

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 **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  |                 |                |      |
|----------|---|-----------------|----------------|------|
| <b>1</b> | <p><b>Burulishlar texnikasi.</b> Test burulishlar, tog' chang'ichisi turish holati va to'xtash texnikasi darajasini baholaydi.</p> <p><b>Bajarilishi:</b> Imtixon 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 "Sky machine" chang'i simulyatorida 3 daqiqa davomida amalga oshiriladi. (Ball ko'rinishida)</p> |                 |                |      |
|          | <b>Texnik elementlar</b>  | <b>Ballar</b>   |                |      |
| A        | Chang'ida muvozanatni saqlash   | 6               |                |      |
| B        | Tushish holati  | 12              |                |      |
| V        | Plug holati   | 18              |                |      |
| G        | Plug holatida burilishlar   | 24              |                |      |
| D        | Chang'ida parallel oyoqlarda burilish   | 33              |                |      |
| <b>2</b> | <b>Me'yorlar mazmuni</b>  | <b>Natija</b>   |                |      |
|          |   | <b>Erkaklar</b> | <b>Ayollar</b> |      |
|          | <p><b>Slalom trassasini bosib o'tish(«ilon izi»).</b><br/>Test texnik tayyorgarlik darajasini aniqlash imkonini beradi.</p> <p><b>Bajarilishi:</b> Test imtixon 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 baholanadi.</p>            | 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            |      |
|          |   |                 | 4,0            |      |

|   |   |   |   |  |
|---|---|---|---|--|
|   |   | 34 km/s   | 34 km/s   | 3,0  |
|   |   | 33 km/s   | 33 km/s   | 2,0  |
|   |   | 32 km/s   | 32 km/s   | 1,0  |
|   |   | 31 km/s   | 31 km/s   | 0,0  |
|   |   | 30 km/s   | 30 km/s   |  |
| 3 | <b>“Quti” testi</b>   | <b>Erkaklar</b>   | <b>Ayollar</b>  | <b>Ballar</b>  |
|   | Tezkor-kuch tayyorgarligini aniqlab beradi.<br><b>Bajarilishi:</b> 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 <b>25 marta</b> takrorlaganiga qadar davom etadi.<br>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) | 24,00 va past<br>24,01-24,10<br>24,11-24,20<br>24,21-24,30<br>24,31-24,40<br>24,41-24,50<br>24,51-24,60<br>24,61-24,70<br>24,71-24,80<br>24,81-24,90<br>24,91-25,00<br>25,01-25,10<br>25,11-25,20<br>25,21-25,30<br>25,31-25,40<br>25,41-25,50<br>25,51-25,60<br>25,61-25,70<br>25,71-25,80<br>25,81-25,90<br>25,91-26,00<br>26,01-26,10<br>26,11-26,20<br>26,21-26,30<br>26,31-26,40<br>26,41-26,50<br>26,51-26,60<br>26,61-26,70<br>26,71-26,80<br>26,81-26,90<br>26,91-27,00<br>27,01-27,10<br>27,11-27,20<br>27,21-27,30<br>27,31-27,40<br>27,41-27,50<br>27,51-27,60<br>27,61-27,70<br>27,71-27,80<br>27,81-27,90<br>27,91-28,00<br>28,01-28,10<br>28,11-28,20<br>28,21-28,30<br>28,31-28,40<br>28,41-28,50<br>28,51-28,60 | 27,00 va past<br>27,01-27,10<br>27,11-27,20<br>27,21-27,30<br>27,31-27,40<br>27,41-27,50<br>27,51-27,60<br>27,61-27,70<br>27,71-27,80<br>27,81-27,90<br>27,91-28,00<br>28,01-28,10<br>28,11-28,20<br>28,21-28,30<br>28,31-28,40<br>28,41-28,50<br>28,51-28,60<br>28,61-28,70<br>28,71-28,80<br>28,81-28,90<br>28,91-29,00<br>29,01-29,10<br>29,11-29,20<br>29,21-29,30<br>29,31-29,40<br>29,41-29,50<br>29,51-29,60<br>29,61-29,70<br>29,71-29,80<br>29,81-29,90<br>29,91-30,00<br>30,01-30,10<br>30,11-30,20<br>30,21-30,30<br>30,31-30,40<br>30,41-30,50<br>30,51-30,60<br>30,61-30,70<br>30,71-30,80<br>30,81-30,90<br>30,91-31,00<br>31,01-31,10<br>31,11-31,20<br>31,21-31,30<br>31,31-31,40<br>31,41-31,50<br>31,51-31,60 | 30,0<br>29,5<br>29,0<br>28,5<br>28,0<br>27,5<br>27,0<br>26,5<br>26,0<br>25,5<br>25,0<br>24,5<br>24,0<br>23,5<br>23,0<br>22,5<br>22,0<br>21,5<br>21,0<br>20,5<br>20,0<br>19,5<br>19,0<br>18,5<br>18,0<br>17,5<br>17,0<br>16,5<br>16,0<br>15,5<br>15,0<br>14,5<br>14,0<br>13,5<br>13,0<br>12,5<br>12,0<br>11,5<br>11,0<br>10,5<br>10,0<br>9,5<br>9,0<br>8,5<br>8,0<br>7,5<br>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.

2026/2027 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    | <p><b>Turgan joydan ikkala oyoq bilan depsinib uzunlikka sakrash.</b><br/>Test tezkor-kuch sifatini aniqlash imkonini beradi.<br/><b>Bajarilishi:</b> 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)</p> | 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  |
|   |   | 1,63         | 1,32         | 0,6  |
|   |   | 1,62         | 1,31         | 0,3  |
|   |   | 1,61         | 1,30 va past | 0,0  |
|   |   | 1,60 va past |              |      |
| 2 | <p><b>30 metrga yugurish.</b> Test sportchining tezkorlik sifati darajasini aniqlash imkon beradi.</p> <p><b>Bajarilishi:</b> 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. (Natija ko'rinishida)</p> | 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 |
|   |   | 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  |

Toq changisi

|   |   |  |  |  |
|---|---|--|--|--|
|   |   | 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 | <b>Gimnastika o'rindig'idan oldinga egilish.</b><br>Sportchi tanasi egiluvchanlik darajasi aniqlanadi.<br><b>Bajarilishi:</b> Tik turgan holda to'g'irlangan oyoqlarda oldinga egilish dastlabki holat bo'yicha: Skameykada tik turish, oyoqlar tizzalari tekislangan, oyoq kaftlarbir 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<br>20<br>19<br>18<br>17<br>16<br>15<br>14<br>13<br>12<br>11<br>10<br>9<br>8<br>7<br>6<br>5<br>4<br>3<br>2<br>1<br>0 | 21 va undan ko'p<br>20<br>19<br>18<br>17<br>16<br>15<br>14<br>13<br>12<br>11<br>10<br>9<br>8<br>7<br>6<br>5<br>4<br>3<br>2<br>1<br>0 | 21<br>20<br>19<br>18<br>17<br>16<br>15<br>14<br>13<br>12<br>11<br>10<br>9<br>8<br>7<br>6<br>5<br>4<br>3<br>2<br>1<br>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 mudir \_\_\_\_\_  
Imzo F.I.Sh