

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.

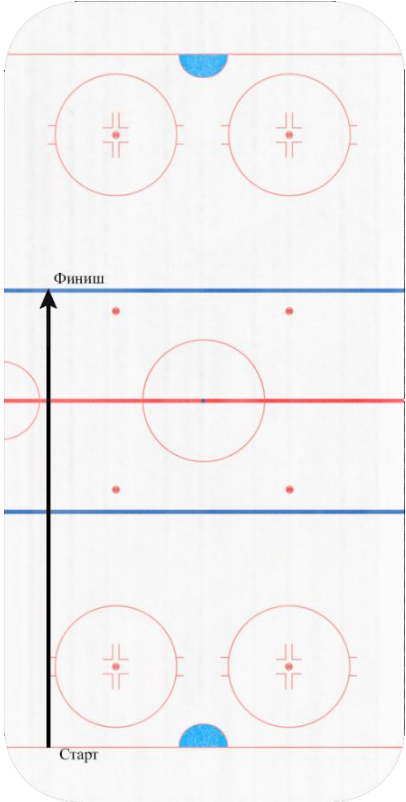
O‘zbekiston davlat jismoniy tarbiya va sport universiteti va uning Nukus filialidagi Sport faoliyati (faoliyat turlari bo‘yicha) ta’lim yo‘nalishi bo‘yicha kasbiy (ijodiy) imtihon dasturlari sport maktablari hamda Respublika Olimpiy va parolimpiy sport turlariga tayyorlash markazlarining jismoniy tarbiya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

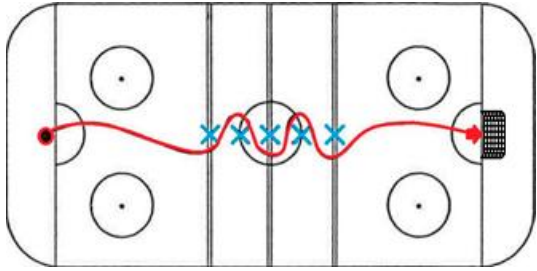
Mazkur dasturlarni tuzishda sport assotsiatsiyasi, sport federatsiyalar, oliy sport mahorati maktablari va sport maktablari takliflari inobatga olingan hamda ular tomonidan taqrizlar berilgan.

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.


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

Erkaklar va ayollar uchun

№	Me'yoriy talablar mazmuni	Natija		Ballar
		Erkaklar	Ayollar	
1	<p>30 metr konkida yugurish Test maxsus tezlik sifatini aniqlash imkonini beradi (start tezligi va harakat chastotasi). Bajarilishi: mashq muz maydonida o'tkaziladi, xokkeychi start chizig'ida turadi. Signal berilganidan so'ng sportchi oldinga qarab 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 9,51-9,60 9,61-9,70 9,71-9,80 9,81-9,90 9,91-10,00 10,01-10,10 10,11-10,20 10,21-10,30 10,31-10,40 10,41 dan yuqori	10,41-10,50 10,51-10,60 10,61-10,70 10,71-10,80 10,81-10,90 10,91-11,00 11,01-11,10 11,11-11,20 11,21-11,30 11,31-11,40 11,41 dan yuqori	5,0 4,5 4,0 3,5 3,0 2,5 2,0 1,5 1,0 0,5 0	
2	<p>Beshta to'siqni ilon izi bo'ylab o'tib darvozaga shaybani uloqtirish.</p> <p>Test shaybani olib yurish, olib o'tish va yakunda darvoza tomon shaybani uloqtirish texnikasiga qaratilib, quyidagi tartibda bajariladi. Test soniya va millisoniyalarda shaybani darvoza tomon uloqtirgandan keyin baholanadi.</p> <p>Bajarilishi: Start chizig'idan shaybani olib yurishdan boshlab, markaz zonasi oralig'ida joylashgan 4,5 metrli 5 ta konuslarni aldab o'tilgandan keyin, darvoza tomon shaybani uloqtirish bilan vaqt to'xtatilib belgilanadi, agarga shayba darvoza chizig'ini kesib o'tsa (gol) abituriyentga bir ball (+1) qo'shiladi. Sinovni bajarish uchun ikkita urinish beriladi, eng yaxshi natija olinadi.</p>		9.00 dan past 9.01-9.05 9.06-9.10 9.11-9.15 9.16-9.20 9.21-9.25 9.26-9.30 9.31-9.35 9.36-9.40 9.41-9.45 9.46-9.50 9.51-9.55 9.56-9.60 9.61-9.65 9.66-9.70 9.71-9.75 9.76-9.80 9.81-9.85 9.86-9.90 9.91-9.95 9.96-10.0 10.01-10.05 10.06-10.10 10.11-10.15 10.16-10.20 10.21-10.25 10.26-10.30 10.31-10.35 10.36-10.40 10.41-10.45 10.46-10.50 10.51-10.55 10.56-10.60 10.61-10.65 10.66-10.70 10.71-10.75 10.76-10.80 10.81-10.85 10.86-10.90 10.91-10.95 10.96-11.00 11.01-11.05 11.06-11.10 11.11-11.15 11.16-11.20 11.21-11.25	11.00 и менее 11.01-11.05 11.06-11.10 11.11-11.15 11.16-11.20 11.21-11.25 11.26-11.30 11.31-11.35 11.36-11.40 11.41-11.45 11.46-11.50 11.51-11.55 11.56-11.60 11.61-11.65 11.66-11.70 11.71-11.75 11.76-11.80 11.81-11.85 11.86-11.90 11.91-11.95 11.96-12.00 12.01-12.05 12.06-12.10 12.11-12.15 12.16-12.20 12.21-12.25 12.26-12.30 12.31-12.35 12.36-12.40 12.41-12.45 12.46-12.50 12.51-12.55 12.56-12.60 12.61-12.65 12.66-12.70 12.71-12.75 12.76-12.80 12.81-12.85 12.86-12.90 12.91-12.95 12.96-13.00 13.01-13.05 13.06-13.10 13.11-13.15 13.16-13.20 13.21-13.25	33,0 32,7 32,4 32,1 31,8 31,5 31,2 30,9 30,6 30,3 30,0 29,7 29,4 29,1 28,8 28,5 28,2 27,9 27,6 27,3 27,0 26,7 26,4 26,1 25,8 25,5 25,2 24,9 24,6 24,3 24,0 23,7 23,4 23,1 22,8 22,5 22,2 21,9 21,6 21,3 21,0 20,7 20,4 20,1 19,8 19,5

		11.26-11.30	13.26-13.30	19,2
		11.31-11.35	13.31-13.35	18,9
		11.36-11.40	13.36-13.40	18,6
		11.41-11.45	13.41-13.45	18,3
		11.46-11.50	13.46-13.50	18,0
		11.51-11.55	13.51-13.55	17,7
		11.56-11.60	13.56-13.60	17,4
		11.61-11.65	13.61-13.65	17,1
		11.66-11.70	13.66-13.70	16,8
		11.71-11.75	13.71-13.75	16,5
		11.76-11.80	13.76-13.80	16,2
		11.81-11.85	13.81-13.85	15,9
		11.86-11.90	13.86-13.90	15,6
		11.91-11.95	13.91-13.95	15,3
		11.96-12.00	13.96-14.00	15,0
		12.01-12.05	14.01-14.05	14,7
		12.06-12.10	14.06-14.10	14,4
		12.11-12.15	14.11-14.15	14,1
		12.16-12.20	14.16-14.20	13,8
		12.21-12.25	14.21-14.25	13,5
		12.26-12.30	14.26-14.30	13,2
		12.31-12.35	14.31-14.35	12,9
		12.36-12.40	14.36-14.40	12,6
		12.41-12.45	14.41-14.45	12,3
		12.46-12.50	14.46-14.50	12,0
		12.51-12.55	14.51-14.55	11,7
		12.56-12.60	14.56-14.60	11,4
		12.61-12.65	14.61-14.65	11,1
		12.66-12.70	14.66-14.70	10,8
		12.71-12.75	14.71-14.75	10,5
		12.76-12.80	14.76-14.80	10,2
		12.81-12.85	14.81-14.85	9,9
		12.86-12.90	14.86-14.90	9,6
		12.91-12.95	14.91-14.95	9,3
		12.96-13.00	14.96-15.00	9,0
		13.01-13.05	15.01-15.05	8,7
		13.06-13.10	15.06-15.10	8,4
		13.11-13.15	15.11-15.15	8,1
		13.16-13.20	15.16-15.20	7,8
		13.21-13.25	15.21-15.25	7,5
		13.26-13.30	15.26-15.30	7,2
		13.31-13.35	15.31-15.35	6,9
		13.36-13.40	15.36-15.40	6,6
		13.41-13.45	15.41-15.45	6,3
		13.46-13.50	15.46-15.50	6,0
		13.51-13.55	15.51-15.55	5,7
		13.56-13.60	15.56-15.60	5,4
		13.61-13.65	15.61-15.65	5,1
		13.66-13.70	15.66-15.70	4,8
		13.71-13.75	15.71-15.75	4,5
		13.76-13.80	15.76-15.80	4,2
		13.81-13.85	15.81-15.85	3,9
		13.86-13.90	15.86-15.90	3,6
		13.91-13.95	15.91-15.95	3,3
		13.96-14.00	15.96-16.00	3,0
		14.01-14.05	16.01-16.05	2,7
		14.06-14.10	16.06-16.10	2,4

		14.11-14.15	16.11-16.15	2,1
		14.16-14.20	16.16-16.20	1,8
		14.21-14.25	16.21-16.25	1,5
		14.26-14.30	16.26-16.30	1,2
		14.31-14.35	16.31-16.35	0,9
		14.36-14.40	16.36-16.40	0,6
		14.41-14.45	16.41-16.45	0,3
		14.46 dan yuqori	16.46 dan yuqori	0
3	<p>Shaybani darvoza tomon aniq yo'llash. Test shayba va chapyonga (klyushka) egalik qilish texnikasini aniqlash imkonini beradi. Darvoza to'rt bo'lakka bo'linadi. Darvoza chizig'idan 7 metr uzoqlikda 6 ta shayba o'rnatiladi.</p>  <p>Bajarilishi: Testdan o'tuvchi darvoza chig'idan 7 metr uzoqlikda turadi. Signaldan so'ng, sinovdan o'tuvchi shaybani aytilgan kvadratga yo'llaydi. Har bir aniq mo'ljalga olingan shaybalar uchun 5 balldan beriladi. Vazifa imkon qadar ko'proq ball olishdan iborat.</p>	6 ta aniq 5 ta aniq 4 ta aniq 3 ta aniq 2 ta aniq 1 ta aniq 0	6 ta aniq 5 ta aniq 4 ta aniq 3 ta aniq 2 ta aniq 1 ta aniq 0	30 25 20 15 10 5 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.

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

Erkaklar uchun

№	Me'yoriy talablar mazmuni	Natija		Ballar
		Erkaklar	Ayollar	
1	<p>Turgan joydan ikkala oyoq bilan depsinib uzunlikka sakrash.</p> <p>Test xokkeychining tezkor kuch sifatini aniqlash imkonini beradi.</p> <p>Bajarilishi: sinovdan o'tayotgan start chizig'ida oldinga qaragan holda, start chizig'ini bosmasdan turadi. Oyoqlarni yelka kengligida qo'yan 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.</p> <p>Natija santimetrlarda qayd qilinadi.</p>	2,30 dan yoqori	1,90 dan yoqori	21,0
		2,29	1,89	20,7
		2,28	1,88	20,4
		2,27	1,87	20,1
		2,26	1,86	19,8
		2,25	1,85	19,5
		2,24	1,84	19,2
		2,23	1,83	18,9
		2,22	1,82	18,6
		2,21	1,81	18,3
		2,20	1,80	18,0
		2,19	1,79	17,7
		2,18	1,78	17,4
		2,17	1,77	17,1
		2,16	1,76	16,8
		2,15	1,75	16,5
		2,14	1,74	16,2
		2,13	1,73	15,9
		2,12	1,72	15,6
		2,11	1,71	15,3
		2,10	1,70	15,0
		2,09	1,69	14,7
		2,08	1,68	14,4
		2,07	1,67	14,1
		2,06	1,66	13,8
		2,05	1,65	13,5
		2,04	1,64	13,2
		2,03	1,63	12,9
		2,02	1,62	12,6
		2,01	1,61	12,3
		2,00	1,60	12,0
		1,99	1,59	11,7
		1,98	1,58	11,4
		1,97	1,57	11,1
		1,96	1,56	10,8
		1,95	1,55	10,5
		1,94	1,54	10,2
		1,93	1,53	9,9
		1,92	1,52	9,6
		1,91	1,51	9,3
		1,90	1,50	9,0
1,89	1,49	8,7		
1,88	1,48	8,4		
1,87	1,47	8,1		
1,86	1,46	7,8		
1,85	1,45	7,5		
1,84	1,44	7,2		
1,83	1,43	6,9		
1,82	1,42	6,6		
1,81	1,41	6,3		

		1,80	1,40	6,0
		1,79	1,39	5,7
		1,78	1,38	5,4
		1,77	1,37	5,1
		1,76	1,36	4,8
		1,75	1,35	4,5
		1,74	1,34	4,2
		1,73	1,33	3,9
		1,72	1,32	3,6
		1,71	1,31	3,3
		1,70	1,30	3,0
		1,69	1,29	2,7
		1,68	1,28	2,4
		1,67	1,27	2,1
		1,66	1,26	1,8
		1,65	1,25	1,5
		1,64	1,24	1,2
		1,63	1,23	0,9
		1,62	1,22	0,6
		1,61	1,21	0,3
		1,60 dan past	1,20 dan past	0,0
2	<p>30 metr ga yugurish. Test sportchining tezkorlik sifati darajasini aniqlash imkon beradi.</p> <p>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) chizig'ini kesib o'tadi. Masofani bosib o'tish soniya va millisoniyalarda baholanadi. Sinovni bajarish uchun ikkita urinish beriladi, eng yaxshi natija hisobga olinadi.</p>	<p>4,30 dan past</p> <p>4,31-4,35</p> <p>4,36-4,40</p> <p>4,41-4,45</p> <p>4,46-4,50</p> <p>4,51-4,55</p> <p>4,56-4,60</p> <p>4,61-4,65</p> <p>4,66-4,70</p> <p>4,71-4,75</p> <p>4,76-4,80</p> <p>4,81-4,85</p> <p>4,86-4,90</p> <p>4,91-4,95</p> <p>4,96-5,00</p> <p>5,01-5,05</p> <p>5,06-5,10</p> <p>5,11-5,15</p> <p>5,16-5,20</p> <p>5,21-5,25</p> <p>5,26-5,30</p> <p>5,31-5,35</p> <p>5,36-5,40</p> <p>5,41-5,45</p> <p>5,46-5,50</p> <p>5,51-5,55</p> <p>5,56-5,60</p> <p>5,61-5,65</p> <p>5,66-5,70</p> <p>5,71-5,75</p> <p>5,76-5,80</p> <p>5,81-5,85</p> <p>5,86-5,90</p> <p>5,91-5,95</p> <p>5,96-6,00</p> <p>6,01-6,05</p>	<p>4,70 dan past</p> <p>4,71-4,75</p> <p>4,76-4,80</p> <p>4,81-4,85</p> <p>4,86-4,90</p> <p>4,91-4,95</p> <p>4,96-5,00</p> <p>5,01-5,05</p> <p>5,06-5,10</p> <p>5,11-5,15</p> <p>5,16-5,20</p> <p>5,21-5,25</p> <p>5,26-5,30</p> <p>5,31-5,35</p> <p>5,36-5,40</p> <p>5,41-5,45</p> <p>5,46-5,50</p> <p>5,51-5,55</p> <p>5,56-5,60</p> <p>5,61-5,65</p> <p>5,66-5,70</p> <p>5,71-5,75</p> <p>5,76-5,80</p> <p>5,81-5,85</p> <p>5,86-5,90</p> <p>5,91-5,95</p> <p>5,96-6,00</p> <p>6,01-6,05</p> <p>6,06-6,10</p> <p>6,11-6,15</p> <p>6,16-6,20</p> <p>6,21-6,25</p> <p>6,26-6,30</p> <p>6,31-6,35</p> <p>6,36-6,40</p> <p>6,41-6,45</p>	<p>21,0</p> <p>20,5</p> <p>20,0</p> <p>19,5</p> <p>19,0</p> <p>18,5</p> <p>18,0</p> <p>17,5</p> <p>17,0</p> <p>16,5</p> <p>16,0</p> <p>15,5</p> <p>15,0</p> <p>14,5</p> <p>14,0</p> <p>13,5</p> <p>13,0</p> <p>12,5</p> <p>12,0</p> <p>11,5</p> <p>11,0</p> <p>10,5</p> <p>10,0</p> <p>9,5</p> <p>9,0</p> <p>8,5</p> <p>8,0</p> <p>7,5</p> <p>7,0</p> <p>6,5</p> <p>6,0</p> <p>5,5</p> <p>5,0</p> <p>4,5</p> <p>4,0</p> <p>3,5</p>

Xokkey

		6,26-6,30 6,31-6,35 6,36 dan yoqori	6,66-6,70 6,71-6,75 6,76 dan yoqori	1,0 0,5 0,0
3	Yerga tayangan holda qo'llarni bukib yozish: Qo'llarning kuchini aniqlaydi. Bajarilishi: dastlabki holat qabul qilinadi: oyoqlar polda juft yoki bir oz ajralgan bo'lib, kaftlar polda, qo'llar tekis va bilaklar yelka kengligida joylashadi. Tirsaklaringizni 90° burchakka egib, tanangizni yerga yaqinroq olib kelinadi. Qo'llaringizni tirsak bo'g'imlarida bukiladi va dastlabki holatiga qaytiladi. Bitta urinish beriladi.	32 dan yoqori 31-30 29-28 27-26 25-24 23-22 21-20 19-18 17-16 15-14 13-12 11-10 9 8 7 6 5 4 3 2 1 0	21 dan yoqori 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 0	21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 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 oluvchining talablarini aniq bajarishi, imtihonni o'tkazishga halaqit bermasligi kerak.

Kafedra mudir

Imzo

F.I.Sh