		2,03	1,73	12,9
		2,02	1,72	12,6
		2,01	1,71	12,3
		2,00	1,70	12,0
		1,99	1,69	11,7
		1,98	1,68	11,4
		1,97	1,67	11,1
		1,96	1,66	10,8
		1,95	1,65	10,5
		1,94	1,64	10,2
		1,93	1,63	9,9

		1,92	1,62	9,6
		1,91	1,61	9,3
		1,90	1,60	9,0
		1,89	1,59	8,7
		1,88	1,58	8,4
		1,87	1,57	8,1
		1,86	1,56	7,8
		1,85	1,55	7,5
		1,84	1,54	7,2
		1,83	1,53	6,9
		1,82	1,52	6,6
		1,81	1,51	6,3
		1,80	1,50	6,0
		1,79	1,49	5,7
		1,78	1,48	5,4
		1,77	1,47	5,1
		1,76	1,46	4,8
		1,75	1,45	4,5
		1,74	1,44	4,2
		1,73	1,43	3,9
		1,72	1,42	3,6
		1,71	1,41	3,3
		1,70	1,40	3,0
		1,69	1,39	2,7
		1,68	1,38	2,4
		1,67	1,37	2,1
		1,66	1,36	1,8
		1,65	1,35	1,5
		1,64	1,34	1,2
		1,63	1,33	0,9
		1,62	1,32	0,6
		1,61	1,31	0,3
		1,60 va past	1,30 va 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 beriladi, eng yaxshi natija olinadi.	4,30 va past	4,70 va past	21,0
		4,31-4,35	4,71-4,75	20,5
		4,36-4,40	4,76-4,80	20,0
		4,41-4,45	4,81-4,85	19,5
		4,46-4,50	4,86-4,90	19,0
		4,51-4,55	4,91-4,95	18,5
		4,56-4,60	4,96-5,00	18,0
		4,61-4,65	5,01-5,05	17,5
		4,66-4,70	5,06-5,10	17,0
		4,71-4,75	5,11-5,15	16,5
		4,76-4,80	5,16-5,20	16,0
		4,81-4,85	5,21-5,25	15,5

	(Natija ko'rinishida)	4,86-4,90	5,26-5,30	15,0
		4,91-4,95	5,31-5,35	14,5
		4,96-5,00	5,36-5,40	14,0
		5,01-5,05	5,41-5,45	13,5
		5,06-5,10	5,46-5,50	13,0
		5,11-5,15	5,51-5,55	12,5
		5,16-5,20	5,56-5,60	12,0
		5,21-5,25	5,61-5,65	11,5
		5,26-5,30	5,66-5,70	11,0
		5,31-5,35	5,71-5,75	10,5
		5,36-5,40	5,76-5,80	10,0
		5,41-5,45	5,81-5,85	9,5
		5,46-5,50	5,86-5,90	9,0
		5,51-5,55	5,91-5,95	8,5
		5,56-5,60	5,96-6,00	8,0
		5,61-5,65	6,01-6,05	7,5
		5,66-5,70	6,06-6,10	7,0
		5,71-5,75	6,11-6,15	6,5
		5,76-5,80	6,16-6,20	6,0
		5,81-5,85	6,21-6,25	5,5
		5,86-5,90	6,26-6,30	5,0
		5,91-5,95	6,31-6,35	4,5
		5,96-6,00	6,36-6,40	4,0
		6,01-6,05	6,41-6,45	3,5
		6,06-6,10	6,46-6,50	3,0
		6,11-6,15	6,51-6,55	2,5
		6,16-6,20	6,56-6,60	2,0
		6,21-6,25	6,61-6,65	1,5
		6,26-6,30	6,66-6,70	1,0
		6,31-6,35	6,71-6,75	0,5
		6,36 va yuqori	6,76 va yuqori	0,0
3	Gimnastika o'rindig'idan oldinga egilish. Sportchi tanasi egiluvchanlik darajasi aniqlanadi. Bajarilishi: Tik turgan holda to'g'irlangan oyoqlarda oldinga egilish dastlabki holat bo'yicha: Skameykada tik turish, oyoqlar tizzalari tekislangan, oyoq kaftlari bir biriga parallel joylashgan. Signal bo'yicha tanani sekinlik bilan maksimal pastga qarata egadi. Mashqni bajarishda tizzalarni bukish man etiladi. Natija santimetrda qayd etiladi.	21 va undan ko'p	21 va undan ko'p	21
		20	20	20
		19	19	19
		18	18	18
		17	17	17
		16	16	16
		15	15	15
		14	14	14
		13	13	13
		12	12	12
		11	11	11
		10	10	10
		9	9	9
		8	8	8
		7	7	7

	6	6	6
	5	5	5
	4	4	4
	3	3	3
	2	2	2
	1	1	1
	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): 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 oluvchining talablarini aniq bajarishi, imtihonni o'tkazishga halaqit bermasligi kerak.

Kafedra mudiri 
 Imzo F.I.Sh