

O‘ZBEKISTON RESPUBLIKASI SPORT VAZIRLIGI

O‘ZBEKISTON RESPUBLIKASI
OLIY TA’LIM, FAN VA INNOVATSIYALAR VAZIRLIGI

O‘ZBEKISTON DAVLAT JISMONIY TARBIYA VA SPORT UNIVERSITETI

“Kiritdi”

O‘zbekiston davlat
jismoniy tarbiya va
sport universiteti rektori
R. Matkarimov
“ ” 2026-y.

“Kelishildi”

O‘zbekiston Respublikasi
Oliy ta’lim, fan va
innovatsiyalar vazirining
birinchi o‘rinbosari
S. Radjabov
“ ” 2026-y.

“Tasdiqlayman”

O‘zbekiston Respublikasi
Sport vazirining
o‘rinbosari
Sh. Maxmudov
“ ” 2026-y.

IJODIY (KASBIY) IMTIHONLAR DASTURI
VA BAHOLASH MEZONI

61010200 - Sport faoliyati (*basketbol, boks, voleybol, velosport, gimnastika, suzish, yengil atletika, gandbol, qilichbozlik, og‘ir atletika, eshkak eshish, tennis, futbol, badiiy gimnastika, dzyu-do, erkin kurash, belbog‘li kurash, taekvondo WT, sambo, kurash, sinxron suzish, badminton, yunon-rim kurashi, ot sporti, triatlon, biatlon, xokkey, regbi, shaxmat, karate WKF, tog‘ chang‘isi, stol tennisi, figurali uchish, chim ustida xokkey, kik-boks, mini-futbol, kamondan otish, muay-tay, kibersport, suv polosi, akademik eshkak eshish, zamonaviy beshkurash, bodybuilding va fitnes, snovbord, qo‘l jangi, ayollar kurashi, figital sport, o‘q otish va stenddan otish, o‘zbek jang sana‘ti, kriket, sport akrobatikasi, pencak silat, turon*) ta’lim yo‘nalishlari uchun.

61010300 - Adaptiv jismoniy tarbiya va sport ta’lim yo‘nalishi uchun.

O‘zbekiston davlat jismoniy tarbiya va sport universiteti Kuzatuv Kengashida ko‘rib chiqilgan va ma‘qullangan. 2026 yil 25 may dagi 2 -sonli majlis bayoni.

O‘zbekiston Respublikasi hududlarida jismoniy tarbiya va ommaviy sportni yanada rivojlantirish, aholining barcha qatlamlari, ayniqsa yoshlarni jismoniy tarbiya va sport bilan muntazam shug‘ullanishga jalb etish, mamlakatimizda bu borada yaratilgan sharoitlardan samarali foydalanish hamda natijalarini oshirish muhim ahamiyat kasb etadi. Mamlakatimizda mazkur soha rivojiga qaratilgan qator me‘yoriy – huquqiy hujjatlar qabul qilingan va jadallikda hayotga tatbiq etib kelinmoqda.

Jumladan, O‘zbekiston Respublikasi Prezidentining 2020-yil 24-yanvardagi “O‘zbekiston Respublikasida jismoniy tarbiya va sportni yanada takomillashtirish va ommalashtirish chora-tadbirlari to‘g‘risida”gi **PF-5924-son farmoni**, 2021-yil 24-dekabrda “Davlat oliy ta‘lim muassasalarining akademik va tashkiliy-boshqaruv mustaqilligini ta‘minlash bo‘yicha qo‘shimcha chora-tadbirlar to‘g‘risida”gi **PQ-60-son qarori**, 2022-yil 3-noyabrda “Jismoniy tarbiya va sport sohasida kadrlarni tayyorlash hamda ilmiy tadqiqotlar tizimini yanada takomillashtirish chora-tadbirlari to‘g‘risida”gi **PQ-414-son qaror va farmonlari** ijrosini sifatli bajarish ko‘rsatib o‘tilgan.

O‘zbekiston davlat jismoniy tarbiya va sport universiteti va uning Nukus filialidagi Sport faoliyati (faoliyat turlari bo‘yicha) ta‘lim yo‘nalishi bo‘yicha kasbiy (ijodiy) imtihon dasturlari sport maktablari hamda Respublika Olimpiy va parolimpiy sport turlariga tayyorlash markazlarining jismoniy tarbiya va sport dasturlari asosida tuzilgan va abituriyentlarning jismoniy mashqlari bajarishdagi amaliy harakat ko‘nikma va malakalarini baholashga mo‘ljallangan.

Mazkur dasturlarni tuzishda sport assotsiatsiyasi, sport federatsiyalar, oliy sport mahorati maktablari va sport maktablari takliflari inobatga olingan hamda ular tomonidan taqrizlar berilgan.

Dastur 61010200–Sport faoliyati (faoliyat turlari bo‘yicha) ta‘lim yo‘nalishi (basketbol, boks, voleybol, velosport, gimnastika, suzish, yengil atletika, gandbol, qilichbozlik, og‘ir atletika, eshkak eshish, tennis, futbol, badiiy gimnastika, dzyu-do, erkin kurash, belbog‘li kurash, taekvondo WT, sambo, kurash, sinxron suzish, badminton, yunon-rim kurashi, ot sporti, triatlon, biatlon, xokkey, regbi, shaxmat, karate WKF, tog‘ chang‘isi, stol tennisi, figurali uchish, chim ustida xokkey, kik-boks, mini-futbol, kamondan otish, muay tay, kibersport, suv polosi, akademik eshkak eshish, zamonaviy beshkurash, bodybuilding va fitnes, snoubord, qo‘l jangi, ayollar kurashi, figital sport, o‘q otish va stendan o‘q otish, o‘zbek jang sana‘ti, kriket, sport akrobatikasi, pencak silat, turon, 61010300–Adaptiv jismoniy tarbiya va sport kabi sport turlari bo‘yicha (kasbiy) ijodiy imtihonlarni o‘tkazish tartibi, abituriyentlarning jismoniy tarbiya va sport sohasidagi amaliy mahorati, ko‘nikma va malakalariga qo‘yilgan talablar hamda baholash mezonlari o‘z aksini topgan.

2026/2027 O'QUV YILI UCHUN **ESHKAK ESHISH** IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar va ayollar uchun

BAYDARKADA ESHKAK ESHISH (K-1)

1000 m	Ball	41	40	39	38	37	36	35
	E	3:56,0	3:56,5	3:57,0	3:57,5	3:58,0	3:58,5	3:59,0
	Ball	34	33	32	31	30	29	28
	E	3:59,5	4:00,0	4:00,5	4:01,0	4:01,5	4:02,0	4:02,5
	Ball	27	26	25	24	23	22	21
	E	4:03,0	4:03,5	4:04,0	4:04,5	4:05,0	4:05,5	4:06,0
	Ball	20	19	18	17	16	15	14
	E	4:06,5	4:07,0	4:07,5	4:08,0	4:08,5	4:09,0	4:09,5
	Ball	13	12	12	11	10	9	8
	E	4:10,0	4:10,5	4:11,0	4:11,5	4:12,0	4:12,5	4:13,0
500 m	Ball	7	6	5	4	3	2	1
	E	4:13,5	4:14,0	4:14,5	4:15,0	4:15,5	4:16,0	4:16,5
	Ball	41	40	39	38	37	36	35
	E	1:56,0	1:56,5	1:57,0	1:57,5	1:58,0	1:58,5	1:59,0
	A	2:06,0	2:06,5	2:07,0	2:07,5	2:08,0	2:08,5	2:09,0
	Ball	34	33	32	31	30	29	28
	E	1:59,5	2:00,0	2:00,5	2:01,0	2:01,5	2:02,0	2:02,5
	A	2:09,5	2:10,0	2:10,5	2:11,0	2:11,5	2:12,0	2:12,5
	Ball	27	26	25	24	23	22	21
	E	2:03,0	2:03,5	2:04,0	2:04,5	2:05,0	2:05,5	2:06,0
	A	2:13,0	2:13,5	2:14,0	2:14,5	2:15,0	2:15,5	2:16,0
	Ball	20	19	18	17	16	15	14
	E	2:06,5	2:07,0	2:07,5	2:08,0	2:08,5	2:09,0	2:09,5
	A	2:16,5	2:17,0	2:17,5	2:18,0	2:18,5	2:19,0	2:19,5
	Ball	13	12	12	11	10	9	8
	E	2:10,0	2:10,5	2:11,0	2:11,5	2:12,0	2:12,5	2:13,0
A	2:20,0	2:20,5	2:21,0	2:21,5	2:22,0	2:22,5	2:23,0	
Ball	7	6	5	4	3	2	1	
E	2:13,5	2:14,0	2:14,5	2:15,0	2:15,5	2:16,0	2:16,5	
A	2:23,5	2:24,0	2:24,5	2:25,0	2:25,5	2:26,0	2:26,5	
200 m	Ball	41	40	39	38	37	36	35
	A	47,0	47,5	48,0	48,5	49,0	49,5	50,0
	Ball	34	33	32	31	30	29	28
	A	50,5	51,0	51,5	52,0	52,5	53,0	53,5
	Ball	27	26	25	24	23	22	21
	A	54,0	54,5	55,0	55,5	56,0	56,5	57,0
	Ball	20	19	18	17	16	15	14
	A	57,5	58,0	58,5	59,0	59,5	1:00,0	1:00,5
	Ball	13	12	12	11	10	9	8
	A	1:01,0	1:01,5	1:02,0	1:02,5	1:03,0	1:03,5	1:04,0
Ball	7	6	5	4	3	2	1	
A	1:04,5	1:05,0	1:05,5	1:06,0	1:06,5	1:07,0	1:07,5	
OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI								

KANOEDA ESHKAK ESHISH (C-1)

500 m	Ball	41	40	39	38	37	36	35
	E	2:06,0	2:06,5	2:07,0	2:07,5	2:08,0	2:08,5	2:09,0
	A	2:20,0	2:20,5	2:21,0	2:21,5	2:22,0	2:22,5	2:23,0
	Ball	34	33	32	31	30	29	28
	E	2:09,5	2:10,0	2:10,5	2:11,0	2:11,5	2:12,0	2:12,5
	A	2:23,5	2:24,0	2:24,5	2:25,0	2:25,5	2:26,0	2:26,5
	Ball	27	26	25	24	23	22	21
	E	2:13,0	2:13,5	2:14,0	2:14,5	2:15,0	2:15,5	2:16,0
	A	2:27,0	2:27,5	2:28,0	2:28,5	2:29,0	2:29,5	2:30,0
	Ball	20	19	18	17	16	15	14
	E	2:16,5	2:17,0	2:17,5	2:18,0	2:18,5	2:19,0	2:19,5
	A	2:30,5	2:31,0	2:31,5	2:32,0	2:32,5	2:33,0	2:33,5
	Ball	13	12	12	11	10	9	8
	E	2:20,0	2:20,5	2:21,0	2:21,5	2:22,0	2:22,5	2:23,0
	A	2:34,0	2:34,5	2:35,0	2:35,5	2:36,0	2:36,5	2:37,0
Ball	7	6	5	4	3	2	1	
E	2:23,5	2:24,0	2:24,5	2:25,0	2:25,5	2:26,0	2:26,5	
A	2:37,5	2:38,0	2:38,5	2:39,0	2:39,5	2:40,0	2:45,0	
1000 m	Ball	41	40	39	38	37	36	35
	E	4:15,0	4:15,5	4:16,0	4:16,5	4:17,0	4:17,5	4:18,0
	Ball	34	33	32	31	30	29	28
	E	4:18,5	4:19,0	4:19,5	4:20,0	4:20,5	4:21,0	4:21,5
	Ball	27	26	25	24	23	22	21
	E	4:22,0	4:22,5	4:23,0	4:23,5	4:24,0	4:24,5	4:25,0
	Ball	20	19	18	17	16	15	14
	E	4:25,5	4:26,0	4:26,5	4:27,0	4:27,5	4:28,0	4:28,5
	Ball	13	12	12	11	10	9	8
	E	4:29,0	4:29,5	4:30,0	4:30,5	4:31,0	4:31,5	4:32,0
Ball	7	6	5	4	3	2	1	
E	4:32,5	4:33,0	4:33,5	4:34,0	4:34,5	4:35,0	4:35,5	
200 m	Ball	41	40	39	38	37	36	35
	A	52,0	52,5	53,0	53,5	54,0	54,5	55,0
	Ball	34	33	32	31	30	29	28
	A	55,5	56,0	56,5	57,0	57,5	58,0	58,5
	Ball	27	26	25	24	23	22	21
	A	59,0	59,5	1:00,0	1:00,5	0:01,0	1:01,5	1:02,0
	Ball	20	19	18	17	16	15	14
	A	1:02,5	1:03,0	1:03,3	1:04,0	1:04,5	1:05,0	1:05,5
	Ball	13	12	12	11	10	9	8
	A	1:06,0	1:06,5	1:07,0	1:07,5	1:08,0	1:08,5	1:09,0
Ball	7	6	5	4	3	2	1	
A	1:09,5	1:10,0	1:10,5	1:11,0	1:11,5	1:12,0	1:12,5	
OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI								

Izoh: Masofadagi natijalar daqiqa va soniyalarda baholanadi, eshkak eshish texnikasi ballarda.

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (K-1)

M A X S U M A S O F A	Ball	42	41	40	39	38	37	36
	E	1,05	1,05,5	1,06	1,06,5	1,07	1,07,5	1,08
	A	1,15	1,15,5	1,16	1,16,5	1,17	1,17,5	1,18
	Ball	35	34	33	32	31	30	29
	E	1,08,5	1,09	1,09,5	1,10,	1,10,5	1,11	1,11,5
	A	1,18,5	1,19	1,19,5	1,20	1,20,5	1,21	1,21,5
	Ball	28	27	26	25	24	23	22
	E	1,12	1,12,5	1,13	1,13,5	1,14	1,14,5	1,15
	A	1,22	1,22,5	1,23	1,23,5	1,24	1,24,5	1,25
	Ball	21	20	19	18	17	16	15
	E	1,15,5	1,16	1,16,5	1,17	1,17,5	1,18	1,18,5
	A	1,25,5	1,26	1,26,5	1,27	1,27,5	1,28	1,28,5
	Ball	14	13	12	11	10	9	8
	E	1,19	1,19,5	1,20	1,20,5	1,21	1,21,5	1,22
	A	1,29	1,29,5	1,30	1,30,5	1,31	1,31,5	1,32
	Ball	7	6	5	4	3	2	1
	E	1,22,5	1,23	1,23,5	1,24	1,24,5	1,25	1,25,5
	A	1,32,5	1,33	1,33,5	1,34	1,34,5	1,35	1,35,5
OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI								

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (C-1)

M A X S U M A S O F A	Ball	42	41	40	39	38	37	36
	E	1,15	1,15,5	1,16	1,16,5	1,17	1,17,5	1,18
	A	1,25	1,25,5	1,26	1,26,5	1,27	1,27,5	1,28
	Ball	35	34	33	32	31	30	29
	E	1,18,5	1,19	1,19,5	1,20	1,20,5	1,21	1,21,5
	A	1,28,5	1,29	1,29,5	1,30	1,30,5	1,31	1,31,5
	Ball	28	27	26	25	24	23	22
	E	1,22	1,22,5	1,23	1,23,5	1,24	1,24,5	1,25
	A	1,32	1,32,5	1,33	1,33,5	1,34	1,34,5	1,35
	Ball	21	20	19	18	17	16	15
	E	1,25,5	1,26	1,26,5	1,27	1,27,5	1,28	1,28,5-
	A	1,35,5	1,36	1,36,5	1,37	1,37,5	1,38	1,38,5
	Ball	14	13	12	11	10	9	8
	E	1,29	1,29,5	1,30	1,30,5	1,31	1,31,5	1,32
	A	1,39	1,39,5	1,40	1,40,5	1,41	1,41,5	1,42
	Ball	7	6	5	4	3	2	1
	E	1,32,5	1,33	1,33,5	1,34	1,34,5	1,35	1,35,5
	A	1,42,5	1,43	1,43,5	1,44	1,44,5	1,45	1,45,5
OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI								

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (K-1)

Ball	40	39	38	37	36	35	34
E	35,0	35,05	36,0	36,05	37,0	37,05	38,0
A	45,0	45,05	46,0	46,05	47,0	47,05	48,0
Ball	33	32	31	30	29	28	27

100 M	E	38,05	39,0	39,05	40,0	40,05	41,0	41,05
	A	48,05	49,0	49,05	50,0	50,05	51,0	51,05
	Ball	26	25	24	23	22	21	20
	E	42,0	42,05	43,0	43,05	44,0	44,05	45,0
	A	52,0	52,05	53,0	53,05	54,0	54,05	55,0
	Ball	19	18	17	16	15	14	13
	E	45,05	46,0	46,05	47,0	47,05	48,0	48,05
	A	55,05	56,0	56,05	57,0	57,05	58,0	58,05
	Ball	12	11	10	9	8	7	6
	E	49,0	49,05	50,0	50,05	51,0	51,05	52,0
	A	59,0	59,05	1,00	1,0,5	1,01	1,01,05	1,02
	Ball	5	4	3	2	1		
	E	52,05	53,0	53,05	54,0	54,05		
	A	1,02,05	1,03	1,03,05	1,04	1,04,05		

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (C-1)

100 M	Ball	40	39	38	37	36	35	34
	E	40,0	40,05	41,0	41,05	42,0	42,05	43,0
	A	50,0	50,05	51,0	51,05	52,0	52,05	53,0
	Ball	33	32	31	30	29	28	27
	E	43,05	44,0	44,05	45,0	45,05	46,0	46,05
	A	53,05	54,0	54,05	55,0	55,05	56,0	56,05
	Ball	26	25	24	23	22	21	20
	E	47,0	47,05	48,0	48,05	49,0	49,05	50,0
	A	57,0	57,05	58,0	58,05	59,0	59,05	1,00
	Ball	19	18	17	16	15	14	13
	E	50,05	51,0	51,05	52,0	52,05	53,0	53,05
	A	1,0,5	1,01	1,01,05	1,02,0	1,02,05	1,03,0	1,03,05
	Ball	12	11	10	9	8	7	6
	E	54,0	54,05	55,0	55,05	56,0	56,05	57,0
	A	1,04,0	1,04,05	1,05,0	1,05,05	1,06,0	1,06,05	1,07,0
	Ball	5	4	3	2	1		
	E	57,05	58,0	58,05	59,0	59,05		
	A	1,07,05	1,08,0	1,08,05	1,09,0	1,09,05		

IZOH:

1. Masofadagi natijalar daqiqa va soniyalarda baholanadi, eshkak eshish texnikasi ballarda.
2. Suv slalomida eshkak eshishda start oldidan "eskimoscha aylanish" mashqini ko'rsatish shart. Aks holda, abituriyent imtihonga qo'yilmaydi.

2026/2027 O'QUV YILI UCHUN **ESHKAK ESHISH** IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

Erkaklar va ayollar uchun

Ball	Yotgan holda shtangani tortish 2 daqiqada (marta)		Skameykada turib oldinga egilish (sm)		Yotgan holda shtangani ko'tarish 2 daqiqada (marta)	
	Erkaklar 35 kg	Ayollar 25 kg	Erkaklar	Ayollar	Erkaklar 30 kg	Ayollar 20 kg
21	75	65	25	28	75	65
20	74	64	24	27	74	64
19	73	63	23	26	73	63
18	72	62	22	25	72	62
17	71	61	21	24	71	61
16	70	60	20	23	70	60
15	69	59	19	22	69	59
14	68	58	18	21	68	58
13	67	57	17	20	67	57
12	66	56	16	19	66	56
11	65	55	15	18	65	55
10	64	54	14	17	64	54
9	63	53	13	16	63	53
8	62	52	12	15	62	52
7	61	51	11	14	61	51
6	60	50	10	13	60	50
5	59	49	9	12	59	49
4	58	48	8	11	58	48
3	57	47	7	10	57	47
2	56	46	6	9	56	46
1	55	45	5	8	55	45

Izoh: Yotgan holda shtangani tortish – grifni taxtaga tekkazib bajariladi. Shtangani yelkaga qo'ygan holda, toliq o'tirib- turish harakati bajarilishi kerak. Yotgan holda shtangani ko'tarishda qo'llar to'g'ri bo'lishi kerak

Kafedra mudir

Imzo

F.I.Sh