

**O‘ZBEKISTON RESPUBLIKASI  
OLIV TA‘LIM, FAN VA INNOVATSIYALAR VAZIRLIGI  
TERMIZ DAVLAT UNIVERSITETI**



**“TASDIQLAYMAN”**  
**Termiz davlat universiteti**  
**rektori** A.Maraximov

06 2023 yil

**KASBIY (IJODIY) IMTIHONLAR DASTURI  
VA BAHOLASH MEZONLARI (kunduzgi)**

61010300 – Sport faoliyati (faoliyat turlari bo‘yicha) ta‘lim yo‘nalishi  
(voleybol, kurash, yengil atletika, dzyudo, futbol).  
Umumiy jismoniy tayyorgarlik bo‘yicha kasbiy (ijodiy) imtihonlar

**Termiz davlat universiteti Kengashida ko'rib chiqilgan va ma'qullangan. 2023 yil \_\_\_\_ dagi \_\_ - sonli majlis bayoni.**

**Tuzuvchilar:**

- |                  |  |
|------------------|--|
| X.A.Sharipov     | Sport boshqaruvi kafedrası mudiri, dotsent.                      |
| B.Q.Amonturdiyev | Jismoniy tarbiya va sport o'yinlari kafedrası mudiri, professor. |
| A.A.Haqqulov     | Sport boshqaruvi kafedrası katta o'qituvchisi.                   |
| R.N.Shoymardonov | Jismoniy tarbiya va sport o'yinlari kafedrası o'qituvchisi       |
| A.Q.Ustoyev      | Sport boshqaruvi kafedrası katta o'qituvchisi.                   |
| P.T.To'rayev     | Sport boshqaruvi kafedrası o'qituvchisi.                         |
| U.A. Chariyev    | Sport boshqaruvi kafedrası o'qituvchisi.                         |

**Taqrizchilar:**

- |                |   |
|----------------|---|
| Ya.Ch.Daniyeva | Sport faoliyati va boshqaruvi fakulteti dekani, p.f.n. dotsent.                               |
| R.X.To'laganov | Jismoniy tarbiya va sport o'yinlari kafedrası katta o'qituvchisi, pedagogika fanlari nomzodi. |
| I.A.Daminov    | Termiz pedagogika instituti, Jismoniy tarbiya va sport nazariyasi kafedrası mudiri, professor |

**2023-2024 o'quv yili qabuli uchun abiturentlardan qabul qilinadigan  
ijodiy (kasbiy) imtihonlarning me'yoriy talabalari, baholash mezonlari  
hamda o'tkazish tartibi**

**KIRISH**

Jamiyatimizda sog'lom turmush tarzini shakillantirish, aholining, ayniqsa yosh avlodning jismoniy tarbiya va ommaviy sport bilan muntazam shug'ullanishi uchun zamon talablariga mos shart-sharoitlar yaratish, sport musobaqalari orqali yoshlarga o'z irodasi, kuchi va imkoniyatlariga bo'lgan ishonchni mustaxkamlash, mardlik va vatanparvarlik, ona Vatanga sadoqat tuyg'ularini kamol topish, shuningdek, yoshlar orasidan iqtidorli sportchilarni saralab olish ishlarini tizimli tashkillashtirish hamda jismoniy tarbiya va ommaviy sportni yanada rivojlantirishga yo'naltirilgan keng ko'lamli ishlar amalga oshirilmoqda.

O'zbekiston Respublikasi xududlarida 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 natijalarini oshirish muhim ahamiyat kasb etadi. Mamlakatimizda mazkur soha rivojiga qaratilgan qator me'yoriy – huquqiy hujjatlar qabul qilingan va jadallikda hayotga tadbiiq etib kelinmoqda.

Jumladan, 2022 yil 15 iyundagi O'zbekiston Respublikasi Prezidentining "Davlat oliy ta'lim muassasalariga o'qishga qabul qilish jarayonlarini tashkil etish to'g'risidagi" **PQ-279-son qarori**, 2018 yil 27 iyuldagi **VM-588-son qarori** bilan tasdiqlangan "Alohida iqtidor talab etiladigan bakalavriyat ta'lim yo'nalishlariga kirish test sinovlarisiz kasbiy (ijodiy) imtihonlar orqali qabul qilish tartibi to'g'risida"gi Nizomi, 2022 yil 3 noyabrdagi O'zbekiston Respublikasi Prezidentining "Jismoniy tarbiya va sport sohasida kadrlarni tayyorlash hamda ilmiy tadqiqotlar tizimini yanada takomillashtirish chora-tadbirlari to'g'risidagi" **PQ-414-son qarori** va 2021 yil 24 dekabrdagi O'zbekiston Respublikasi Prezidentining "Davlat oliy ta'lim muassasalarining akademik va tashkiliy-boshqaruv mustaqilligini ta'minlash bo'yicha qo'shimcha chora-tadbirlar to'g'risidagi" **PQ-60-son qarorilari** shular jumlasidandir.

O'zbekiston davlat jismoniy tarbiya va sport universiteti va uning Nukus va Fargona filiallaridagi Sport faoliyati (faoliyat turlari bo'yicha) ta'lim yo'nalishi bo'yicha kasbiy (ijodiy) imtihon dasturi sport maktablari (SM), Respublika Olimpiy va paralimpiy zahiralari tayyorlash markazlari jismoniy tarbiya va sport dasturlari asosida tuzilgan, abituriyentlarning jismoniy mashqlari bajarishdagi amaliy harakat ko'nikma va malakalarini baholashga mo'ljallangan.

Dasturda ijodiy (kasbiy) imtihonni o'tkazish tartibi, abiturientlarning jismoniy tarbiya va sport sohasidagi amaliy bilim, ko'nikma va malakalariga qo'yilgan talablar hamda baholash mezonlari o'z aksini topgan.

**Dasturning maqsadi va vazifalari**

Dasturning asosiy maqsadi – abiturentlarning jismoniy tarbiya va sport sohasiga oid egallangan bilim, ko'nikma va malakalari (jismoniy va sport turlari bo'yicha umumiy va maxsus tayyyorgarlik) holati darajasini belgilangan mezonlar asosida aniqlash hamda baholashdan iboratdir.

O'zbekiston Respublikasi Vazirlar Maxkamasining 2017 yil 20 iyundagi 393-sonli Qarori bilan tasdiqlangan "O'zbekiston Respublikasi Oliy ta'lim muassasalarining bakalavriyatiga talabalarni qabul qilish tartibi va qoidalari to'g'risida"gi Nizomga muvofiq

2023/2024 o'quv yilida O'zbekiston davlat jismoniy tarbiya va sport universitetiga Sport faoliyati (faoliyat turlari bo'yicha) ta'lim yo'nalishi bo'yicha qabul e'lon qilingan. Yuqoridagi ta'lim yo'nalishidan ya'ni sport faoliyati (faoliyati turlari bo'yicha) bo'yicha ko'p ballik baholash tizimi asosida kasbiy (ijodiy) imtihonlar o'tkaziladi (sport turlari bo'yicha me'yoriy talablar va baholash mezonlari ilova qilinadi). Abiturentlar tanlangan sport turidan kasbiy (ijodiy) imtihonlarni topshiradilar.

Kasbiy (ijodiy) imtihonlarni o'tkazishda har bir abituriyentdan o'z qobiliyatini yuqori darajada namoyon qilishiga imkoniyat yaratiladi. Sport faoliyati (faoliyati turlari bo'yicha) bo'yicha kasbiy (ijodiy) imtihon ballarining maksimal yig'indisi (summasi) sinov natijalariga ko'ra – 156 ballni tashkil etadi.

Tanlangan sport turi bo'yicha me'yoriy talablar sport turlarining xususiyatlariga oid mashqlardan tuzilgan.

### **Kasbiy (ijodiy) imtihonlarni o'tkazish tartibi**

Kasbiy (ijodiy) imtihonlarni o'tkazish maxsus ishlab chiqilgan me'yorlarni qabul qilishdan iborat. Imtihonning har bir qismini topshirish yuqori jismoniy yuklama (nagruzka) va emonsional zo'riqishni talab etadi. Shuni hisobga olgan holda abiturentlarga qulaylik va o'z imkoniyatlarini yuqori darajada namoyon qilishlari uchun imkoniyat yaratish maqsadida ijobiy imtihonlar guruhlarga bo'lingan holda o'tkaziladi hamda bir necha imkoniyatning eng yaxshi natijasi tanlab olinadi.

### **Kasbiy (ijodiy) imtihonlar quyidagi tartibda o'tkaziladi:**

a) abiturentning guruh ro'yxati va pasporti tekshirilgandan so'ng u imtihon topshirish uchun taklif qilinadi;

b) har bir abiturent tanlangan sport turi talablariga mos ravishda sport kiyimida bo'lishi lozim;

v) predmet komissiyasi raisi va imtihon qabul qiluvchilar abiturentlarga imtihonlarni topshirish tartibi va qoidalarini tushuntiradilar;

g) har bir abiturentga sport kiyimini kiyish, chigal yozdi mashqlari (razminka) bajarish va imtihon topshirishga tayyorlanish uchun vaqt beriladi;

d) har bir me'yor topshirilganidan so'ng abiturent tomonidan ko'rsatilgan natija va unga qo'yilgan tegishli (baholash mezonlariga muvofiq ravishda) ball e'lon qilinadi;

e) barcha me'yorlar qabul qilinganidan so'ng abiturentlarga kasbiy (ijodiy) imtihonda to'plangan umumiy ballari e'lon qilinadi;

j) kasbiy (ijodiy) imtihonlarni qayta topshirishga ruxsat etilmaydi;

z) kasbiy (ijodiy) imtihonlarga kechikib kelgan yoki uning birida ishtirok etmagan abiturentlar kasbiy (ijodiy) imtihonlarni topshirishga qo'yilmaydi.

Adaptiv jismoniy tarbiya va sport (parasport) – bo'yicha hujjat topshirgan abituriyentlar tanlangan sport turidan kasbiy (ijodiy) imtihonlarni topshiradilar. Nogironligi mavjud abituriyentlar (nozologiya) bo'yicha, sog'lomlar sport faoliyati (faoliyat turlari bo'yicha) kasbiy (ijodiy) imtihonlarni topshiradilar.

Sport faoliyati (xotin qizlar sportini rivojlantirish) yo'nalishi bo'yicha hujjat topshirgan abituriyentlar ayollarga mo'ljallangan sport faoliyati turlaridan kasbiy (ijodiy) imtihonlarni topshiradilar.

**YENGIL ATLETIKA BO'YICHA KASBIY (IJODIY) IMTIXONLARNING  
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(kunduzgi, sirtqi ta'lim erkaklar uchun)

**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

Erkaklar uchun №	ball	Qisqa masofalarga yuguruvchilar uchun (100m, 200m, 400, 110m. g'o, 400m. g'o)			O'rta masofalarga yuguruvchilar uchun (800m, 1500m)		
		100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	11,54	12,00	2,70	11,94	10,80	2,70
2	20,5 ball	11,61	11,90	2,68	12,01	10,70	2,68
3	20,0 ball	11,68	11,80	2,66	12,08	10,60	2,66
4	19,5 ball	11,75	11,70	2,64	12,15	10,50	2,64
5	19,0 ball	11,82	11,60	2,62	12,22	10,40	2,62
6	18,5 ball	11,89	11,50	2,60	12,29	10,30	2,60
7	18,0 ball	11,96	11,40	2,58	12,36	10,20	2,58
8	17,5 ball	12,03	11,30	2,56	12,43	10,10	2,56
9	17,0 ball	12,10	11,20	2,54	12,50	10,00	2,54
10	16,5 ball	12,17	11,10	2,52	12,57	9,90	2,52
11	16,0 ball	12,24	11,00	2,50	12,64	9,80	2,50
12	15,5 ball	12,31	10,90	2,48	12,71	9,70	2,48
13	15,0 ball	12,38	10,80	2,46	12,78	9,60	2,46
14	14,5 ball	12,45	10,70	2,44	12,85	9,50	2,44
15	14,0 ball	12,52	10,60	2,42	12,92	9,40	2,42
16	13,5 ball	12,59	10,50	2,40	12,99	9,30	2,40
17	13,0 ball	12,66	10,40	2,38	13,06	9,20	2,38
18	12,5 ball	12,73	10,30	2,36	13,13	9,10	2,36
19	12,0 ball	12,80	10,20	2,34	13,20	9,00	2,34
20	11,5 ball	12,87	10,10	2,32	13,27	8,90	2,32
21	11,0 ball	12,94	10,00	2,30	13,34	8,80	2,30
22	10,5 ball	13,01	9,90	2,28	13,41	8,70	2,28
23	10,0 ball	13,08	9,80	2,26	13,48	8,60	2,26
24	9,5 ball	13,15	9,70	2,24	13,55	8,50	2,24
25	9,0 ball	13,22	9,60	2,22	13,62	8,40	2,22
26	8,5 ball	13,29	9,50	2,20	13,69	8,30	2,20
27	8,0 ball	13,36	9,40	2,18	13,76	8,20	2,18
28	7,5 ball	13,43	9,30	2,16	13,83	8,10	2,16
29	7,0 ball	13,50	9,20	2,14	13,90	8,00	2,14
30	6,5 ball	13,57	9,10	2,12	13,97	7,90	2,12
31	6,0 ball	13,64	9,00	2,10	14,04	7,80	2,10
32	5,5 ball	13,71	8,90	2,08	14,11	7,70	2,08
33	5,0 ball	13,78	8,80	2,06	14,18	7,60	2,06
34	4,5 ball	13,85	8,70	2,04	14,25	7,50	2,04
35	4,0 ball	13,92	8,60	2,02	14,32	7,40	2,02
36	3,5 ball	13,99	8,50	2,00	14,39	7,30	2,00
37	3,0 ball	14,06	8,40	1,98	14,46	7,20	1,98
38	2,5 ball	14,13	8,30	1,96	14,53	7,10	1,96
39	2,0 ball	14,20	8,20	1,94	14,60	7,00	1,94
40	1,5 ball	14,27	8,10	1,92	14,67	6,90	1,92

41	1,0 ball	14,34	8,00	1,90	14,74	6,80	1,90
№	ball	Uzoq masofalarga yuguruvchilar uchun (3000 m., 3000 m. t/o)			Sportcha yuruvchilar uchun		
		100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	12,54	10,30	2,60	12,82	9,50	2,30
2	20,5 ball	12,61	10,20	2,58	12,89	9,40	2,28
3	20,0 ball	12,68	10,10	2,56	12,96	9,30	2,26
4	19,5 ball	12,75	10,00	2,54	13,03	9,20	2,24
5	19,0 ball	12,82	9,90	2,52	13,10	9,10	2,22
6	18,5 ball	12,89	9,80	2,50	13,17	9,00	2,20
7	18,0 ball	12,96	9,70	2,48	13,24	8,90	2,18
8	17,5 ball	13,03	9,60	2,46	13,31	8,80	2,16
9	17,0 ball	13,10	9,50	2,44	13,38	8,70	2,14
10	16,5 ball	13,17	9,40	2,42	13,45	8,60	2,12
11	16,0 ball	13,24	9,30	2,40	13,52	8,50	2,10
12	15,5 ball	13,31	9,20	2,38	13,59	8,40	2,08
13	15,0 ball	13,38	9,10	2,36	13,66	8,30	2,06
14	14,5 ball	13,45	9,00	2,34	13,73	8,20	2,04
15	14,0 ball	13,52	8,90	2,32	13,80	8,10	2,02
16	13,5 ball	13,59	8,80	2,30	13,87	8,00	2,00
17	13,0 ball	13,66	8,70	2,28	13,94	7,90	1,98
18	12,5 ball	13,73	8,60	2,26	14,01	7,80	1,96
19	12,0 ball	13,80	8,50	2,24	14,08	7,70	1,94
20	11,5 ball	13,87	8,40	2,22	14,15	7,60	1,92
21	11,0 ball	13,94	8,30	2,20	14,22	7,50	1,90
22	10,5 ball	14,01	8,20	2,18	14,29	7,40	1,88
23	10,0 ball	14,08	8,10	2,16	14,36	7,30	1,86
24	9,5 ball	14,15	8,00	2,14	14,43	7,20	1,84
25	9,0 ball	14,22	7,90	2,12	14,50	7,10	1,82
26	8,5 ball	14,29	7,80	2,10	14,57	7,00	1,80
27	8,0 ball	14,36	7,70	2,08	14,64	6,90	1,78
28	7,5 ball	14,43	7,60	2,06	14,71	6,80	1,76
29	7,0 ball	14,50	7,50	2,04	14,78	6,70	1,74
30	6,5 ball	14,57	7,40	2,02	14,85	6,60	1,72
31	6,0 ball	14,64	7,30	2,00	14,92	6,50	1,70
32	5,5 ball	14,71	7,20	1,98	14,99	6,40	1,68
33	5,0 ball	14,78	7,10	1,96	15,06	6,30	1,66
34	4,5 ball	14,85	7,00	1,94	15,13	6,20	1,64
35	4,0 ball	14,92	6,90	1,92	15,20	6,10	1,62
36	3,5 ball	14,99	6,80	1,90	15,27	6,00	1,60
37	3,0 ball	15,06	6,70	1,88	15,34	5,90	1,58
38	2,5 ball	15,13	6,60	1,86	15,39	5,80	1,56
39	2,0 ball	15,20	6,50	1,84	15,45	5,70	1,54
40	1,5 ball	15,27	6,40	1,82	15,49	5,60	1,52
41	1,0 ball	15,34	6,30	1,80	16,00	5,50	1,50

№	ball	Uzunlikka va uch hatlab, balandlikka va langarcho'p bilan sakrovchilar uchun			Uloqtiruvchilar uchun (yadro itqitish, nayza, disk uloqtirish va bosqon uloqtirish)		
		100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	13,54	12,20	3,00	13,54	12,50	2,70
2	20,5 ball	13,61	12,10	2,98	13,61	12,40	2,68
3	20,0 ball	13,68	12,00	2,96	13,68	12,30	2,66
4	19,5 ball	13,75	11,90	2,94	13,75	12,20	2,64
5	19,0 ball	13,82	11,80	2,92	13,82	12,10	2,62
6	18,5 ball	13,89	11,70	2,90	13,89	12,00	2,60
7	18,0 ball	13,96	11,60	2,88	13,96	11,90	2,58
8	17,5 ball	14,03	11,50	2,86	14,03	11,80	2,56
9	17,0 ball	14,10	11,40	2,84	14,10	11,70	2,54
10	16,5 ball	14,17	11,30	2,82	14,17	11,60	2,52
11	16,0 ball	14,24	11,20	2,80	14,24	11,50	2,50
12	15,5 ball	14,31	11,10	2,78	14,31	11,40	2,48
13	15,0 ball	14,38	11,00	2,76	14,38	11,30	2,46
14	14,5 ball	14,45	10,90	2,74	14,45	11,20	2,44
15	14,0 ball	14,52	10,80	2,72	14,52	11,10	2,42
16	13,5 ball	14,59	10,70	2,70	14,59	11,00	2,40
17	13,0 ball	14,66	10,60	2,68	14,66	10,90	2,38
18	12,5 ball	14,73	10,50	2,66	14,73	10,80	2,36
19	12,0 ball	14,80	10,40	2,64	14,80	10,70	2,34
20	11,5 ball	14,87	10,30	2,62	14,87	10,60	2,32
21	11,0 ball	14,94	10,20	2,60	14,94	10,50	2,30
22	10,5 ball	15,01	10,10	2,58	15,01	10,40	2,28
23	10,0 ball	15,08	10,00	2,56	15,08	10,30	2,26
24	9,5 ball	15,15	9,90	2,54	15,15	10,20	2,24
25	9,0 ball	15,22	9,80	2,52	15,22	10,10	2,22
26	8,5 ball	15,29	9,70	2,50	15,29	10,00	2,20
27	8,0 ball	15,36	9,60	2,48	15,36	9,90	2,18
28	7,5 ball	15,43	9,50	2,46	15,43	9,80	2,16
29	7,0 ball	15,50	9,40	2,44	15,50	9,70	2,14
30	6,5 ball	15,57	9,30	2,42	15,57	9,60	2,12
31	6,0 ball	15,64	9,20	2,40	15,64	9,50	2,10
32	5,5 ball	15,71	9,10	2,38	15,71	9,40	2,08
33	5,0 ball	15,78	9,00	2,36	15,78	9,30	2,06
34	4,5 ball	15,85	8,90	2,34	15,85	9,20	2,04
35	4,0 ball	15,92	8,80	2,32	15,92	9,10	2,02
36	3,5 ball	15,99	8,70	2,30	15,99	9,00	2,00
37	3,0 ball	16,06	8,60	2,28	16,06	8,90	1,98
38	2,5 ball	16,13	8,50	2,26	16,13	8,80	1,96
39	2,0 ball	16,20	8,40	2,24	16,20	8,70	1,94
40	1,5 ball	16,27	8,30	2,22	16,27	8,60	1,92
41	1,0 ball	16,34	8,20	2,20	16,34	8,50	1,90

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

**YENGIL ATLETIKA BO'YICHA KASBIY (IJODIY) IMTIXONLARNING  
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(kunduzgi, sirtqi ta'lim ayollar va xotin-qizlar uchun)

**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

№	ball	Qisqa masofalarga yuguruvchilar uchun (100m, 200m, 400, 100m. g'/o, 400m. g'/o)			O'rta masofalarga yuguruvchilar uchun (800m, 1500m)		
		100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	13,34	9,80	2,22	13,64	9,50	2,12
2	20,5 ball	13,41	9,70	2,20	13,71	9,40	2,10
3	20,0 ball	13,48	9,60	2,18	13,78	9,30	2,08
4	19,5 ball	13,55	9,50	2,16	13,85	9,20	2,06
5	19,0 ball	13,62	9,40	2,14	13,92	9,10	2,04
6	18,5 ball	13,69	9,30	2,12	13,99	9,00	2,02
7	18,0 ball	13,76	9,20	2,10	14,06	8,90	2,00
8	17,5 ball	13,83	9,10	2,08	14,13	8,80	1,98
9	17,0 ball	13,90	9,00	2,06	14,20	8,70	1,96
10	16,5 ball	13,97	8,90	2,04	14,27	8,60	1,94
11	16,0 ball	14,04	8,80	2,02	14,34	8,50	1,92
12	15,5 ball	14,11	8,70	2,00	14,41	8,40	1,90
13	15,0 ball	14,18	8,60	1,98	14,48	8,30	1,88
14	14,5 ball	14,25	8,50	1,96	14,55	8,20	1,86
15	14,0 ball	14,32	8,40	1,94	14,62	8,10	1,84
16	13,5 ball	14,39	8,30	1,92	14,69	8,00	1,82
17	13,0 ball	14,46	8,20	1,90	14,76	7,90	1,80
18	12,5 ball	14,53	8,10	1,88	14,83	7,80	1,78
19	12,0 ball	14,60	8,00	1,86	14,90	7,70	1,76
20	11,5 ball	14,67	7,90	1,84	14,97	7,60	1,74
21	11,0 ball	14,74	7,80	1,82	15,04	7,50	1,72
22	10,5 ball	14,81	7,70	1,80	15,11	7,40	1,70
23	10,0 ball	14,88	7,60	1,78	15,18	7,30	1,68
24	9,5 ball	14,95	7,50	1,76	15,25	7,20	1,66
25	9,0 ball	15,02	7,40	1,74	15,32	7,10	1,64
26	8,5 ball	15,09	7,30	1,72	15,39	7,00	1,62
27	8,0 ball	15,16	7,20	1,70	15,46	6,90	1,60
28	7,5 ball	15,23	7,10	1,68	15,53	6,80	1,58
29	7,0 ball	15,30	7,00	1,66	15,60	6,70	1,56
30	6,5 ball	15,37	6,90	1,64	15,67	6,60	1,54
31	6,0 ball	15,44	6,80	1,62	15,74	6,50	1,52
32	5,5 ball	15,51	6,70	1,60	15,81	6,40	1,50
33	5,0 ball	15,58	6,60	1,58	15,88	6,30	1,48
34	4,5 ball	15,65	6,50	1,56	15,95	6,20	1,46
35	4,0 ball	15,72	6,40	1,54	16,02	6,10	1,44
36	3,5 ball	15,79	6,30	1,52	16,09	6,00	1,42
37	3,0 ball	15,86	6,20	1,50	16,16	5,90	1,40
38	2,5 ball	15,93	6,10	1,48	16,23	5,80	1,38

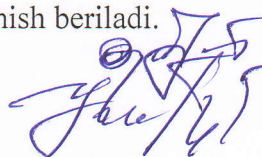


39	2,0 ball	16,00	6,00	1,46	16,30	5,70	1,36
40	1,5 ball	16,07	5,95	1,44	16,37	5,60	1,34
41	1,0 ball	16,14	5,90	1,42	16,44	5,50	1,32
№	ball	Uzoq masofalarga yuguruvchilar uchun (3000 m., 3000 m. t/o)			Sportcha yuruvchilar uchun		
		100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	13,99	9,00	2,02	14,20	8,50	2,00
2	20,5 ball	14,06	8,90	2,00	14,27	8,40	1,98
3	20,0 ball	14,13	8,80	1,98	14,34	8,30	1,96
4	19,5 ball	14,20	8,70	1,96	14,41	8,20	1,94
5	19,0 ball	14,27	8,60	1,94	14,48	8,10	1,92
6	18,5 ball	14,34	8,50	1,92	14,55	8,00	1,90
7	18,0 ball	14,41	8,40	1,90	14,62	7,90	1,88
8	17,5 ball	14,48	8,30	1,88	14,69	7,80	1,86
9	17,0 ball	14,55	8,20	1,86	14,76	7,70	1,84
10	16,5 ball	14,62	8,10	1,84	14,83	7,60	1,82
11	16,0 ball	14,69	8,00	1,82	14,90	7,50	1,80
12	15,5 ball	14,76	7,90	1,80	14,97	7,40	1,78
13	15,0 ball	14,83	7,80	1,78	15,04	7,30	1,76
14	14,5 ball	14,90	7,70	1,76	15,11	7,20	1,74
15	14,0 ball	14,97	7,60	1,74	15,18	7,10	1,72
16	13,5 ball	15,04	7,50	1,72	15,25	7,00	1,70
17	13,0 ball	15,11	7,40	1,70	15,32	6,90	1,68
18	12,5 ball	15,18	7,30	1,68	15,39	6,80	1,66
19	12,0 ball	15,25	7,20	1,66	15,46	6,70	1,64
20	11,5 ball	15,32	7,10	1,64	15,53	6,60	1,62
21	11,0 ball	15,39	7,00	1,62	15,60	6,50	1,60
22	10,5 ball	15,46	6,90	1,60	15,67	6,40	1,58
23	10,0 ball	15,53	6,80	1,58	15,74	6,30	1,56
24	9,5 ball	15,60	6,70	1,56	15,81	6,20	1,54
25	9,0 ball	15,67	6,60	1,54	15,88	6,10	1,52
26	8,5 ball	15,74	6,50	1,52	15,95	6,00	1,50
27	8,0 ball	15,81	6,40	1,50	16,02	5,90	1,48
28	7,5 ball	15,88	6,30	1,48	16,09	5,80	1,46
29	7,0 ball	15,95	6,20	1,46	16,16	5,70	1,44
30	6,5 ball	16,02	6,10	1,44	16,23	5,60	1,42
31	6,0 ball	16,09	6,00	1,42	16,30	5,50	1,40
32	5,5 ball	16,16	5,90	1,40	16,37	5,40	1,38
33	5,0 ball	16,23	5,80	1,38	16,44	5,30	1,36
34	4,5 ball	16,30	5,70	1,36	16,51	5,20	1,34
35	4,0 ball	16,37	5,60	1,34	16,58	5,10	1,32
36	3,5 ball	16,44	5,50	1,32	16,65	5,00	1,30
37	3,0 ball	16,51	5,40	1,30	16,72	4,90	1,28
38	2,5 ball	16,58	5,30	1,28	16,79	4,80	1,26
39	2,0 ball	16,65	5,20	1,26	16,86	4,70	1,24
40	1,5 ball	16,72	5,10	1,24	16,93	4,60	1,22
41	1,0 ball	16,79	5,00	1,22	17,00	4,50	1,20

№	ball	Uzunlikka va uch hatlab, balandlikka va langarcho'p bilan sakrovchilar uchun			Uloqtiruvchilar uchun (yadro itqitish, nayza, disk uloqtirish va bosqon uloqtirish)		
		100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	13,51	10,00	2,35	15,64	10,00	2,30
2	20,5 ball	13,56	9,90	2,33	15,71	9,90	2,28
3	20,0 ball	13,61	9,80	2,31	15,78	9,80	2,26
4	19,5 ball	13,66	9,70	2,29	15,85	9,70	2,24
5	19,0 ball	13,71	9,60	2,27	15,92	9,60	2,22
6	18,5 ball	13,76	9,50	2,25	15,99	9,50	2,20
7	18,0 ball	13,81	9,40	2,23	16,06	9,40	2,18
8	17,5 ball	13,86	9,30	2,21	16,13	9,30	2,16
9	17,0 ball	13,91	9,20	2,19	16,20	9,20	2,14
10	16,5 ball	13,96	9,10	2,17	16,27	9,10	2,12
11	16,0 ball	14,01	9,00	2,15	16,34	9,00	2,10
12	15,5 ball	14,06	8,90	2,13	16,41	8,90	2,08
13	15,0 ball	14,11	8,80	2,11	16,48	8,80	2,06
14	14,5 ball	14,16	8,70	2,09	16,55	8,70	2,04
15	14,0 ball	14,21	8,60	2,07	16,62	8,60	2,02
16	13,5 ball	14,26	8,50	2,05	16,69	8,50	2,00
17	13,0 ball	14,31	8,40	2,03	16,76	8,40	1,98
18	12,5 ball	14,36	8,30	2,01	16,83	8,30	1,96
19	12,0 ball	14,41	8,20	1,99	16,90	8,20	1,94
20	11,5 ball	14,46	8,10	1,97	16,97	8,10	1,92
21	11,0 ball	14,51	8,00	1,95	17,04	8,00	1,90
22	10,5 ball	14,56	7,90	1,93	17,11	7,90	1,88
23	10,0 ball	14,61	7,80	1,91	17,18	7,80	1,86
24	9,5 ball	14,66	7,70	1,89	17,25	7,70	1,84
25	9,0 ball	14,71	7,60	1,87	17,32	7,60	1,82
26	8,5 ball	14,76	7,50	1,85	17,39	7,50	1,80
27	8,0 ball	14,81	7,40	1,83	17,46	7,40	1,78
28	7,5 ball	14,86	7,30	1,81	17,53	7,30	1,76
29	7,0 ball	14,91	7,20	1,79	17,60	7,20	1,74
30	6,5 ball	14,96	7,10	1,77	17,67	7,10	1,72
31	6,0 ball	15,01	7,00	1,75	17,74	7,00	1,70
32	5,5 ball	15,06	6,90	1,73	17,81	6,90	1,68
33	5,0 ball	15,11	6,80	1,71	17,88	6,80	1,66
34	4,5 ball	15,16	6,70	1,69	17,95	6,70	1,64
35	4,0 ball	15,21	6,60	1,67	18,02	6,60	1,62
36	3,5 ball	15,26	6,50	1,65	18,09	6,50	1,60
37	3,0 ball	15,31	6,40	1,63	18,16	6,40	1,58
38	2,5 ball	15,36	6,30	1,61	18,23	6,30	1,56
39	2,0 ball	15,41	6,20	1,59	18,30	6,20	1,54
40	1,5 ball	15,46	6,10	1,57	18,37	6,10	1,52
41	1,0 ball	15,51	6,00	1,55	18,44	6,00	1,50

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

“Sport boshqaruvi” kafedrası mudiri, dots.  
“Sport boshqaruvi” kafedrası o'qituvchisi



X.A.Sharipov  
U.A.Chariyev

**YENGIL ATLETIKA BO'YICHA KASBIY (IJODIY) IMTIXONLARNING  
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

**(kunduzgi, sirtqi ta'lim erkaklar uchun)**

**Ixtisoslik bo'yicha maksimal ball 93**

Erkaklar uchun

<b>Ball</b>	<b>100 m (s.)</b>	<b>200 m (s.)</b>	<b>400 m (s.)</b>	<b>800 m (daq,s.)</b>	<b>1500 m (daq,s.)</b>	<b>3000 m (daq,s)</b>
93 ball	11,14	22,24	49,94	1:55,2	3:58,0	8:32,2
91 ball	11,16	22,29	50,08	1:55,6	3:58,6	8:33,8
89 ball	11,18	22,34	50,22	1:56,0	3:59,2	8:35,4
87 ball	11,20	22,39	50,36	1:56,3	3:59,8	8:36,9
85 ball	11,22	22,44	50,50	1:56,7	4:00,4	8:38,5
83 ball	11,24	22,49	50,64	1:57,0	4:01,0	8:40,0
81 ball	11,26	22,54	50,78	1:57,4	4:01,6	8:41,6
79 ball	11,28	22,59	50,92	1:57,8	4:02,2	8:43,2
77 ball	11,30	22,64	51,06	1:58,1	4:02,8	8:44,7
75 ball	11,32	22,69	51,20	1:58,5	4:03,4	8:46,3
73 ball	11,34	22,74	51,34	1:58,8	4:04,0	8:47,8
71 ball	11,36	22,79	51,48	1:59,2	4:04,6	8:49,4
69 ball	11,38	22,84	51,62	1:59,6	4:05,2	8:51,0
67 ball	11,40	22,89	51,76	1:59,9	4:05,8	8:52,5
65 ball	11,42	22,94	51,90	2:00,3	4:06,4	8:54,1
63 ball	11,44	22,99	52,04	2:00,6	4:07,0	8:55,6
61 ball	11,46	23,04	52,18	2:01,0	4:07,6	8:57,2
59 ball	11,48	23,09	52,32	2:01,4	4:08,2	8:58,8
57 ball	11,50	23,14	52,46	2:01,7	4:08,8	9:00,3
55 ball	11,52	23,19	52,60	2:02,1	4:09,4	9:01,9
53 ball	11,54	23,24	52,74	2:02,4	4:10,0	9:03,4
51 ball	11,56	23,29	52,88	2:02,8	4:10,6	9:05,0
49 ball	11,58	23,34	53,02	2:03,2	4:11,2	9:06,6
47 ball	11,60	23,39	53,16	2:03,5	4:11,8	9:08,1
45 ball	11,62	23,44	53,30	2:03,9	4:12,4	9:09,7
43 ball	11,64	23,49	53,44	2:04,2	4:13,0	9:11,2
41 ball	11,66	23,54	53,58	2:04,6	4:13,6	9:12,8
39 ball	11,68	23,59	53,72	2:05,0	4:14,2	9:14,4
37 ball	11,70	23,64	53,86	2:05,3	4:14,8	9:15,9
35 ball	11,72	23,69	54,00	2:05,7	4:15,4	9:17,5
33 ball	11,74	23,74	54,14	2:06,0	4:16,0	9:19,0
31 ball	11,76	23,79	54,28	2:06,4	4:16,6	9:20,6

<b>29 ball</b>	11,78	23,84	54,42	2:06,8	4:17,2	9:22,2
<b>27 ball</b>	11,80	23,89	54,56	2:07,1	4:17,8	9:23,7
<b>25 ball</b>	11,82	23,94	54,70	2:07,5	4:18,4	9:25,3
<b>23 ball</b>	11,84	23,99	54,84	2:07,8	4:19,0	9:26,8
<b>21 ball</b>	11,86	24,04	54,98	2:08,2	4:19,6	9:28,4
<b>19 ball</b>	11,88	24,09	55,12	2:08,6	4:20,2	9:30,0
<b>17 ball</b>	11,90	24,14	55,26	2:08,9	4:20,8	9:31,5
<b>15 ball</b>	11,92	24,19	55,40	2:09,3	4:21,4	9:33,1
<b>13 ball</b>	11,94	24,24	55,54	2:09,6	4:22,0	9:34,6
<b>11 ball</b>	11,96	24,29	55,68	2:10,0	4:22,6	9:36,2
<b>9 ball</b>	11,98	24,34	55,82	2:10,4	4:23,2	9:37,8
<b>7 ball</b>	12,00	24,39	55,96	2:10,7	4:23,8	9:39,3
<b>5 ball</b>	12,02	24,44	56,10	2:11,1	4:24,4	9:40,9
<b>3 ball</b>	12,04	24,49	56,24	2:11,4	4:25,0	9:42,4
<b>1 ball</b>	+12,06	+24,54	+56,38	+2:11,8	+4:25,6	+9:45,2

Ball	3000 to'siqlar osha yugurish (daq.s.)	110 m. g'ovlar osha yugurish h=0.991m	400 m. g'ovlar osha yugurish (daq.s.)	5000 m. sportcha yurish (daq.s.)	Uzunlikka sakrash (m.sm)	Uch hatlab sakrash (m.sm)
93 ball	9:25,2	15,24	55,74	21:50,0	7,10	15,00
91 ball	9:27,0	15,29	55,92	21:55,0	7,08	14,96
89 ball	9:28,8	15,34	56,10	22:00,0	7,06	14,92
87 ball	9:30,6	15,39	56,28	22:05,0	7,04	14,88
85 ball	9:32,4	15,44	56,46	22:10,0	7,02	14,84
83 ball	9:34,2	15,49	56,64	22:15,0	7,00	14,80
81 ball	9:36,0	15,54	56,82	22:20,0	6,98	14,76
79 ball	9:37,8	15,59	57,00	22:25,0	6,96	14,72
77 ball	9:39,6	15,64	57,18	22:30,0	6,94	14,68
75 ball	9:41,4	15,69	57,36	22:35,0	6,92	14,64
73 ball	9:43,2	15,74	57,54	22:40,0	6,90	14,60
71 ball	9:45,0	15,79	57,72	22:45,0	6,88	14,56
69 ball	9:46,8	15,84	57,90	22:50,0	6,86	14,52
67 ball	9:48,6	15,89	58,08	22:55,0	6,84	14,48
65 ball	9:50,4	15,94	58,26	23:00,0	6,82	14,44
63 ball	9:52,2	15,99	58,44	23:05,0	6,80	14,40
61 ball	9:54,0	16,04	58,62	23:10,0	6,78	14,36
59 ball	9:55,8	16,09	58,80	23:15,0	6,76	14,32
57 ball	9:57,6	16,14	58,98	23:20,0	6,74	14,28
55 ball	9:59,4	16,19	59,16	23:25,0	6,72	14,24
53 ball	10:01,2	16,24	59,34	23:30,0	6,70	14,20
51 ball	10:03,0	16,29	59,52	23:35,0	6,68	14,16
49 ball	10:04,8	16,34	59,70	23:40,0	6,66	14,12
47 ball	10:06,6	16,39	59,88	23:45,0	6,64	14,08
45 ball	10:08,4	16,44	1:00,0	23:50,0	6,62	14,04
43 ball	10:10,2	16,49	1:00,2	23:55,0	6,60	14,00
41 ball	10:12,0	16,54	1:00,5	24:00,0	6,58	13,96
39 ball	10:13,8	16,59	1:00,7	24:05,0	6,56	13,92
37 ball	10:15,6	16,64	1:00,9	24:10,0	6,54	13,88
35 ball	10:17,4	16,69	1:01,1	24:15,0	6,52	13,84
33 ball	10:19,2	16,74	1:01,3	24:20,0	6,50	13,80
31 ball	10:21,0	16,79	1:01,6	24:25,0	6,48	13,76
29 ball	10:22,8	16,84	1:01,8	24:30,0	6,46	13,72

<b>27 ball</b>	10:24,6	16,89	1:02,0	24:35,0	6,44	13,68
<b>25 ball</b>	10:26,4	16,94	1:02,2	24:40,0	6,42	13,64
<b>23 ball</b>	10:28,2	16,99	1:02,4	24:45,0	6,40	13,60
<b>21 ball</b>	10:30,0	17,04	1:02,7	24:50,0	6,38	13,56
<b>19 ball</b>	10:31,8	17,09	1:02,9	24:55,0	6,36	13,52
<b>17 ball</b>	10:33,6	17,14	1:03,1	25:00,0	6,34	13,48
<b>15 ball</b>	10:35,4	17,19	1:03,3	25:05,0	6,32	13,44
<b>13 ball</b>	10:37,2	17,24	1:03,5	25:10,0	6,30	13,40
<b>11 ball</b>	10:39,0	17,29	1:03,8	25:15,0	6,28	13,36
<b>9 ball</b>	10:40,8	17,34	1:04,0	25:20,0	6,26	13,32
<b>7 ball</b>	10:42,6	17,39	1:04,2	25:25,0	6,24	13,28
<b>5 ball</b>	10:44,4	17,44	1:04,4	25:30,0	6,22	13,24
<b>3 ball</b>	10:46,2	17,49	1:04,6	25:35,0	6,20	13,20
<b>1 ball</b>	+10:48,0	+17,54	+1:04,9	+25:40,0	-6,18	-13,16

<b>Ball</b>	<b>Baland-likka sakrash (sm)</b>	<b>Langarcho'pga tayanib sakrash (sm)</b>	<b>Yadro itqitish (m.sm) 6 kg</b>	<b>Disk uloqtirish (m.sm) 1.75 kg</b>	<b>Bosqon uloqtirish (m.sm) 6 kg</b>	<b>Nayza uloqtirish (m.sm) 800 gr</b>
93 ball	200	460	16,50	50,00	62,00	65,00
91 ball	199	458	16,40	49,70	61,65	64,70
89 ball	198	456	16,30	49,40	61,30	64,40
87 ball	197	454	16,20	49,10	60,95	64,10
85 ball	196	452	16,10	48,80	60,60	63,80
83 ball	195	450	16,00	48,50	60,25	63,50
81 ball	194	448	15,90	48,20	59,90	63,20
79 ball	193	446	15,80	47,90	59,55	62,90
77 ball	192	444	15,70	47,60	59,20	62,60
75 ball	191	442	15,60	47,30	58,85	62,30
73 ball	190	440	15,50	47,00	58,50	62,00
71 ball	189	438	15,40	46,70	58,15	61,70
69 ball	188	436	15,30	46,40	57,80	61,40
67 ball	187	434	15,20	46,10	57,45	61,10
65 ball	186	432	15,10	45,80	57,10	60,80
63 ball	185	430	15,00	45,50	56,75	60,50
61 ball	184	428	14,90	45,20	56,40	60,20
59 ball	183	426	14,80	44,90	56,05	59,90
57 ball	182	424	14,70	44,60	55,70	59,60
55 ball	181	422	14,60	44,30	55,35	59,30
53 ball	180	420	14,50	44,00	55,00	59,00
51 ball	179	418	14,40	43,70	54,65	58,70
49 ball	178	416	14,30	43,40	54,30	58,40
47 ball	177	414	14,20	43,10	53,95	58,10
45 ball	176	412	14,10	42,80	53,60	57,80
43 ball	175	410	14,00	42,50	53,25	57,50
41 ball	174	408	13,90	42,20	52,90	57,20
39 ball	173	406	13,80	41,90	52,55	56,90
37 ball	172	404	13,70	41,60	52,20	56,60
35 ball	171	402	13,60	41,30	51,85	56,30
33 ball	170	400	13,50	41,00	51,50	56,00
31 ball	169	398	13,40	40,70	51,15	55,70
29 ball	168	396	13,30	40,40	50,80	55,40
27 ball	167	394	13,20	40,10	50,45	55,10
25 ball	166	392	13,10	39,80	50,10	54,80

<b>23 ball</b>	165	390	13,00	39,50	49,75	54,50
<b>21 ball</b>	164	388	12,90	39,20	49,40	54,20
<b>19 ball</b>	163	386	12,80	38,90	49,05	53,90
<b>17 ball</b>	162	384	12,70	38,60	48,70	53,60
<b>15 ball</b>	161	382	12,60	38,30	48,35	53,30
<b>13 ball</b>	160	380	12,50	38,00	48,00	53,00
<b>11 ball</b>	159	378	12,40	37,70	47,65	52,70
<b>9 ball</b>	158	376	12,30	37,40	47,30	52,40
<b>7 ball</b>	157	374	12,20	37,10	46,95	52,10
<b>5 ball</b>	156	372	12,10	36,80	46,60	51,80
<b>3 ball</b>	155	370	12,00	36,50	46,25	51,50
<b>1 ball</b>	-154	-368	-11,90	-36,20	-45,90	-51,20

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.



**YENGIL ATLETIKA BO'YICHA KASBIY (IJODIY) IMTIXONLARNING  
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(kunduzgi, sirtqi ta'lim ayollar va xotin-qizlar uchun)

**Ixtisoslik bo'yicha maksimal ball 93**

Ayollar uchun

<b>Ball</b>	<b>100 m (s.)</b>	<b>200 m (s.)</b>	<b>400 m (s.)</b>	<b>800 m (daq,s.)</b>	<b>1500 m (daq,s.)</b>	<b>3000 m (daq,s)</b>
93 ball	12,50	25,44	57,30	2:16,0	4:36,0	9:58,2
91 ball	12,53	25,51	57,47	2:16,5	4:37,0	10:00,5
89 ball	12,56	25,58	57,64	2:17,0	4:38,0	10:02,8
87 ball	12,59	25,65	57,81	2:17,5	4:39,0	10:05,1
85 ball	12,62	25,72	57,98	2:18,0	4:40,0	10:07,3
83 ball	12,65	25,79	58,15	2:18,5	4:41,0	10:09,6
81 ball	12,68	25,86	58,32	2:19,0	4:42,0	10:11,9
79 ball	12,71	25,93	58,49	2:19,5	4:43,0	10:14,1
77 ball	12,74	26,00	58,66	2:20,0	4:44,0	10:16,4
75 ball	12,77	26,07	58,83	2:20,5	4:45,0	10:18,7
73 ball	12,80	26,14	59,00	2:21,0	4:46,0	10:20,9
71 ball	12,83	26,21	59,17	2:21,5	4:47,0	10:23,2
69 ball	12,86	26,28	59,34	2:22,0	4:48,0	10:25,5
67 ball	12,89	26,35	59,51	2:22,5	4:49,0	10:27,7
65 ball	12,92	26,42	59,68	2:23,0	4:50,0	10:30,0
63 ball	12,95	26,49	59,85	2:23,5	4:51,0	10:32,3
61 ball	12,98	26,56	1:00,0	2:24,0	4:52,0	10:34,6
59 ball	13,01	26,63	1:00,2	2:24,5	4:53,0	10:36,8
57 ball	13,04	26,70	1:00,4	2:25,0	4:54,0	10:39,1
55 ball	13,07	26,77	1:00,5	2:25,5	4:55,0	10:41,4
53 ball	13,10	26,84	1:00,7	2:26,0	4:56,0	10:43,6
51 ball	13,13	26,91	1:00,9	2:26,5	4:57,0	10:45,9
49 ball	13,16	26,98	1:01,0	2:27,0	4:58,0	10:48,2
47 ball	13,19	27,05	1:01,2	2:27,5	4:59,0	10:50,4
45 ball	13,22	27,12	1:01,4	2:28,0	5:00,0	10:52,7
43 ball	13,25	27,19	1:01,6	2:28,5	5:01,0	10:55,0
41 ball	13,28	27,26	1:01,7	2:29,0	5:02,0	10:57,3
39 ball	13,31	27,33	1:01,9	2:29,5	5:03,0	10:59,5
37 ball	13,34	27,40	1:02,1	2:30,0	5:04,0	11:01,8
35 ball	13,37	27,47	1:02,2	2:30,5	5:05,0	11:04,1
33 ball	13,40	27,54	1:02,4	2:31,0	5:06,0	11:06,3
31 ball	13,43	27,61	1:02,6	2:31,5	5:07,0	11:08,6
29 ball	13,46	27,68	1:02,7	2:32,0	5:08,0	11:10,9

<b>27 ball</b>	13,49	27,75	1:02,9	2:32,5	5:09,0	11:13,1
<b>25 ball</b>	13,52	27,82	1:03,1	2:33,0	5:10,0	11:15,4
<b>23 ball</b>	13,55	27,89	1:03,2	2:33,5	5:11,0	11:17,7
<b>21 ball</b>	13,58	27,96	1:03,4	2:34,0	5:12,0	11:20,0
<b>19 ball</b>	13,61	28,03	1:03,6	2:34,5	5:13,0	11:22,2
<b>17 ball</b>	13,64	28,10	1:03,8	2:35,0	5:14,0	11:24,5
<b>15 ball</b>	13,67	28,17	1:03,9	2:35,5	5:15,0	11:26,8
<b>13 ball</b>	13,70	28,24	1:04,1	2:36,0	5:16,0	11:29,0
<b>11 ball</b>	13,73	28,31	1:04,3	2:36,5	5:17,0	11:31,3
<b>9 ball</b>	13,76	28,38	1:04,4	2:37,0	5:18,0	11:33,6
<b>7 ball</b>	13,79	28,45	1:04,6	2:37,5	5:19,0	11:35,8
<b>5 ball</b>	13,82	28,52	1:04,8	2:38,0	5:20,0	11:38,1
<b>3 ball</b>	13,85	28,59	1:04,9	2:38,5	5:21,0	11:40,4
<b>1 ball</b>	+14,04	+28,74	+1:05,2	+2:39,0	+5:22,0	+11:42,7

<b>Ball</b>	<b>3000 to'siqlar osha yugurish (daq.s.)</b>	<b>100 m. g'ovlar osha yugurish (s.)</b>	<b>400 m. g'ovlar osha yugurish (daq.s.)</b>	<b>5000 m. sportcha yurish (daq.s.)</b>	<b>Uzunlikka sakrash (m.sm)</b>	<b>Uch hatlab sakrash (m.sm)</b>
<b>93 ball</b>	11:15,0	15,24	1:04,2	25:30,0	5,80	12,70
<b>91 ball</b>	11:16,8	15,29	1:04,5	25:35,0	5,78	12,67
<b>89 ball</b>	11:18,7	15,34	1:04,8	25:40,0	5,76	12,64
<b>87 ball</b>	11:20,5	15,39	1:05,0	25:45,0	5,74	12,61
<b>85 ball</b>	11:22,4	15,44	1:05,3	25:50,0	5,72	12,58
<b>83 ball</b>	11:24,2	15,49	1:05,5	25:55,0	5,70	12,55
<b>81 ball</b>	11:26,0	15,54	1:05,8	26:00,0	5,68	12,52
<b>79 ball</b>	11:27,9	15,59	1:06,1	26:05,0	5,66	12,49
<b>77 ball</b>	11:29,7	15,64	1:06,3	26:10,0	5,64	12,46
<b>75 ball</b>	11:31,6	15,69	1:06,6	26:15,0	5,62	12,43
<b>73 ball</b>	11:33,4	15,74	1:06,8	26:20,0	5,60	12,40
<b>71 ball</b>	11:35,2	15,79	1:07,1	26:25,0	5,58	12,37
<b>69 ball</b>	11:37,1	15,84	1:07,4	26:30,0	5,56	12,34
<b>67 ball</b>	11:38,9	15,89	1:07,6	26:35,0	5,54	12,31
<b>65 ball</b>	11:40,8	15,94	1:07,9	26:40,0	5,52	12,28
<b>63 ball</b>	11:42,6	15,99	1:08,1	26:45,0	5,50	12,25
<b>61 ball</b>	11:44,4	16,04	1:08,4	26:50,0	5,48	12,22
<b>59 ball</b>	11:46,3	16,09	1:08,7	26:55,0	5,46	12,19
<b>57 ball</b>	11:48,1	16,14	1:08,9	27:00,0	5,44	12,16
<b>55 ball</b>	11:50,0	16,19	1:09,2	27:05,0	5,42	12,13
<b>53 ball</b>	11:51,8	16,24	1:09,4	27:10,0	5,40	12,10
<b>51 ball</b>	11:53,6	16,29	1:09,7	27:15,0	5,38	12,07
<b>49 ball</b>	11:55,5	16,34	1:10,0	27:20,0	5,36	12,04
<b>47 ball</b>	11:57,3	16,39	1:10,2	27:25,0	5,34	12,01
<b>45 ball</b>	11:59,2	16,44	1:10,5	27:30,0	5,32	11,98
<b>43 ball</b>	12:01,0	16,49	1:10,7	27:35,0	5,30	11,95
<b>41 ball</b>	12:02,8	16,54	1:11,0	27:40,0	5,28	11,92
<b>39 ball</b>	12:04,7	16,59	1:11,3	27:45,0	5,26	11,89
<b>37 ball</b>	12:06,5	16,64	1:11,5	27:50,0	5,24	11,86
<b>35 ball</b>	12:08,4	16,69	1:11,8	27:55,0	5,22	11,83
<b>33 ball</b>	12:10,2	16,74	1:12,0	28:00,0	5,20	11,80
<b>31 ball</b>	12:12,0	16,79	1:12,3	28:05,0	5,18	11,77
<b>29 ball</b>	12:13,9	16,84	1:12,6	28:10,0	5,16	11,74
<b>27 ball</b>	12:15,7	16,89	1:12,8	28:15,0	5,14	11,71
<b>25 ball</b>	12:17,6	16,94	1:13,1	28:20,0	5,12	11,68
<b>23 ball</b>	12:19,4	16,99	1:13,3	28:25,0	5,10	11,65

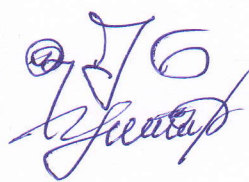
<b>21 ball</b>	12:21,2	17,04	1:13,6	28:30,0	5,08	11,62
<b>19 ball</b>	12:23,1	17,09	1:13,9	28:35,0	5,06	11,59
<b>17 ball</b>	12:24,9	17,14	1:14,1	28:40,0	5,04	11,56
<b>15 ball</b>	12:26,8	17,19	1:14,4	28:45,0	5,02	11,53
<b>13 ball</b>	12:28,6	17,24	1:14,6	28:50,0	5,00	11,50
<b>11 ball</b>	12:30,4	17,29	1:14,9	28:55,0	4,98	11,47
<b>9 ball</b>	12:32,3	17,34	1:15,2	29:00,0	4,96	11,44
<b>7 ball</b>	12:34,1	17,39	1:15,4	29:05,0	4,94	11,41
<b>5 ball</b>	12:36,0	17,44	1:15,7	29:10,0	4,92	11,38
<b>3 ball</b>	12:37,8	17,49	1:15,9	29:15,0	4,90	11,35
<b>1 ball</b>	+12:39,6	+17,54	+1:16,2	+29:20,0	-4,88	-11,40

Ball	Balandlikka sakrash (sm)	Langarcho'pga tayanib sakrash (sm)	Yadro itqitish (m.sm) 4 kg	Disk uloqtirish (m.sm)	Bosqon uloqtirish (m.sm) 4 kg	Nayza uloqtirish (m.sm) 600 gr
93 ball	170	340	14,00	46,00	48,00	47,00
91 ball	169	338	13,91	45,75	47,74	46,71
89 ball	168	336	13,82	45,50	47,48	46,42
87 ball	167	334	13,73	45,25	47,22	46,13
85 ball	166	332	13,64	45,00	46,96	45,84
83 ball	165	330	13,55	44,75	46,70	45,55
81 ball	164	328	13,46	44,50	46,44	45,26
79 ball	163	326	13,37	44,25	46,18	44,97
77 ball	162	324	13,28	44,00	45,92	44,68
75 ball	161	322	13,19	43,75	45,66	44,39
73 ball	160	320	13,10	43,50	45,40	44,10
71 ball	159	318	13,01	43,25	45,14	43,81
69 ball	158	316	12,92	43,00	44,88	43,52
67 ball	157	314	12,83	42,75	44,62	43,23
65 ball	156	312	12,74	42,50	44,36	42,94
63 ball	155	310	12,65	42,25	44,10	42,65
61 ball	154	308	12,56	42,00	43,84	42,36
59 ball	153	306	12,47	41,75	43,58	42,07
57 ball	152	304	12,38	41,50	43,32	41,78
55 ball	151	302	12,29	41,25	43,06	41,49
53 ball	150	300	12,20	41,00	42,80	41,20
51 ball	149	298	12,11	40,75	42,54	40,91
49 ball	148	296	12,02	40,50	42,28	40,62
47 ball	147	294	11,93	40,25	42,02	40,33
45 ball	146	292	11,84	40,00	41,76	40,04
43 ball	145	290	11,75	39,75	41,50	39,75
41 ball	144	288	11,66	39,50	41,24	39,46
39 ball	143	286	11,57	39,25	40,98	39,17
37 ball	142	284	11,48	39,00	40,72	38,88
35 ball	141	282	11,39	38,75	40,46	38,59
33 ball	140	280	11,30	38,50	40,20	38,30
31 ball	139	278	11,21	38,25	39,94	38,01
29 ball	138	276	11,12	38,00	39,68	37,72
27 ball	137	274	11,03	37,75	39,42	37,43
25 ball	136	272	10,94	37,50	39,16	37,14
23 ball	135	270	10,85	37,25	38,90	36,85
21 ball	134	268	10,76	37,00	38,64	36,56

<b>19 ball</b>	133	266	10,67	36,75	38,38	36,27
<b>17 ball</b>	132	264	10,58	36,50	38,12	35,98
<b>15 ball</b>	131	262	10,49	36,25	37,86	35,69
<b>13 ball</b>	130	260	10,40	36,00	37,60	35,40
<b>11 ball</b>	129	258	10,31	35,75	37,34	35,11
<b>9 ball</b>	128	256	10,22	35,50	37,08	34,82
<b>7 ball</b>	127	254	10,13	35,25	36,82	34,53
<b>5 ball</b>	126	252	10,04	35,00	36,56	34,24
<b>3 ball</b>	125	250	9,95	34,75	36,30	33,95
<b>1 ball</b>	-124	-248	-9,86	-33,00	-36,04	-33,00

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

“Sport boshqaruvi” kafedrasi mudiri, dots.  
“Sport boshqaruvi” kafedrasi o`qituvchisi



X.A.Sharipov  
U.A.Chariyev