

O‘ZBEKISTON RESPUBLIKASI SPORT VAZIRLIGI

O‘ZBEKISTON RESPUBLIKASI
OLIV 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.

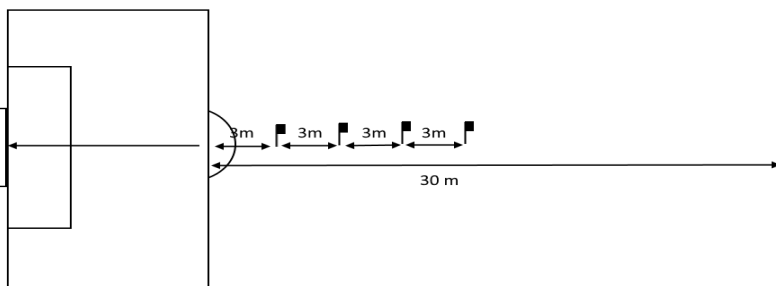
Jumladan, O‘zbekiston Respublikasi Prezidentining 2020-yil 24-yanvardagi “O‘zbekiston Respublikasida jismoniy tarbiya va sportni yanada takomillashtirish va ommalashtirish chora-tadbirlari to‘g‘risida”gi **PF-5924-son farmoni**, 2021-yil 24-dekabrda “Davlat oliy ta‘lim muassasalarining akademik va tashkiliy-boshqaruv 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.

To'pni ustunlar oralatib olib yurish va darvozaga zarba berish. (28 Ball). Jarima maydoni chizig'idan 30 m uzoqlikdagi belgidan boshlab to'pni olib yuriladi, hamda bir-biridan 3 m masofada o'rnatilgan 4 ta ustunni harakatlanib aldab o'tishi shart. Ustunlarni aldab o'tgach, jarima maydoni tashqarisidan darvozaga zarba beriladi. To'p albatta darvoza chizig'ini kesib o'tishi shart. Vaqt to'pni olib yurishi bilan boshlab, to'p darvoza chizig'ini kesib o'tishi bilan to'xtatiladi. Agar to'p darvozaga tushmasa, imtihon topshiruvchi baholanmaydi. Imtihon topshiruvchiga ikkita imkoniyat beriladi. Bu testni



bajarishda sarflanadigan vaqt va to'pni darvozaga aniq tushirish baholanadi.

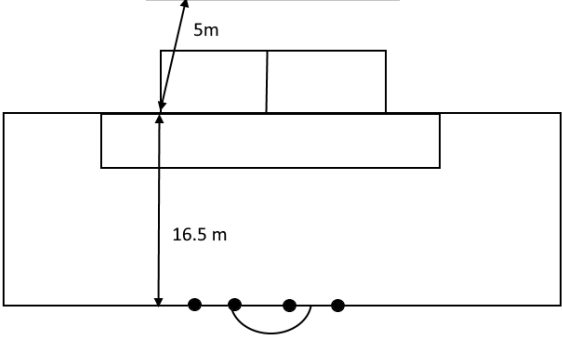
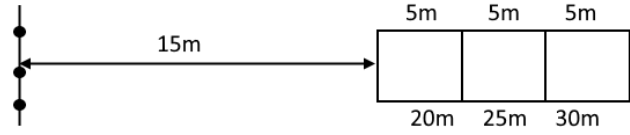
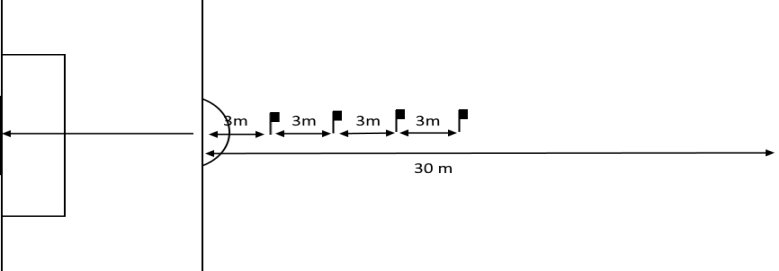
№	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	7,00 gacha	28	11.	7,46-7.50	18	21.	7,96-8,00	8
2.	7,01-7.05	27	12.	7,51-7.55	17	22.	8,01-8,05	7
3.	7,06-7.10	26	13.	7,56-7.60	16	23.	8,06-8,10	6
4.	7,11-7.15	25	14.	7,61-7.65	15	24.	8,11-8,15	5
5.	7,16-7.20	24	15.	7,66-7.70	14	25.	8,16-8,20	4
6.	7,21-7.25	23	16.	7,71-7.75	13	26.	8,21-8,25	3
7.	7,26-7.30	22	17.	7,76-7.80	12	27.	8,26-8,30	2
8.	7,31-7.35	21	18.	7,81-7.85	11	28.	8,31-10,30	1
9.	7,36-7,40	20	19.	7,86-7.90	10			
10.	7,41-7.45	19	20.	7,91-7.95	9			

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30 m masofaga to'pni olib yurish (27 Ball).

Imtihon topshiruvchi ikki urinishda to'pni 30 m masofaga olib yurish harakatlarini bajaradi. Eng yaxshi imkoniyat hisobga olinadi. To'pni olib yurishda imtihon topshiruvchi kamida 3 ta teginish orqali harakatlanishi kerak. Agar 3 ta teginishda kam harakatni amalga oshirsa, urinish hisoblanmaydi.

T/p	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	4,29 gacha	27	10.	4,54-4,56	18	19.	4,81-4,83	9
2.	4,30-4,32	26	11.	4,57-4,59	17	20.	4,84-4,86	8
3.	4,33-4,35	25	12.	4,60-4,62	16	21.	4,87-4,89	7
4.	4,36-4,38	24	13.	4,63-4,65	15	22.	4,90-4,92	6
5.	4,39-4,41	23	14.	4,66-4,68	14	23.	4,93-4,95	5
6.	4,42-4,44	22	15.	4,69-4,71	13	24.	4,96-4,98	4
7.	4,45-4,47	21	16.	4,72-4,74	12	25.	4,99-5,01	3
8.	4,48-4,50	20	17.	4,75-4,77	11	26.	5,02-5,04	2
9.	4,51-4,53	19	18.	4,78-4,80	10	27.	5,04-5,50	1

T/p	Test me'yorlarining mazmuni																										
1	<p>Darvozaga zarba berish (20 Ball). Vertikal bo'yicha ikkiga bo'lingan darvozaning ko'rsatilgan tomoniga 16,5 m masofadan harakatsiz turgan to'pga 4 marotaba zarba beriladi. To'p darvoza chizig'ini havoda kesib o'tishi va darvozadan kamida 5 m uzoq masofaga borib tushishi kerak.</p>																										
<table border="1"> <thead> <tr> <th data-bbox="225 616 845 660">Natija</th> <th data-bbox="845 616 1453 660">Ball</th> </tr> </thead> <tbody> <tr> <td data-bbox="225 660 845 694">4 marta</td> <td data-bbox="845 660 1453 694">20 ball</td> </tr> <tr> <td data-bbox="225 694 845 728">3 marta</td> <td data-bbox="845 694 1453 728">15 ball</td> </tr> <tr> <td data-bbox="225 728 845 761">2 marta</td> <td data-bbox="845 728 1453 761">10 ball</td> </tr> <tr> <td data-bbox="225 761 845 795">1 marta</td> <td data-bbox="845 761 1453 795">5 ball</td> </tr> <tr> <td data-bbox="225 795 845 840">0 marta</td> <td data-bbox="845 795 1453 840">0 ball</td> </tr> </tbody> </table>		Natija	Ball	4 marta	20 ball	3 marta	15 ball	2 marta	10 ball	1 marta	5 ball	0 marta	0 ball														
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2	<p>To'pni uzoq masofaga aniq uzatish (18 Ball). Uzoq masofaga aniq 5x5 kvadratdagi maydonga harakatsiz turgan to'pni 3-marta tepiladi. Turli masofadan (20m, 25m, 30m,) aniq kvadratga tushgan to'plar baholanadi.</p>																										
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№	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	7,70 gacha	28	11.	8,16-8.20	18	21.	8,66-8.70	8
2.	7,71-7,75	27	12.	8,21-8.25	17	22.	8,71-8.75	7
3.	7,76-7,80	26	13.	8,26-8.30	16	23.	8,76-8,80	6
4.	7,81-7,85	25	14.	8,31-8.35	15	24.	8,81-8.85	5
5.	7,86-7,90	24	15.	8,36-8,40	14	25.	8,86-8,90	4
6.	7,91-7.95	23	16.	8,41-8.45	13	26.	8,91-8,95	3
7.	7,96-8.00	22	17.	8,46-8.50	12	27.	8,96-9,00	2
8.	8,01-8.05	21	18.	8,51-8.55	11	28.	9,01-11,30	1
9.	8,06-8.10	20	19.	8,56-8.60	10			
10.	8,11-8.15	19	20.	8,61-8.65	9			

4 **30 m masofaga to'pni olib yurish (27 Ball).**

Imtihon topshiruvchi ikki urinishda to'pni 30 m masofaga olib yurish harakatlarini bajaradi. Eng yaxshi imkoniyat hisobga olinadi. To'pni olib yurishda imtihon topshiruvchi kamida 3 ta teginish orqali harakatlanishi kerak. Agar 3 ta teginishda kam harakatni amalga oshirsa, urinish hisoblanmaydi.

№	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	4,69 gacha	27	10.	4,94-4,96	18	19.	5,21-5,23	9
2.	4,70-4,72	26	11.	4,97-4,99	17	20.	5,24-5,26	8
3.	4,73-4,75	25	12.	5,00-5,02	16	21.	5,27-5,29	7
4.	4,76-4,78	24	13.	5,03-5,05	15	22.	5,30-5,32	6
5.	4,79-4,81	23	14.	5,06-5,08	14	23.	5,33-5,35	5
6.	4,82-4,84	22	15.	5,09-5,11	13	24.	5,36-5,38	4
7.	4,85-4,87	21	16.	5,12-5,14	12	25.	5,39-5,41	3
8.	4,88-4,90	20	17.	5,15-5,17	11	26.	5,42-5,44	2
9.	4,91-4,93	19	18.	5,18-5,20	10	27.	5,45-6,50	1

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

Erkaklar uchun

1. 400 m. ga yugurish (21 Ball) (daqiq, soniya)

№	Natija	Ball	№	Natija	Ball
1.	1,00,00 gacha	21	12.	1,10,01-1,11,00	10
2.	1,00,01-1,01,00	20	13.	1,11,01-1,12,00	9
3.	1,01,01-1,02,00	19	14.	1,12,01-1,13,00	8
4.	1,02,01-1,03,00	18	15.	1,13,01-1,14,00	7
5.	1,03,01-1,04,00	17	16.	1,14,01-1,15,00	6
6.	1,04,01-1,05,00	16	17.	1,15,01-1,16,00	5
7.	1,05,01-1,06,00	15	18.	1,16,01-1,17,00	4
8.	1,06,01-1,07,00	14	19.	1,17,01-1,18,00	3
9.	1,07,01-1,08,00	13	20.	1,18,01-1,19,00	2
10.	1,08,01-1,09,00	12	21.	1,19,01-1,50,00	1
11.	1,09,01-1,10,00	11			

1. Ikki oyoqda depsinib joydan uzunlikka sakrash (21 Ball) (sm)

№	Natija	Ball	№	Natija	Ball
1.	260 yuqori	21	12.	209-205	10
2.	259-255	20	13.	204-200	9
3.	254-250	19	14.	199-195	8
4.	249-245	18	15.	194-190	7
5.	244-240	17	16.	189-185	6
6.	239-235	16	17.	184-180	5
7.	234-230	15	18.	179-175	4
8.	229-225	14	19.	174-170	3
9.	224-220	13	20.	169-165	2
10.	219-215	12	21.	164-100	1
11.	214-210	11			

3. Makkisimon yugurish 4x10 metr. (21 Ball) (soniya)

№	Natija	Ball	№	Natija	Ball
1.	9,00 gacha	21	12.	10,01-10,10	10
2.	9,01-9,10	20	13.	10,11-10,20	9
3.	9,11-9,20	19	14.	10,21-10,30	8
4.	9,21-9,30	18	15.	10,31-10,40	7
5.	9,31-9,40	17	16.	10,41-10,50	6
6.	9,41-9,50	16	17.	10,51-10,60	5
7.	9,51-9,60	15	18.	10,61-10,70	4
8.	9,61-9,70	14	19.	10,71-10,80	3
9.	9,71-9,80	13	20.	10,81-10,90	2
10.	9,81-9,90	12	21.	10,91-13,00	1
11.	9,91-10,00	11	22.		

1. 400 m. ga yugurish (21 Ball) (daqqa, soniya)

№	Natija	Ball	№	Natija	Ball
1.	1,11,00 gacha	21	12.	1,21,01-1,22,00	10
2.	1,11,01-1,12,00	20	13.	1,22,01-1,23,00	9
3.	1,12,01-1,13,00	19	14.	1,23,01-1,24,00	8
4.	1,13,01-1,14,00	18	15.	1,24,01-1,25,00	7
5.	1,14,01-1,15,00	17	16.	1,25,01-1,26,00	6
6.	1,15,01-1,16,00	16	17.	1,26,01-1,27,00	5
7.	1,16,01-1,17,00	15	18.	1,27,01-1,28,00	4
8.	1,17,01-1,18,00	14	19.	1,28,01-1,29,00	3
9.	1,18,01-1,19,00	13	20.	1,29,01-1,30,00	2
10.	1,19,01-1,20,00	12	21.	1,30,01-2,50,00	1
11.	1,20,01-1,21,00	11	22.		

2. Ikki oyoqda depsinib joydan uzunlikka sakrash (21 Ball) (sm)

№	Natija	Ball	№	Natija	Ball
1.	230 yuqori	21	12.	179-175	10
2.	229-225	20	13.	174-170	9
3.	224-220	19	14.	169-165	8
4.	219-215	18	15.	164-160	7
5.	214-210	17	16.	159-155	6
6.	209-205	16	17.	154-150	5
7.	204-200	15	18.	149-145	4
8.	199-195	14	19.	144-140	3
9.	194-190	13	20.	139-135	2
10.	189-185	12	21.	134-100	1
11.	184-180	11	22.		

3. Makkisimon yugurish 4x10 metr. (21 Ball) (soniya)

№	Natija	Ball	№	Natija	Ball
1.	10,00 gacha	21	12.	11,01-11,10	10
2.	10,01,10,10	20	13.	11,11-11,20	9
3.	10,11-10,20	19	14.	11,21-11,30	8
4.	10,21-10,30	18	15.	11,31-11,40	7
5.	10,31-10,40	17	16.	11,41-11,50	6
6.	10,41-10,50	16	17.	11,51-11,60	5
7.	10,51-10,60	15	18.	11,61-11,70	4
8.	10,61-10,70	14	19.	11,71-11,80	3
9.	10,71-10,80	13	20.	11,81-11,90	2
10.	10,81-10,90	12	21.	11,91-14,00	1
11.	10,91-11,00	11	22.		

Kafedra mudir

Imzo

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