

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 paralimpiy 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 **TRIATLON** IXTISOSLIGIDAN KASBIY (IJODIY) IMTIHONLARINING ME'YORIY TALABLARI VA
BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar uchun

Ayollalar uchun											
1	Suzish 300 m (daqiqqa, soniya)	3 ball	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball
		5:21,0- 5:30,0	5:11,0- 5:20,0	5:01,0- 5:10,0	4:51,0- 5:00,0	4:41,0- 4:50,0	4:31,0- 4:40,0	4:21,0- 4:30,0	4:11,0- 4:20,0	4:01,0- 4:10,0	4:00,0
2	Velosiped haydash 8000 m (daqiqqa, soniya)	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball	33 ball
		16:21,0- 16:30,0	16:11,0- 16:20,0	16:01,0- 16:10,0	15:51,0- 16:00,0	15:41,0- 15:50,0	15:31,0- 15:40,0	15:21,0- 15:30,0	15:11,0- 15:20,0	15:01,0- 15:10,0	15:00,0
3	Yugurish 2000 m (daqiqqa, soniya)	3 ball	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball
		7:51,0- 8:00,0	7:41,0- 7:50,0	7:31,0- 7:40,0	7:21,0- 7:30,0	7:11,0- 7:20,0	7:01,0- 7:10,0	6:51,0- 7:00,0	6:41,0- 6:50,0	6:31,0- 6:40,0	6:30,0
Ayollalar uchun											
1	Suzish 300 m (daqiqqa, soniya)	3 ball	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball
		5:51,0- 6:00,0	5:41,0- 5:50,0	5:31,0- 5:40,0	5:21,0- 5:30,0	5:11,0- 5:20,0	5:01,0- 5:10,0	4:51,0- 5:00,0	4:41,0- 4:50,0	4:31,0- 4:40,0	4:30,0
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		17:51,0- 18:00,0	17:41,0- 17:50,0	17:31,0- 17:40,0	17:21,0- 17:30,0	17:11,0- 17:20,0	17:01,0- 17:10,0	16:51,0- 17:00,0	16:41,0- 16:50,0	16:31,0- 16:40,0	16:30,0
3	Yugurish 2000 m (daqiqqa, soniya)	3 ball	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball
		9:51,0- 10:00,0	9:41,0- 9:50,0	9:31,0- 9:40,0	9:21,0- 9:30,0	9:11,0- 9:20,0	9:01,0- 9:10,0	8:51,0- 9:00,0	8:41,0- 8:50,0	8:31,0- 8:40,0	8:30,0

Izoh: Belgilangan sahifa ko'rsatkichidan (past yoki yuqori) natija qayd etilgan bo'lsa, keyingi sahifadagi natija ko'rsatkichlari inobatga olinadi. Ushbu mezonlar "O'zbekiston Respublikasining triatlon bo'yicha yagona sport tasnifi" asosida ishlab chiqilgan. Kirish imtihonlarida qatnashish uchun abituriyentlar o'zlari bilan sport formasini (suzish ko'zoynagi, suzish shapkasi, yugurish va velosipedda harakatlanish uchun sport formasi) va o'z velosipedlarini olib kelishlari kerak.

2026/2027 O'QUV YILI UCHUN **TRIATLON** IXTISOSLIGIDAN KASBIY (IJODIY) IMTIHONLARINING ME'YORIY TALABLARI VA
BAHOLASH MEZONLARI

(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

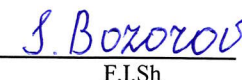
Erkaklar va ayollar uchun

Erkaklar uchun											
1	«Pistolet» (marta)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		11-12	13-14	15-16	17-18	19-20	21-22	23-24	25-26	27-28	29-30
2	Cho'p bilan qo'lni oldinga - orqaga aylantirish (kenglik o'lchami sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		70-68sm	67-66sm	65-64sm	63-62sm	61-60sm	59-58sm	57-56sm	55-54sm	53-52sm	51-50 sm
3	Turgan joyidan uzunlikka sakrash (sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		180-184sm	185-189sm	190-194sm	195-199sm	200-204sm	205-209sm	210-214sm	215-219sm	220-224sm	225-230sm
Ayollar uchun											
1	«Pistolet» (marta)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25
2	Cho'p bilan qo'lni oldinga - orqaga aylantirish (kenglik o'lchami sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		80-78sm	77-76sm	75-74sm	73-72sm	71-70sm	69-68sm	67-66sm	65-64sm	63-62sm	61-60sm
3	Turgan joyidan uzunlikka sakrash (sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		150-154sm	155-159sm	160-164sm	165-169sm	170-174sm	175-179sm	180-184sm	185-189sm	190-194sm	195-200sm

Izoh: "Cho'p bilan qo'lni oldinga - orqaga aylantirish" mashqida tayoq tutqichi santimetrda qancha kam bo'lsa, ballar shuncha yuqori baholanadi va "uzunlikka sakrash" mashqlari –(santimetrda) sakrash uzunligi qancha uzoq bo'lsa, ballar ko'rsatkichi shunchalik yuqori bo'ladi. Ushbu mezonlar " O'zbekiston Respublikasining triatlon bo'yicha yagona sport tasnifi" asosida ishlab chiqilgan.

Kafedra mudir


Imzo


F.I.Sh