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**MINISTRY OF TOURISM AND SPORTS OF  
THE REPUBLIC OF UZBEKISTAN**

**THE INSTITUTE OF RETRAINING AND PROFESSIONAL  
DEVELOPMENT OF SPECIALISTS IN PHYSICAL CULTURE  
AND SPORTS**

**Kh.F. ISLOMOVA  
F.K. TURDIEV  
Z.SH. KHADIYATULLAEV  
S.TURDONOVA**



## **BASICS OF OLYMPIC KNOWLEDGE**

*This book is recommended as a study manual book by the Coordinating Council of educational and methodical associations of the Republic of Uzbekistan in the field of higher, secondary special and vocational education for the institute of retraining and professional development of specialists in physical culture and sports*

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**Kh.F.Islomova, F.K.Turdiyev, Z.SH.Khadiyatullaev, S.Turdonova**

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**Reviewers:**

F.T.Abdullaev-candidate of pedagogical sciences, docent

F.R.Norboeva-candidate of philological science, docent

In this study-methodical book is placed the themes on traditions and history of Olympic games, international Olympic Committee and its structure, council of Asian Olympic, national Olympic Committee of Uzbekistan, the main participating and achievements of our athletes in great sport event during 4 years, Uzbek athletes who have reached the top of the Olympics, Asian games and participating our sportsmen, as well as another themes connected with Olympic movement.

This book is for the listeners of the Institute of retraining and professional development of specialists in physical culture and sports.

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# INTRODUCTION

President of the Republic of Uzbekistan Sh.M. Mirziyoyev praised the participants of the Tokyo 2020 Olympic Games for their huge, truly historic victory: “Of course, we all watched with great interest and excitement every performance of the Uzbek delegation at the most prestigious Olympic Games in the world through the “mirror world”. In turn, our brave and courageous athletes justified such a high level of confidence and gave our people bright victories. Undoubtedly, this was a worthy gift to the glorious 30th anniversary of our country’s independence. At the Olympics, our athletes climbed the podium and won 3 gold and 2 bronze medals. We all know that the International Olympic Games are attended by some of the best sportsmen in the world. As our great grandfather Alisher Navoi said, it is necessary to fight like a lion.

I never tire of repeating the same idea. We must earn the recognition of the world through our honest work, intelligence, determination and will. Undoubtedly, the incomparable achievements of our athletes, who are introducing the new Uzbekistan to the world with new victories, will be another important step on this path.

If I say that our courageous, patriotic youth is the greatest wealth, the “golden fund” of our nation, I think I will express the opinion of all our people.

The formation of a healthy lifestyle in society, the harmonious development of our future owners has been one of the priorities of our state policy since the early years of independence”.

Achieving a noble goal in the past has fully demonstrated the intelligence and talent of our children; great strides have been made in making them the decisive force in our lives today and tomorrow. Extensive work on the development and modernization of sports infrastructure in our country, in turn, along with the further development of physical culture and sports in Uzbekistan, it also expands the opportunities to host many major international competitions.

Today, the great city of Tashkent is becoming a center of prestigious sports competitions around the world. The love for physical culture and sports is growing in the hearts of many of our young people, who have directly or indirectly watched these competitions. Sport is a way to introduce our nation, our people to the world, to demonstrate the potential of our country has become and will continue to be an effective and efficient means of raising our pride and joy. At many Olympics, our anthem is played in honor of Uzbek athletes and our flag is raised high.

# I CHAPTER.

## HISTORY AND TRADITIONS OF THE OLYMPIC GAMES

### 1.1. History of the ancient Olympic Games

It is well known from history that the Olympic Games were first held in ancient Greece as a religious and sports holiday. Myths and legends play an important role in the social and cultural life of the ancient Greeks. The ancient Olympic Games were held regularly every four years and were dedicated to Zeus. According to written sources, the beginning of these holidays is associated with the establishment of peace between the two Greek states - Elida and Sparta. The first Olympic Games were held in 776 BC. A "holy peace" was declared throughout Greece during the Games. The Olympics were originally held on the same day. By the 5th century BC, this feast lasted five days. It was a religious holiday at the time of its creation, but its main content was athletic competitions.



*Figure-1. Describes the sports that will compete in the Olympics.*

Ancient Greece, more precisely the Olympic city, is the home of the Olympic Games, located in the western part of the Peloponnese. The Olympic torch is lit on Mount Kronos in the Alpheus River Valley. The torch relay will continue from here to the capital of the Games. The first legend, "Zeus the Lightning," ordered a game to be held on the occasion

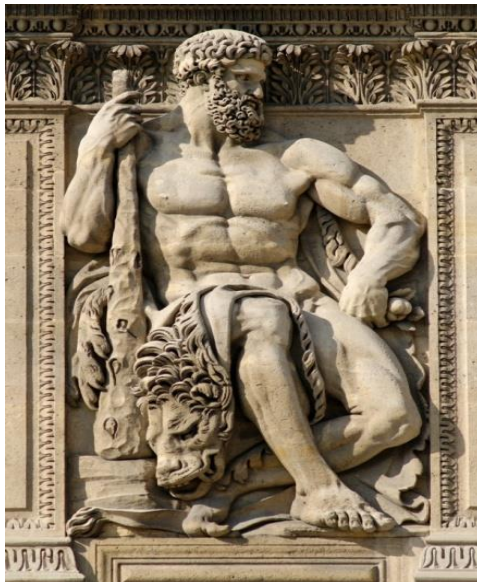


of the defeat of his children's father, Kronos. The games are named after the region.



***Figure-2. Statue of Zeus at Olympus.***

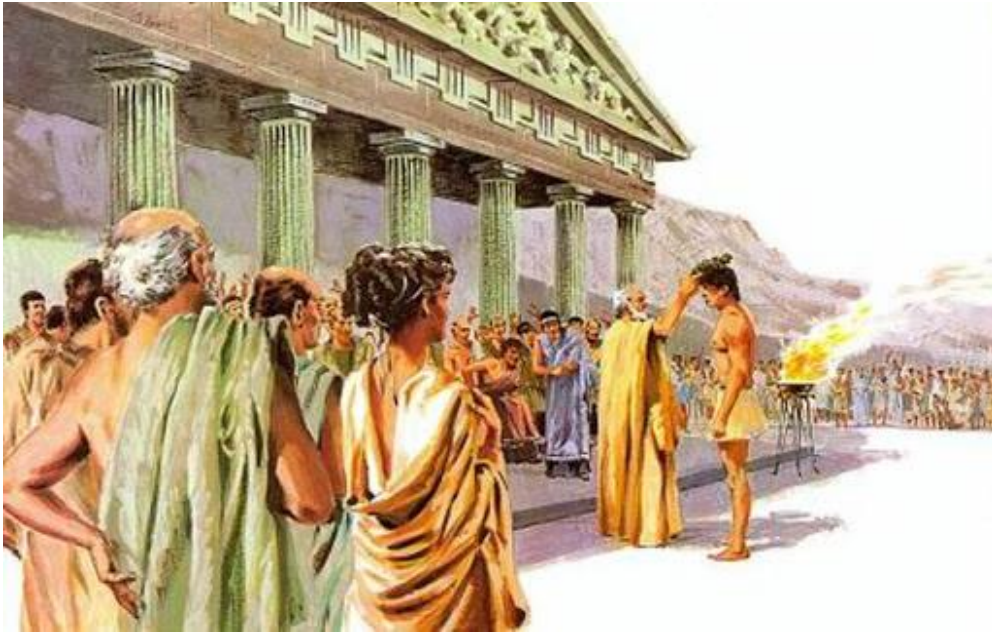
The second legend is dedicated to the heroism of Zeus's son Hercules. According to legend, Hercules defeats the god Kronos of Zeus (god of lightning and thunder), and in honor of this victory Zeus orders to hold sports games.



***Figure-3. Statue of Hercules at Olympus.***

According to another legend, Zeus' son Hercules organized the games. The Olympics are dedicated to one of Hercules' greatest victories. Hercules set the running distance with the soles of his feet, which was 192 meters 27 centimeters per 600 feet. In ancient Greece, this measure was called "stadium", hence the word "stadium". The

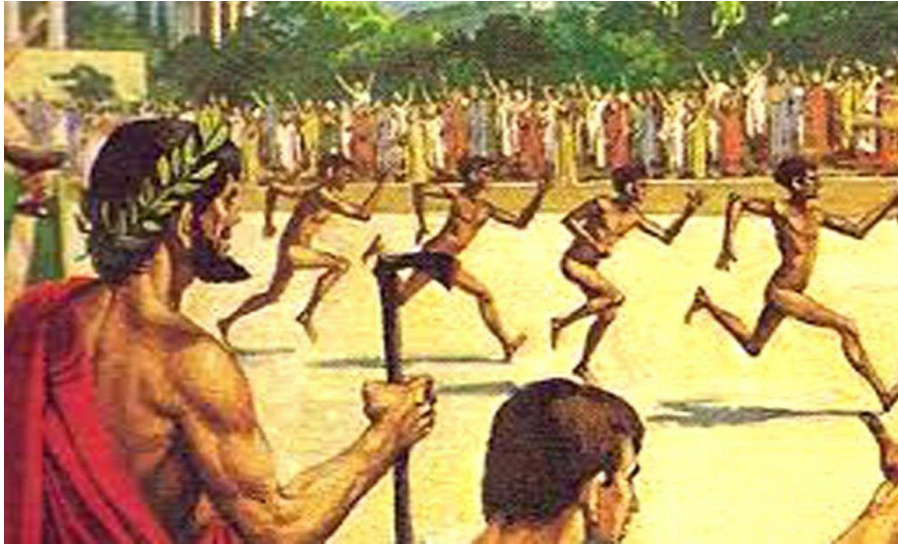
winners of the Olympic Games were called "Olympic". They were called "pedonomos" because they were appointed by the state to prepare athletes for the ancient Olympic Games.



***Figure-4. The winner of the Olympic Games is Olympic.***

Only free Greeks competed in the Olympics. Slaves, women, and foreigners were not allowed to participate in the games.

The boys were taught to read, play music and sing from the age of 7-16. At the age of 12-14, they started attending gymnastics school-palestra. The palette consisted of outdoor areas, treadmills, and gymnasiums. The children of wealthy people entered the gymnasium system at the age of 16. At the age of 18, began enter for efebian the military organization. The ancient Greeks practiced gymnastics and agonism. The ancient Olympic program included three types of wrestling: boxing, wrestling, and pankration, as well as running, long jump, javelin, and equestrian events.



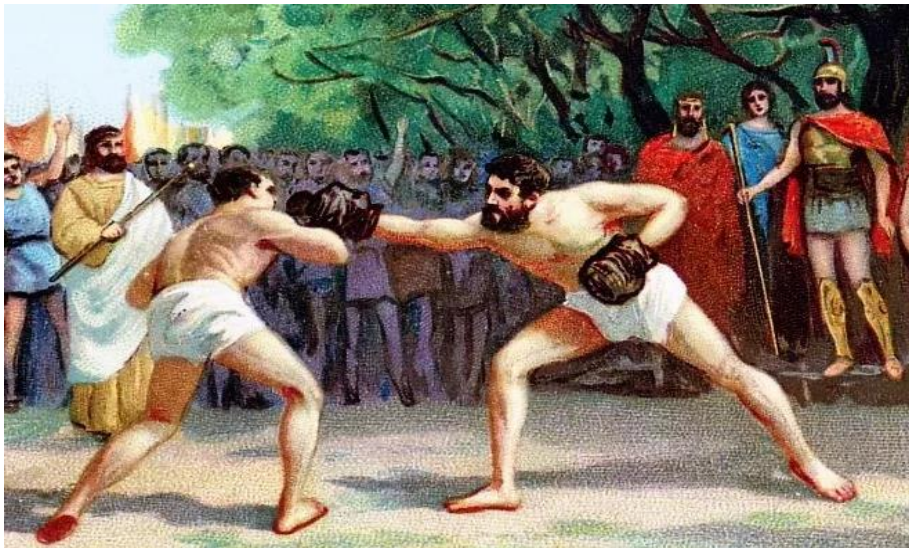
***Figure-5. Running race included in the Olympic program.***

There are several types of running competitions:

Running to a stage (192.27 m) - running from the starting side of the stadium to the other;

Running in two stages (384.54 m) - turning around the pole and coming back when you reach the end of the stadium;

Long-distance running is running from stage 7 to stage 24.



***Figure-6. Boxing competition included in the Olympic program.***

The boxers wrapped their palms and fingers in special ribbons. The boxers who won without conceding a blow to the opponent deserved special respect. It is forbidden to hug, play, and kick the opponent. If no winner is determined in regular time, the defenseless fight continues. The fight continued until the boxer, who was unable to resist, raised his hand and surrendered.





***Figure-7. Wrestling competition included in the Olympic program.***

As a rule, it is forbidden to strike, but it is possible to push the opponent. Wrestling is considered a form of military exercise. The fight continued until one of the wrestlers admitted defeat.



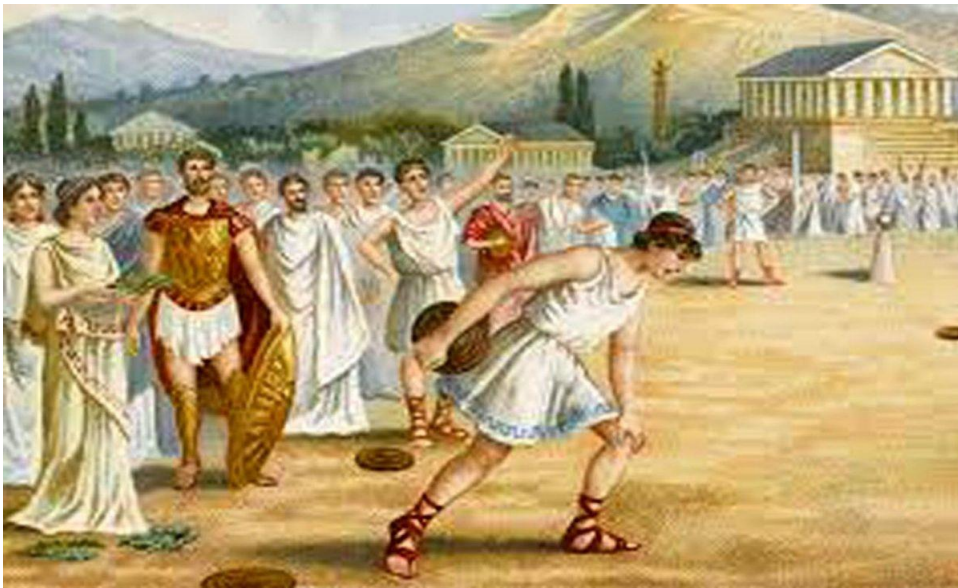
***Figure-8. Pankration competition included in the Olympic program.***

A martial arts method that combines boxing and wrestling techniques. Pankration is one of the most complex sports.



***Figure-9. Jumping competition included in the Olympic program.***

During the jump, the athletes carried a stone or a special load in their hands and threw it back before landing. It is believed that it helps to jump farther.



***Figure-10. Throwing competition included in the Olympic program.***

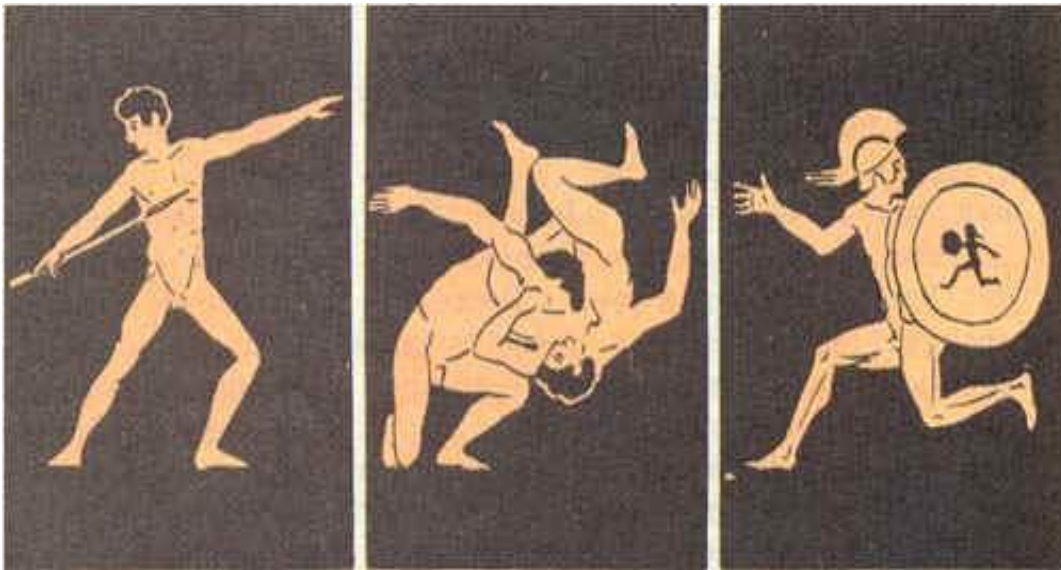
Throwing is one of the oldest sports. The steps are made of stone and bronze, weigh 2-6 kg and have a diameter of 21-34 cm.





***Figure-11. Horse racing included in the Olympic program.***

Equestrian competitions are held for adults and young people. Horses and small horses took part in the race separately. It is noteworthy that the owner of the horse was declared the winner of the race.



***Figure-12. Pentathlon competition included in the Olympic program.***

Pentathlon is a one-stage running, hammer and javelin throwing, long jump and wrestling, they are all called pentathlon. All tours lasted one day.

## **1.2.The significance of the ancient Olympic Games**

1.**Economic significance** - The Olympic city has become a trade center and agreements have been signed between the police (provinces);

2. **Political Significance** - The Olympics helped end wars and improve political relations between the police.

3. **Military Importance** - States demonstrate their military prowess and the military and physical training of their fighters.

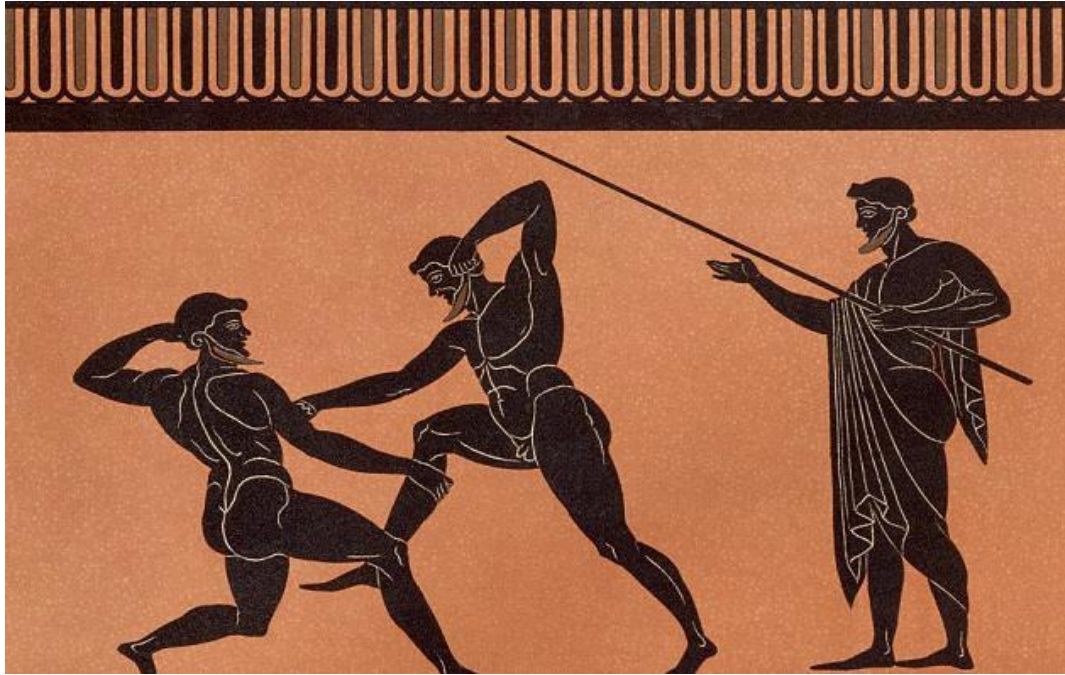
4. **Cultural significance** - The cultural program of the Olympic Games includes philosophers, mathematicians, historians, poets and writers.

The oldest type of Olympic competition is 1 stage (192 meters 27cm) was running. Starting in Game 14, the competition program includes running in 2 stages, and starting in Game 15, running to test endurance. From the 18th game onwards, the competition was filled with pentathlon. During this time, the competition program included wrestling, hand-to-hand combat, horse-drawn carriage racing, and pankration(hand-to-hand combat and wrestling).

Only free Greeks had the right to participate in the ancient Olympic Games. The Olympics do not include slaves, women, children, foreigners, criminals or armed men. From the 37th Games (632 BC) onwards, children participated in the Olympic Games, and a special day was set aside for their performances during the holidays.

The ancient Olympic Games were presided over by the Ellanodics (judges); they were elected on the basis of a check (from 9 to 18 people) a year before the start of the Games among the citizens of Elida. The task of the Greeks was to prepare the venue, select the participants, and monitor the progress of the competition and award prizes to the winners.





***Figure-13. Ellanodic (referees) at the ancient Olympic Games.***

In ancient Greece, the Olympic Games had a socio-political significance. They led to the unification of many cities in Greece, to the peace treaties of the slaves on the basis of mutual agreements, and to economic integration. The games also demonstrated the military might of police slaves. There is a legend that the god, believing in a dream that foretold the death of one of the sons of Kronos, began to swallow his newborn children. His wife, Reya, behaves in such a way that instead of the next newborn child, she wraps a stone in a blanket, gives it to a loving father, and sends her son to the shepherd. The boy grows up and becomes the mighty Zeus, the god of lightning and thunder. Zeus wins the battle with his father and saves his brothers (who later become gods). He ordered the Zeus Games to be held in honor of the victory, and the venue was named after the Olympics.

The Olympic Games have long been one of the most revered holidays. In ancient Greece, it was customary to engrave the names of Olympic heroes on a marble pillar near the Alpheus River. The date of the first Olympic Games, 776 BC, and the first winner of the ancient Olympic Games, the Elida chef Koroibos, are known to mankind from the inscriptions on this marble pillar.

There were two types of exercise in ancient Greece:

Gymnastics - generalphysical education;

Agonistics - special training and participation in competitions. Agonistics (agon-competition) consisted of gymnastic games and music competitions (in the fields of music, dance, poetry). In ancient times,

games such as the Nemeya Games, the Isthmia Games, the Pythian Games, and the Panafina Games were popular.

**The Nemeya Games** are dedicated to the god Zeus and were first held in 573 BC in Argolida. The Nemey Games are held every two years - in the fall of the second year of the Olympics and in the winter of the fourth year. The program of the Olympic Games included running, wrestling, pentathlon and pankration. The winners were awarded with celery leaves.

**The Isthmian Games** are dedicated to Poseidon, the god of the sea. The Games have been held every two years since 572 BC - in the first and third years of the Olympic year - in the spring in Corinth.

**The Pythian Games** were held in Delphi in honor of the god Apollo. As Apollo was a musician, a leader of dancers and singers, music competitions were originally included in the program of games. According to historical records, the first horse-drawn carriage race was held in 586 BC in memory of the victims of the wars between the Greek cities. Local festivals in Delphi have been popular since 582 BC.

The winners of the Pythian Games were awarded apples cut from a tree planted in honor of the god Apollo, later was given a wreath made of laurel tree branches. The Olympics lost their meaning. After the introducing of Christianity sports was considered a religious right, in 394 AD, the Roman emperor signed a form banning the Theodosius I Olympic Games.



*Figure-14. The emperor "Theodosius - I" and "Theodosius - II".*

In 395, the Byzantines and Goths clashed on the banks of the Alpheus River, and the Olympics were devastated as a result of fierce battles. 426 (after 31 Theodosius II orders the burning of temples), and 100 years later, the Olympics will be destroyed by two earthquakes. Then The Alpheus and Cladei rivers overflow and wash away the remaining structures. The Olympics go under sand and swamp. For one and a half thousand years, the glorious history of the Olympics has been buried, and the Olympic era was over.

It was not until 1824 that archaeologist Lord Stankof began a serious excavation on the banks of the Alpheus and drew a sketch of the ancient Olympic city. This event led to the development of the idea of reviving the Olympic Games.

## **TEST QUESTIONS ON HISTORY AND TRADITIONS OF THE OLYMPIC GAMES**

**When was the ancient Olympian Games held?**

In 776-year

In 667-year

In 536-year

In 796-year

**Where did the ancient Olympic Games take place?**

Greece (Athens)

Italy (Rome)

France (Paris)

England (London)

**Gerakl determined the running distance with the palm of his feet, and how many meters did he walk with the palm of his feet 600 hundred?**

192 m. 27 sm

197 m. 35 sm

190 m. 27 sm

194 m. 35 sm

**What word came from the word Stadium?**

“Stadium”

“Field ”

“Winner”

“Start”

**How were the winners of the ancient Olympic Games named?**

“Olimpionic”

“Olimpic”

“Winners of the Olympiad”

“Championic”

**Who could participate in the ancient Olympic Games?**

Free Greek citizens

All citizens

Foreigners
Free citizens

<b>Who could not participate in the games of the ancient scientist?</b>
Slaves, women and foreigners
Women and slaves
foreigners
Non-free citizens

**CONTROL QUESTIONS ON THE HISTORY AND TRADITIONS OF THE OLYMPIC GAMES**

1. In which year was held BC the first ancient Olympic Games?
2. In whose honor did the ancient Olympic Games take place?
3. How many meters did Hercules walk with the soles of his feet?
4. Who could compete in the ancient Olympics?
5. Who could not participate in the ancient Olympic Games.
6. What is the origin of the word "stadia"?
7. How many meters is equal 1 stadia run ?
8. What are the names of the winners of the Olympic Games?

## **II CHAPTER.**

# **REVIVAL OF THE MODERN OLYMPIC MOVEMENT**

### **2.1. The development of the idea of reviving the Olympic Games and implementation**

The spread of the idea of the modern Olympic Games dates back to 1859-1880. The idea of reviving the Olympic Games in Greece belonged to the poet Panayotis Sutsos and was implemented by the public figure Evangelis Sappas. Pierre de Coubertin was born on January 1, 1863, in Paris to an aristocratic family (the third child of Charles Louis de Fredi and Agatha-Gabriel de Mirville). He decided to expand his knowledge after visiting the state of the sport at many colleges and universities in the UK and the US. Coubertin focused on sports, which are the basis of young people's lives. For example, Pierre de Coubertin was interested in rugby. He refereed the final of the first French rugby championship. Pierre de Coubertin thought a lot about organizing international sports competitions to promote the sport.

Archaeological finds from the ancient Olympic Games were of great interest to the general public at the time. Realizing this, Pierre de Coubertin developed and proposed a project to restore the races.

In 1889, on behalf of the French government, Pierre de Coubertin studied the experience of physical education of young people, sends questionnaires to many countries and is interested in sports teaching methods in universities, colleges and high schools. Pierre de Coubertin was an active man with unique organizational skills. Pierre de Coubertin invites the great sportsmen of a number of countries to host the Olympic Games, given the unsuccessful experience of the Greeks in hosting the Games in 1859-1889.





***Figure-1. Per de Kuberten.***

Pierre de Coubertin's main goal was to give the Olympic movement international status from the beginning. In pursuit of his goal, Pierre de Coubertin travels throughout Europe, meets with supporters of the Olympic cause, and establishes contacts, upon his return home, on November 25, 1892, he delivered his famous lecture, *The Awakening of Olympism*, at the Sorbonne University.



***Figure-2. The Sorbonne University building in Paris, France.***

June 16-23, 1894 Pierre de Coubertin gathers supporters of the restoration of the Olympic Games at the Sorbonne University in Paris and organizes the First International Sports Congress. The First Congress was attended by 72 delegates from 13 countries, with 21 countries submitting their consent in writing. Pierre de Coubertin proposed the establishment of the International Olympic Committee (IOC) in Congress, and on June 23, 1894, the International Olympic Committee



(IOC) was formed. Therefore, June 23 is celebrated every year as "Olympic Day", a holiday that is eagerly awaited all over the sea.



*Figure-3. "Olympic day"*

The International Olympic Committee (IOC) has 14 representatives from 12 countries. The First Congress was held from June 16 to 23, 1894, and discussed four main issues:

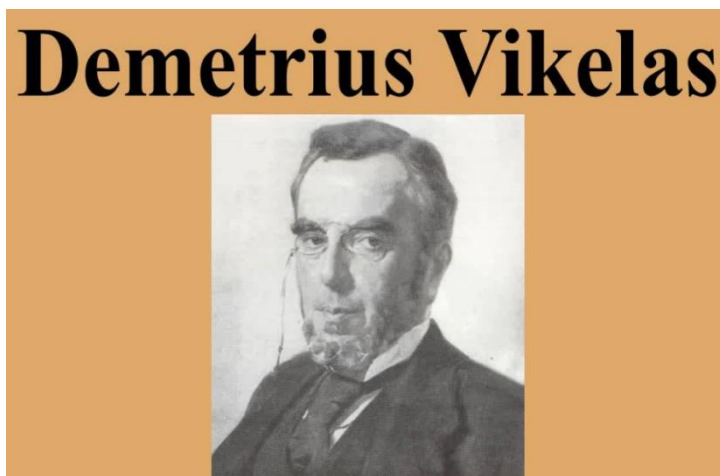
- About amateur and professional sports;
- On the resumption of the Olympic Games;
- Olympic program and procedures;
- On the composition of the International Olympic Committee;

The First Congress played an important role in the International Olympic Movement. Approved the basic principles and rules of the Olympic Games. Pierre de Coubertin called them the "Olympic Charter." Congress approved a decision to hold the Olympic Games every four years, according to the ancient tradition.

Pierre de Coubertin proposed holding the first modern Olympic Games in Paris in 1900. But Demetrius Vikelas, a well-known Greek poet, translator, and public figure, did not wait six years for the Olympics, persuaded the participants to decide to hold the first modern Olympic Games as early as 1896. Demetrius Vikelas bases his opinion on the idea that Paris should become a playground in 1900, but the beginning earlier four years of the modern Olympic Games must have taken place in the land of the Greeks, the cradle of the ancient Olympics. The congress approved the opinion of Demetrius Vikelas, a friend of Pierre de Coubertin and it was agreed that the first modern Olympic Games would be held in Greece as a continuation of the ancient Games. Nearly 2,000 delegates to the Congress unanimously decided to hold the first modern Olympic Games in the Greek capital, Athens, in 1896.

The International Olympic Committee (IOC) is an international non-governmental organization formed as an association with the status of a legal entity. According to the Olympic Charter, the main tasks of the International Olympic Committee are:

- Assistance in the development of physical and moral qualities, which are the basis of amateur sports;
- Educating young people in the spirit of mutual understanding and friendship through sports;
- to spread the Olympic principles all over the world, to create an atmosphere of goodwill among nations;
- Meet the world's athletes at the Olympics every four years.



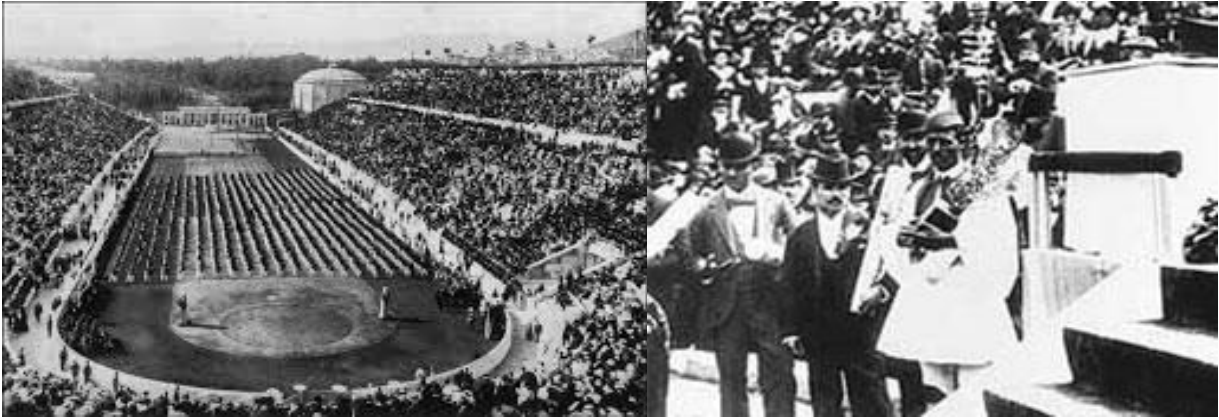
*Figure-4. Demetrius Vikelas, the first President of the International Olympic Committee.*

Demetrius Vikelas, a Greek poet, translator, and public figure, was elected the first President on June 23, 1894, following the formation of the International Olympic Committee at the First Congress. He chaired the International Olympic Committee until 1896, when the first Olympic Games were completed. Baron Pierre de Coubertin will be appointed Secretary General of the International Olympic Committee.

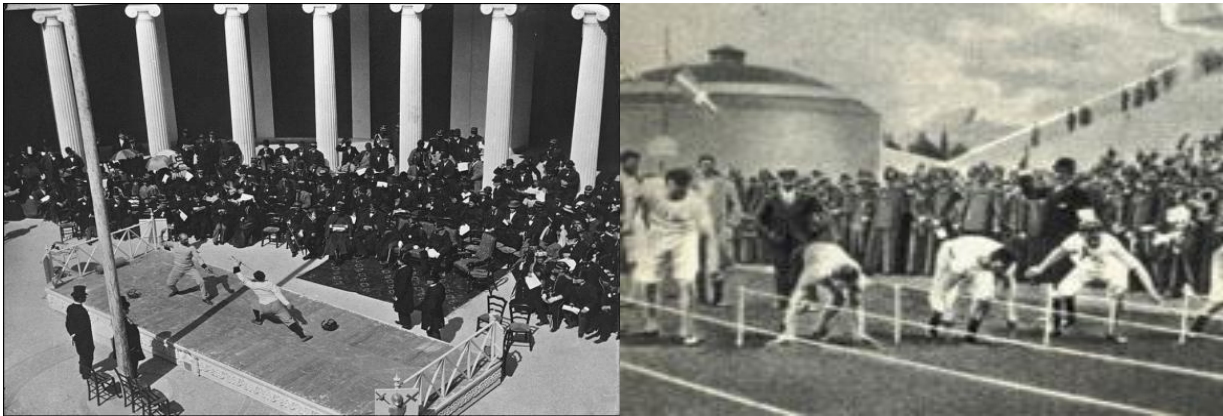
Thus, after a break of one and a half thousand years, the Olympic Games will be returned to humanity. Since then, the Olympic torch has been lit at the Olympic Altar every four years.

The first modern Olympic Games opened in Athens on April 6, 1896 at the Marble Stadium in front of 80,000 spectators. It was attended by 241 athletes from 14 countries.

The competition has become the largest and most comprehensive sports competition since ancient Greece.



***Figure-5. The opening ceremony of the Olympic Games (Athens, 1896).***



***Figure-6. Fencing and athletics competitions included in the Olympic program.***

From April 6 to 15, competitions were held in 9 sports: wrestling, cycling, athletics, swimming, gymnastics, sniping, tennis, weightlifting and fencing. 43 sets of medals were awarded to the winners. Women did not participate in this competition. The winners were awarded silver and the second place bronze medals. The delegation of the U.S. has won 11 races, while the hosts have won 10.

Table-1

## SUMMER OLYMPICS

Year	Games	Hold place	States	Sportsmen	Kinds of sport	Medals	States took 1 <sup>st</sup> place	
1896	I	Afina	14	241	9	43	USA	
1900	II	Paris	24	997	19	85	France	
1904	III	Sant-Luis	12	651	16	94	USA	
1908	IV	London	22	2008	22	110	Great Britain	
1912	V	Stokholm	28	2407	14	102	USA	
1916	VI	Berlin	<i>Didn't held</i>					
1920	VII	Antverpen	29	2626	22	154	USA	
1924	VIII	Paris	44	3089	17	126	USA	
1928	IX	Amsterdam	46	2883	14	109	USA	
1932	X	Los-Anjeles	37	1332	14	117	USA	
1936	XI	Berlin	49	3963	19	129	Germany	
1940	XII	Xelsinki	<i>Didn't held</i>					
1944	XIII	London	<i>Didn't held</i>					
1948	XIV	London	59	4104	17	136	USA	
1952	XV	Xelsinki	69	4955	17	149	USA	
1956	XVI	Melburn	72	3314	17	151	USSR	
1960	XVII	Rome	83	5338	17	150	USSR	
1964	XVIII	Tokyo	93	5151	19	163	USA	
1968	XIX	Mexiko	112	5516	18	172	USA	
1972	XX	Munchen	121	7134	21	195	USSR	
1976	XXI	Monreal	92	6084	21	198	USSR	
1980	XXII	Moscow	80	5179	21	203	USSR	
1984	XXIII	Los-Anjeles	140	6829	21	221	USA	
1988	XXIV	Seol	159	8391	23	237	USSR	
1992	XXV	Barselona	169	9356	25	257	UNO	
1996	XXVI	Atlant	197	10318	26	271	USA	
2000	XXVII	Sidney	199	10651	28	300	USA	
2004	XXVIII	Athens	201	10625	28	301	USA	
2008	XXIX	China	204	10942	28	302	China	
2012	XXX	London	204	10568	26	302	USA	
2016	XXXI	Rio-de-Janeyro	207	12500	28	306	USA	
2020	XXXII	Tokyo	206	11656	33	339	USA	
2024	XXXIII	Paris						



## 2.2. International Olympic Committee (IOC)

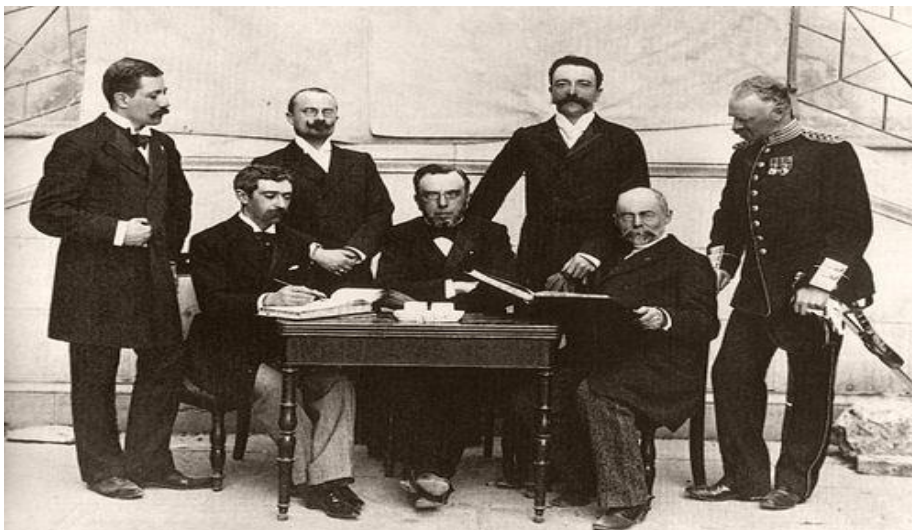
The International Olympic Committee (IOC) was founded on June 23, 1894 at the initiative of Pierre de Coubertin. At that time he was a member of the International Olympic Committee 14 representatives from 12 countries were included.



***Figure-1. International Olympic Committee (IOC)***

The International Olympic Committee (IOC) is an international non-governmental organization formed as an association with the status of a legal entity. The International Olympic Committee's mission is to lead the Olympic movement. But it needs to be managed, not just in strict accordance with the Olympic Charter.

This is exactly what the International Olympic Committee needs. Because governments can be different - better or worse, and the idea of the Olympics is always the same - honest and pure.



***Figure-2. Founders of International Olympic Committee***

The International Olympic Committee has the responsibility to hold the Summer and Winter Olympic Games on a regular basis, to improve them, and to guide the development of sports around the world.

The highest body of the International Olympic Committee is the session, which is convened annually and twice a year. The Olympic Congress is held every eight years. The International Olympic Committee (IOC) decides to recognize the National Olympic Committees and the International Sports Federations (ISF).

In addition to the International Olympic Committee sessions, the day-to-day operations of the International Olympic Committee are governed by the Executive Committee of the International Olympic Committee. It currently has 16 members (President and four Vice-Presidents, Director-General and ten members of the International Olympic Committee).

In accordance with the decision of the 110th session of the International Olympic Committee, held on December 11-12, 1999, the International Olympic Committee has 115 members, 15 of whom are members of the International Sports Federations or associations, 15 are representatives of National Olympic Committees or regional associations, another 15 are athletes who have competed in the Olympics or at least four years ago, and 70 are individual members. Women have been a member of the International Olympic Committee since 1981. There may not be more than one representative from each country among the individual members of the International Olympic Committee. The International Olympic Committee has an age limit of 18 to 70.

Since 2003, members of the International Olympic Committee have been elected for a term of 8 years with the right to be re-elected.



***Figure-3. Most chaired by the International Olympic Committee President Per de Coubertin.***

The President of the International Olympic Committee is elected by secret ballot for a term of 8 years, after which he is re-elected for a term of 4 years.

The President of the International Olympic Committee leads the organization in all areas.

In general, at that time it was necessary to organize the Olympic movement or some other perfect system, thereby ensuring the spiritual and physical maturity of people, nations, and maintaining peace on earth. In this context, the establishment of the International Olympic Committee and the promotion of the Olympic movement were of particular importance. The emergence of the Olympic Games and related concepts (e.g., the Olympic movement, Olympic ideas, Olympic doctrine, etc.) has demonstrated the existence of a unique system.

Opinions and comments on Olympism are comprehensive. It is also possible to study it as a science. To date, a number of publications, articles and other scientific and methodological publications have been published. Research on the Olympic movement has been conducted around the world and this process is being carried out consistently. At the same time, there are socio-pedagogical aspects of Olympism. We can see this in the content of Olympic ideas or in the tasks set out in the Olympic principles.

Olympism, in a word, is a system of ideas and rules for the promotion of the Olympic Games. It is important to develop Olympism, to promote and develop it among the people. This is exactly the style of governing the country that he has used in the modern Olympic Games. Per de Coubertin's long-term observations and conclusions have shown that some positive results can be achieved through the development of sports in society. He made specific proposals for the development of amateur and professional sports.

Per de Coubertin put forward the idea that sport is not only a factor in physical development, but also in the development of human physical capabilities, as well as its spiritual, philosophical and scientific basis.

Per de Coubertin unexpected presentation of such ideas and proposals was met with great interest and surprise. The organization of the Olympic Games began to bear fruit as a solution to the socio-psychological situation of the time, the conflicts between nations, peoples and states, racism, nationalism and other similar problems. Later, the Olympic Games improved. But the important thing is that the goals of the Olympics have not changed over time. It is always about changing the world for the better, ensuring peace and humanity. The work of promoting the Olympics later became even more popular. Due to the introduction of new sports in the Olympic Games, the expansion of the



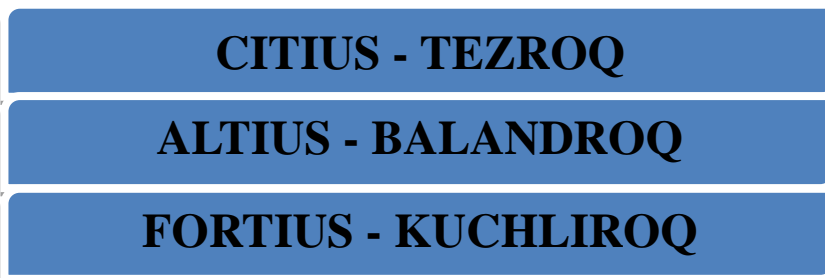
number of athletes and other reasons, the idea of the Olympics has expanded. The official abbreviated name - (IOC).The Olympic Charter defines the goals and objectives of the International Olympic Committee and the principles of its work.Accordingly, he is independent of any policy of the International Olympic Committee and will not interfere in it.



***Figure-4. Olympic flag and emblem.***

The Olympic flag was designed by Per de Coubertin at the Paris Congress of the International Olympic Committee. The Olympic flag is made of a rectangular white cloth with five rings connected to each other. There are no borders on the fabric. Mostly people think that Per de Coubertin is the author of the motto of National Olympic Committee, but it is not really.

The founder of the modern Olympic Games never claimed to be the author of these words. Strange as it may seem, they belong to the French priest, Henri Didon, the director of one of the religious colleges.This is one of the first examples of the impact of sports on the hearts of people, especially young people.



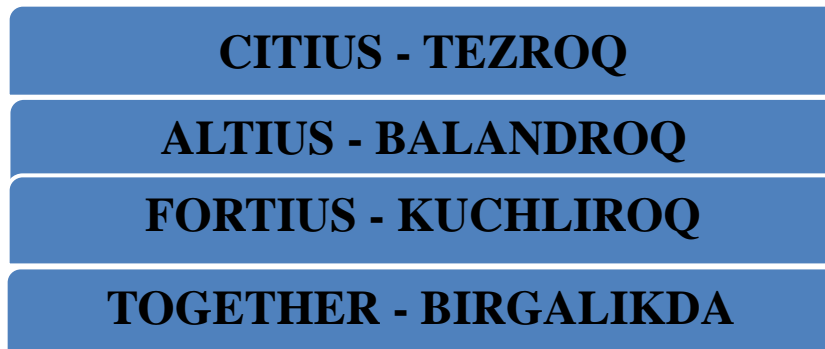
***Figure-5. Motto of modern Olympic Games.***

***The Olympic Games are the practice of the idea that human beings are perfect and that their possibilities are limitless.***

The motto of the modern Olympic Games –many people think that the author of this slogan is Pierre de Coubertin. In fact, this is not

so. The founder of the modern Olympic Games has never made an author's claim to these words.

No matter how strange they seem, one of the religious colleges belongs to the director, the French clergyman Anri Didon. This means that man is one of the first to experience the influence of Sports on the hearts of people, especially young people, honesty.



*Figure-6. The new motto of the Olympic Games “Together”.*

*The meaning of the new slogan is that if you want to go faster, you can do it alone. But if you want to go far, then this must be done together.*

A small change was made to the motto of the games during the session held by the International Olympiad. The motto of the Olympic Games was called "**Faster, Higher, Stronger-Together**". XXXII-summer Tokyo-2020 Olympiad games were held under the same slogan.

**Torch**- one of the most important character of the Olympic Games. In the city where the Olympic Games will open, he catches flames and lights up to the end. The tradition was deeply rooted in ancient Greece, according to legend, it served as a reminder of the courage of the Olympian flame Preyey titani, who stole the flame from Zeus and presented it to people.



*Figure-7. Olympic torch.*

The ancient Greeks believed that the fire was a divine gift, and therefore they held it before the chief temples. This was also the case in the General Synagogue of the Olympiad, where the ancient Olympic Games were held. Then the flame was burned to ensure its divine “purity” with the help of a special mirror in the form of sunlight and parabolic. At the moment, a few months before the opening ceremony of the games tantanalum, the flame of the Olympia will be lit in Athens. Basically, 11 actresses in a priestly dress perform a female ritual, one of which with the help of a parabolic mirror ignites the flame.

Then the torch is passed to the runners participating in the relay and the process continues with the transmission of it to each other. In addition to the main torch, the main torch from the Flame of the Olympian or, for some reason, when the fire goes out, special lamps designed to keep it lit. There are also several cases when the torch went off during the Olympic Games, for example, in 1976, during a strong rain in Montreal, and in 2012, 20 days before the games in London, the same situation occurred. The actives of organization of the torch relay has always been entrusted to the National Olympiad of Greece, which also ensures that the flame is reached at the Panatinaikos Stadium in Athens by the runners.



**Figure-8. The aesthetic of the Olympic torch.**

This process seems to be a bigger event than the Olympic Games, which brought together thousands of athletes and millions of fans. The Sport is endlessly attractive. But the longest Olympia lasts at least 3 weeks. Not everyone has the opportunity to watch it. Therefore, the aesthetic of the Olympic torch is a real opportunity to influence the largest sporting movement on the Whole Earth.

**The Bringing of the flame of the Olympian** – mezbou gives a special feeling to the side. Since 1936-th year, the relay race of torches

has become an indispensable attribute of the beginning of games. In addition, every time there are memorable events associated with fire. In 1968, Mexicans tried to repeat the direction of Christopher Columbus, in 1976-th year the fire was transmitted with the help of laser beams. At the last Olympic Games in Moscow in 1980-th year, it is remembered with excitement that the torch was extended to the famous athlete Viktor Saneev Sergey Belov. Belov enthusiastically, after the athlete firmly holds the torch handle in his hand, Saneev barely gets his hand out of him. The aesthetics of the torch, which went to Beijing in 2008-th year, remained in history: the torch was even brought to the highest peak of the Earth – Everest. The Chinese also built a special embankment for this process. Particular attention should be paid to the torches produced for a particular Olympiad in design.

**The Olympic oath**-Pierre De Coubertin made an oath for the referees at each Olympic Games. An athlete at the opening ceremonies will swear on behalf of all athletes. The Olympic oath was taken by the Belgian captain Victor Boin during the 1920-year Olympic Games. This is what the Olympian Oath says:

*“On behalf of all the competitors, I would like them to participate in the Olympic Games, to follow the rules that govern them, in the true spirit of the sport, for the glory of the sport and for the sake of sharaf, our teams.”*

Table-1



THE COLORS OF OLYMPIC RINGS	
BLUE	EUROPE
BLACK	AFRICA
RED	AMERICA
YELLOW	ASIA
GREEN	AUSTRALIA

Figure-9. The colors of Olympic rings.

The colors of the rings are blue, black, red from top to right, and yellow and green from bottom to top, representing the five continents of the earth. The essence of the image of the Olympic flag is to promote unity and solidarity around the world. Promoting mutual understanding between peoples and nations means promoting unity among nations.



*Figure-10. National Olympic Committee building.*

The International Olympic Committee is headquartered in Lausanne, Switzerland.

*Table-2*

**INTERNATIONAL OLYMPIC SPORT SYSTEM**

<b>OLIMPIC SPORT</b>	
<b>INTERNATIONAL OLIMPIC COMMITTEE</b>	<b>INTERNATIONAL SPORT FEDERATIONS</b>
<b>NATIONAL OLIMPIC COMMITTEE</b>	<b>NATIONAL SPORT FEDERATIONS</b>

**2.3. Executive Committee of the International Olympic Committee**

The Executive Committee of the International Olympic Committee (IOC) consists of the President, four Vice-Presidents and ten members. The members of the Executive Committee shall be elected by



secret ballot in the presence of the Session. The term of office of the members of the Executive Committee and the Vice-President is four years. A member of the Executive Committee may be elected for a maximum of the next two terms, ie for a term of eight years.

Duties of the Executive Committee of the International Olympic Committee:

- Monitoring the implementation of the Olympic Charter;
- control over the activities of its internal governing bodies;
- Preparation of annual reports to be submitted to the session;
- submit to the session proposals for changes to the provisions of the Charter;
- submit to the Session the names of the persons recommended for election to the International Olympic Committee;
- Implementing and monitoring the selection of candidates for the Olympic Games;
- Setting the agenda of the sessions;
- Publication and control of all publications of the International Olympic Committee;
- Organize periodic meetings every two years in cooperation with the International Federations and the National Olympic Committees.

The Executive Committee of the International Olympic Committee is one of the main governing bodies of the Olympic movement. In addition to the above tasks, the Executive Committee of the International Olympic Committee has a number of important tasks to perform. In recent editions of the Olympic Charter, the Executive Committee of the International Olympic Committee has been entrusted with many tasks. For example, the establishment of an information service in the organization of the Olympic Games, and so on.

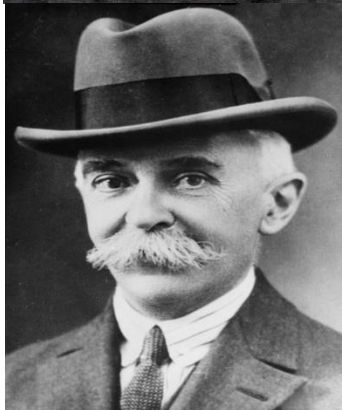
## **2.4. Official languages of the International Olympic Committee**

English and French are the official languages of the International Olympic Committee. French, English, German, Spanish, Russian and Arabic will be used in the sessions. Official publications of the International Olympic Committee and other documents are published mainly in English and French.

## 2.5. Presidents of the International Olympic Committee



The first President of the International Olympic  
Committee - (1894-1896)  
Demetrius Vikelas-(1835-1908)



The second and the fourth President of the  
International Olympic  
Committee- (1896-1916) - (1919-1925)  
Baron Per de Kuberten-(1863-1937)



The third President of the International Olympic  
Committee - (1916-1919v.b.)  
Baron Godfrua de Blone -(1869-1937)



The fifth President of the International Olympic  
Committee - (1925-1942)  
Graf Anri de Baye-Latur- (1876-1942)







The sixth President of the International Olympic Committee - (1942-1946)-(1946-1952)

Yohannes Zigfrid Edstryom – (1870-1964)



SWEDEN



The seventh President of the International Olympic Committee - (1952-1972)

Eyveri Brendedj – (1887-1975)



USA



The eighth President of the International Olympic Committee - (1972-1980)

Lord Mikel Morris Killanin – (1914-1999)



IRELAND



The ninth President of the International Olympic Committee - (1980-2001)

Markiz Xuan Antonio Samaranch – (1920-2010)



SPAIN



The tenth President of the International Olympic  
Committee - (2001-2013)

Graf Jack Rogge – (1942-2021)



BELGIUM



The eleventh President of the International  
Olympic Committee - (2013 – till now)

Thomas Bach– (1953)



GERMANY

*Figure-1. Presidents of the Olympic Committee.*

## TEST QUESTIONS ON THE RESUMPTION OF THE MODERN OLYMPIC MOVEMENT

<b>Founder of the modern Olympic Games?</b>
Per de Kuberten
Demetrius Vikelas
Xuan Antonio Samaranch
Everi Brendedj

<b>Who participated in the famous report “awakening of Olympism” on November 25, 1892?</b>
Per de Kuberten
Huan Antonio Samaranch
Demetrius Vikelas
Yohannes Zigfrid Edstryom

<b>What lecture did Pierre de Coubertin take at the University of Sorbonne?</b>
“The awakening of Olympism”
“Go to the Olympiad”
“way of Olympiad”
“towards to Olymp”

<b>When was the I-International Sports congress held?</b>
in1894, 16-23-June
in1892, 16-23-June
in1892, 23-june
in1894, 16-July

<b>When was the International Olympiad founded?</b>
in1894, 23-June
in1892, 25-November
in1896, 16-april
in1892, 16-june

<b>When was the International “Olympiad Day” organized?</b>
in1894, 23-June
in1894, 16-June

in1894, 6-April
in1894, 15-April

<b>What holiday is celebrated all over the world every year on the date of 23 June?</b>
“Olimpic day”
“Olimpic mountain”
“Olimpic way”
“Olimp”

<b>Where were the first modern Olympic Games held?</b>
Greece (Athen)
France (Paris)
England (London)
Swezerland (Lozanna)

<b>When was the first modern Olympiad held?</b>
in1896
in1895
in1894
in1892

<b>How many sports were held at the first modern Olympic Games?</b>
9
10
11
12

<b>Who was the first President of the International Olympic Committee?</b>
Dimetrus Vikelis
Per de Kuberten
Godfri de Blone
Tomas Bax

<b>Which country did the first President of the International Olympic Committee represent?</b>
Greece



France
England
Switzerland

<b>Who was elected the second President of the International Olympic Committee?</b>
Per de Kuberten
Dimetrus Vikelis
Xuan Antonio Samaranch
Tomas Bax

<b>Who was the most directors Prezident of International Olympic Committee?</b>
Per de Kuberten
Xuan Antonio Samaranch
Everi Brendedj
Anri de Bayye-Latur

<b>Whom was called as a “Father of Olympic”?</b>
Per de Kuberten
Demetrius Vikelas
Yuxannes Zigfrid Edstryom
Xuan Antonio Samaranch

<b>Find out the Olympic motto sequence?</b>
Faster, higher, stronger, together
Higher, faster, together, stronger
Stronger, together, higher, faster
All answer are true

<b>In which country is situated headquarters of the International Olympic Committee?</b>
Swetherland (Lozanna)
England (London)
Greece (Athen)
France (Paris)

<b>Determine the sequence of colors of the Olympic rings?</b>
Blue, black, red, yellow, green
Black, blue, red, green, yellow
Yellow, green, red, blue, black
Red, yellow, black, green, blue

<b>Who is the current President of the International Olympic Committee?</b>
Tomas Bach
Graf Jak Rogge
Xuan Antonio Samaranch
Lord Maykl Killanin
<b>How many museums have been established by the International Olympic Committee?</b>
5
8
13
15

<b>Why were the VI, XII, XIII Olympic Games did not held?</b>
World war
The economic crisis
Political relations
Boycott

## **CONTROL QUESTIONS ON THE RESTORATION OF THE MODERN OLYMPIC MOVEMENT**

1. Who is the founder of the modern Olympic Games?
2. What kind of lecture gave Pierre de Coubertin at the Sorbonne?
3. When was the International Olympic Committee founded?
4. When is Olympic Day celebrated?
5. When was the first modern Olympic Games held?
6. Who was the first President of the International Olympic Committee?
7. Who has chaired the International Olympic Committee the most?
8. How many museums have been established by the International Olympic Committee?

## **III CHAPTER.**

# **DEVELOPMENT OF THE OLYMPIC MOVEMENT IN UZBEKISTAN**

### **3.1. The development of the Olympic movement in Uzbekistan**

**The National Olympic Committee (NOC)**– is an organization that represents the country in the Olympic movement. If the National Olympic Committee is not recognized by the International Olympic Committee (IOC), national teams will not be allowed to participate in the Olympic Games.

The National Olympic Committee is a regular government organization. The supreme body of the National Olympic Committee is the General Assembly, which is usually convened at least once a year. An emergency assembly may be convened by the president.

In the period between assemblies, the leadership of the Olympic movement in our country is carried out by the Executive Committee of the National Olympic Committee. It consists of a president, three vice presidents, a secretary general, a director general and seven members. They are elected for four years. According to the instructions of the National Olympic Committee, the Executive Committee has the following responsibilities:

The National Olympic Committee prepares the agenda of the assemblies:

The Olympic rules and regulations ensure the implementation of the decisions of the General Assembly, and in the prescribed manner recommend individuals and organizations for election to the National Olympic Committee;

The National Olympic Committee is responsible for the financial condition, submits the annual report, is responsible for the administrative work and maintenance of the archives.

In certain cases provided for in the Charter of the National Olympic Committee, the President may personally decide or take action if the situation does not allow the National Olympic Committee or its Executive Committee to do so. These decisions will be approved at the next assembly of the National Olympic Committee.



Olympic Movement in the National Olympic Committee, preparation for and participation in the Olympic Games, and commissions will be set up to develop recommendations for the National Olympic Committee.

**The National Olympic Committee of Uzbekistan (NOC)** is a non-governmental and non-profit organization whose activities are governed by the laws of the Republic of Uzbekistan, implemented by the International Olympic Committee (IOC), the Olympic Charter and the Charter of the National Olympic Committee of Uzbekistan. The National Olympic Committee of Uzbekistan is engaged in a number of important tasks for the development of physical culture and sports in the country. The main activities of the National Olympic Committee of Uzbekistan can be divided into internal and external activities. Internal activities include development based on the principles set out in the Olympic Charter.



*Figure-1. The building of the National Olympic Committee of Uzbekistan.*

The National Olympic Committee of the Republic of Uzbekistan was established by the decision of the conference convened on January 21, 1992 in Tashkent. Approved by the 101<sup>st</sup> session of the International Olympic Committee in September 1993. The National Olympic Committee of Uzbekistan participates in the development of sports and physical culture, promotion of healthy lifestyles, Olympic education,

promotion of Olympic values, strengthening international relations, supports sports coaches and sports organizations.

The National Olympic Committee has strong cooperation with the International Olympic Committee, the Olympic Council of Asia, the Society of National Olympic Committees and a number of other international sports federations and organizations.

Objectives of the National Olympic Committee:

- Assistance in the development and protection of the Olympic movement and amateur sports:

- Ensuring the participation of athletes in the Olympic Games;

- To encourage and guide the development of sports in the spirit of Olympic ideas, developing and strengthening friendly relations between athletes of our country and the world. The National Olympic Committee may work with individuals or government agencies to achieve these goals based on the requirements and rules of the Olympic Movement.

Internal activities include:

- Development of Olympic movement on the basis of principles strengthened in Uzbekistan in the Olympic Charter;

- to assistance physically and spiritual breeding the people of the Republic;

- Participation in the development of mass employment with national upbringing and sports;

- Promoting the development of sports between the number of sports, people with disabilities, Assistance in the training of national teams and sports reserves of national and collective physical culture and sports organizations;

- Rising on the basis of the principles of mutual respect, spirit of friendship between the nations, respecting the opponent and the principles of fighting the distance,

- to promote Olympic ideas in Uzbekistan, to introduce people to the success of the athletes of the Republic of Uzbekistan, the development of the Olympic education;

- organizing of conferences, seminars, courses on the skills of sports and exchange of experiences;

- Protecting the interests of athletes, coaches, sports referees, sports veterans, participating in the establishment of funds supporting and supportive organizations;

Outdoor activity is also different:

- In international arenas, strengthening and increasing the position of the Republic of Uzbekistan;
- Leading to delegations to the country in the global games, Asian Games, World Youth and Central Asian Games;
- Development of cooperation with the National Olympic Committee, the National Olympic Council of Asia, the National Olympic Committees, and International Sports Associations;
- Participate in the International Olympic Committee programs “Olympic solidarity”;
- Assistance to the active participation of the groups of the Republic of Independent Sports and organizations to take the active part in international sports associations;
- Conclusion and implementation of service agreements on issues within the competence of the National Olympic Committee of Uzbekistan and foreign institutions and firms;
- Providing the interests of the interests of the Olympic community of the Uzbeks in international organizations;
- Membership in international (nongovernment) organizations on the basis of the legislation of the national state;
- Establishing international contact and relations, signing agreements with sports associations of countries and regions.

From January 21, 1992, began to be implemented from the establishment of the National Olympic Committee of Uzbekistan. The International Olympic Committee, the International Olympic Committee, recognized its National Olympic Committee of Uzbekistan at the 101st session of September 1993. The National Olympic Committee of Uzbekistan ranks 47th out of 204 countries in the team standings.



*Previous appearance*



*Today's appearance*

**Figure-2. Symbol of the National Olympic Committee of Uzbekistan.**

Since today, 9 presidents have been elected to the National Olympic Committee of Uzbekistan. The National Olympic Committee has 127 members and 11 honorary members. The first president of the National Olympic Committee O. Nazirov, vice-presidents S. Roziyev, I. Baraban, secretary general prof. was A. Khamrakulov. In 1994, O. Nazirov resigned from the presidency and S. Roziyev (Chairman of the State Sports Committee) was elected President of the National Olympic Committee. Chairman of the State Committee for Physical Culture and Sports of the Republic of Uzbekistan and the first President of the National Olympic Committee of Uzbekistan Obid Nazirovich Nazirov made a significant contribution to the formation and approval of the National Olympic Committee. Nazirov was awarded the title of Honored Coach of Uzbekistan in June 1983. O. Nazirov Chairman of the CJSC "Labor Reserves" of Uzbekistan (1974-1984, 1986-1990). Deputy Chairman of the State Committee of the Republic of Uzbekistan for Physical Culture and Sports (1984-1985), then Chairman (1990-1992), from October 1992 to April 1994 - appointed President of the National Olympic Committee of Uzbekistan. During these years, under his direct leadership, the preparation and participation of Uzbek athletes in international competitions and the Olympic Games in Barcelona.

In order to establish a National Olympic Committee in the former Soviet republics and to participate in the international sports movement and the Olympic Games in Barcelona (1992), it was necessary to admit it to the International Olympic Committee. Therefore, a meeting was held in Moscow with the participation of the President of the International Olympic Committee H.A. Samaranch and the leaders of the physical culture movement of the former Soviet republics. Here, it was decided to participate in the Barcelona Games as part of the CIS team, and at the awards ceremony to play the appropriate national anthem and raise the flag. At the same time, according to the Olympic Charter, it was decided to establish National Olympic Committees with their recognition by the International Olympic Committee.

For his great contribution to the development of physical culture and sports in Uzbekistan, O. Nazirov was awarded the title of "Honored Worker of Physical Culture and Sports of Uzbekistan" in June 1983 and **"Honored Athlete of the Republic of Uzbekistan"** in August 1992.

The second president of the National Olympic Committee of the Republic of Uzbekistan is Sobirjon Sobitovich Roziyev. S. Roziyev has passed an honorable sports career as a member of the national team of

Uzbekistan and the former Soviet Union. He is well known in the Olympic world and has twice competed in the Olympic Games in Montreal and Moscow. He won a silver medal in the rapier team event at the Moscow Olympics. He was a three-time world champion (1972, 1974, 1976), a two-time World Student University champion (1974, 1977), and a two-time Giovanni and Martini Cup winner. During these years, he repeatedly won the Spartakiad, championships and Cups of Uzbekistan and the former Soviet Union. In 1980, he was awarded the title of "Honored Coach of the USSR" for his achievements in sports. Roziyev became the President of the National Olympic Committee on April 8, 1994. During the years of S.Roziyev's leadership of the National Olympic Committee, the Olympic movement of our country has achieved great success, attracted the attention of the International Olympic Committee.

In 1998 he was awarded the Silver Order of the International Olympic Committee. S.Ruziev organized the Museum of Olympic Glory of Uzbekistan and the Central Asian Games, held international seminars for Olympic sports specialists in Tashkent under the auspices of the National Olympic Committee of Uzbekistan. In preparation for the Winter Olympics and the Asian Games, he held the first major international forum in Tashkent - the Council of Secretaries General of the National Olympic Committees of Asia (1999).

The analysis of modern trends in sports allowed determining the following:

- At this stage of development, there is a clear, active integration of sports into the social organization of society, its integral connection with other social events;
- The influence of sports on all kinds of human activities, culture, education is growing;
- The influence of sports on personal development is growing significantly.

It is necessary not only to involve young people in sports, but also to direct them to the development of humanistic ideas and values of sports, in which, first of all, the athlete is able to defend the honor of his homeland, to fight honestly, to resist rudeness, greed, use of force, evil, that is, events that destroy both the sport and the individual and society. It must educate the person, the citizen, who can show. This task is solved by mastering the values of Olympic culture.



The social values of Olympic culture are created by society in the form of historical agreements, socio-spiritual norms, sports movements, Olympism, the Olympic movement, the Olympic Games.

The historical values of Olympic culture include the history of sports, knowledge of the Olympic movement, sports, values, the history of the formation of knowledge about the meaning of Olympics. Worldview values of Olympic culture, philosophical approach to sports, development of humanistic foundations of sports, It is reflected in the development of the Olympic movement based on the ideas of the Olympic Charter. The communicative values of Olympic culture vividly portray sport as a means of communication, a relationship between nations, which in turn reflects the internationalism of sporting activity.

Olympic culture is the ideas of the Olympic Charter, the knowledge, norms, values accumulated by man, in accordance with the philosophy of Olympism.

is the sum of the patterns of behavior. On its basis, a person's lifestyle and way of life are formed. This knowledge is imparted through education and upbringing. It is very difficult to solve the tasks of Olympic education and training through traditional physical education, which focuses on the formation of physical qualities and motor skills and abilities. This requires the development of new theoretical approaches. At the same time, great attention should be paid to the human nature of the pedagogical process.

The content of the pedagogical process should include:

- The process of forming knowledge about the Olympic Games, the history of the Olympic movement, the humanistic ideas and values of Olympism;

- The process of formation of interest in sports, the demand for sports, the desire to achieve results in sports, to win competitions;

- Involvement of children, youth (population) in various areas of physical culture and sports (health, sports, recreation).

Olympic education is innovation of the process. Unlike physical education, its integrity and integration is a priority in the acquisition of the cultural potential of sports activities in the formation of sports skills and abilities.

Not paying enough attention to the issues of spiritual education leads to the formation of negative qualities in athletes, such as arrogance, greed, materialism. Olympic education, based on the ideas of

humanity, helps athletes to cultivate high moral values, the necessary guidelines in society, and the reasons for engaging in sports.

In Olympic education, not only to acquire knowledge by memorizing historical dates, facts, numbers of Olympic records, but also to actively involve young people in sports, it is necessary to develop in them the desire to set personal sports records, first of all, to teach them to overcome themselves. This approach to Olympic education allows you to fill the ranks of athletes with highly cultured, well-rounded individuals.

The International Olympic Academy (IOC) was founded in 1961.

It is an institution specializing in the study and promotion of Olympic movement ideas, physical education, and sports theory and practice, it operates under the auspices of the International Olympic Committee and is funded by the National Olympic Committee of Greece. The address of the International Olympic Academy is the Olympics. It has recognized 74 Olympic academies around the world. Its activities are directed and supervised by a special commission of the International Olympic Committee.

The International Olympic Academy organizes weekly sessions every year. Their program includes ideological problems of philosophy and sports, history of the Olympic movement, theoretical and seminars on sports training and physical education. The National Olympic Committee sends more than 4,000 leading scientists, coaches, physical education teachers, students, graduate students, and athletes to these sessions. On February 18, 1987, the former Soviet Olympic Academy was established, and under his leadership, the Olympic Academy of Uzbekistan.

1993 after Uzbekistan gained independence The Olympic Academy of the Republic of Uzbekistan was established on April 18. President of the Olympic Academy of the Republic of Uzbekistan prof. A. Hamrokulov and its executive director docent. The delegation of Radjapov took part in the session of the International Olympic Academy in 1994. The 12-member executive committee of the Olympic Academy of the Republic of Uzbekistan includes leading scientists, teachers, coaches and figures of the Olympic movement. According to the charter, the Olympic Academy of the Republic of Uzbekistan is a voluntary public organization operating under the auspices of the National Olympic Committee of the Republic of Uzbekistan. Currently, the

Republican Olympic Academy is headed by the rector of the Uzbek State Institute of Physical Culture.

The goals of the Olympic Academy of the Republic of Uzbekistan are to study, disseminate, popularize and further develop the principles and ideas of Olympism, the Olympic movement and the human values of the Olympic Games. The urgent task of the Olympics in the Republic of Uzbekistan is to create the organizational and scientific-methodological basis of the Olympic education of the population of our country, to establish relations with regional Olympic academies.

Today, the International Olympic Movement is the basis of the sports process. The three concepts of this social phenomenon describes **“Olympism”, “Olympic Movement”, “the Olympic Games”**. This set of concepts reflects the characteristics of the Olympic movement and its organizational forms. This movement (Olympism) has a special spiritual basis. The Olympic Charter defines Olympism as follows: “Olympism is a philosophy of life that unites the dignity of body, will and mind into a balanced whole. Olympism, which combines sport with culture and education, seeks to create a lifestyle based on the educational value of enjoyment of action, good example and respect for basic moral principles”. From the above, it is clear that the social significance of Olympism is associated with universal values and ideals. These values include:

- First, Olympism is a spiritual aura of individual, high moral values created by mankind;

- Secondly, Olympism is a peculiar state of society, in which aggression and war are immoral.

The 50th session of the UN General Assembly adopted a resolution on the report of H.A. Samaranch on “For a better and more lasting peace through the ideas of sport and the Olympics”.

He called on the world community to establish “Olympic peace” during the Olympic Games;

- Third, Olympism is a unique combination of sports, art, architecture, culture, science and technology. The Olympics have been a catalyst for the development of various aspects of material and spiritual culture. Without such harmony, the Olympics would not have been so charming;

- Fourth, the Olympics is the unification of athletes from different countries into a single family. It is the development of friendly relations

based on mutual assistance, solidarity and honesty. It is burdened with any discrimination;

- Fifth, Olympism is an education aimed at cultivating not only physical qualities, but also the harmony of body and soul. It is also about cultivating courage, honor and dignity in athletes.

Olympism is the spiritual basis of the sports movement, which is based on humanistic ideas (good intentions, peace and cooperation). The essence of Olympism is to serve man, individual, society.

### **3.2. Presidents of the national Olympic Committee**



The first President of the national Olympic Committee Nazirov Obid Nazirovich (1992-1994)



The second President of the national Olympic Committee Ruziev Sobirjon Sobitovich (1994-2003)



The third President of the national Olympic Committee Nosirov Aziz Nosirovich (2003-2004)



The fourth President of the national Olympic Committee Kurbanov Rustam Javdatovich (2004-2009)



The fifth President of the national Olympic Committee Babaev Malik Kurbonaliyevich (2009-2012)



The sixth President of the national Olympic Committee Usmanov Mirabrор Zufarovich (2012-2017)



The seventh President of the national Olympic Committee Sultanov Alisher Saidabbasovich (2017-2018)



The eighth President of the national Olympic Committee Akhmadjonov Umid Makhamatjonovich (2018-2019)













The ninth President of the national Olympic Committee Shaabdurakhmanov Rustam Mavzurovich 2019-t.n.

***Figure-1. The presidents of the national Olympic Committee.***



### 3.3. Achieved results of the Uzbek sportsmen on Summer Olympic Games

#### BARCELONA – 1992 SET OF MEDALS

№	STATES	GOLD	SILVER	BRONZE	TOTAL
1.	 SSSR	45	38	29	<b>112</b>
2.	 USA	37	34	37	<b>108</b>
3.	 Germany	33	21	28	<b>82</b>
4.	 China	16	22	16	<b>54</b>
5.	 Cuba	14	6	11	<b>31</b>
6.	 Spain	13	7	2	<b>22</b>
7.	 South Korea	12	5	12	<b>29</b>
8.	 Hungary	11	12	7	<b>30</b>
9.	 France	8	5	16	<b>29</b>
10.	 Australia	7	9	11	<b>27</b>

**Oksana Chusovitina (sport gymnastic)** — Gold medal in Olympic Games;  
**Rozaliya Galieva (sport gymnastic)** — Gold medal in Olympic Games;  
**Mariya Shmonina (track and field athletic)** — Gold medal in Olympic Games;  
**Arsen Fadzaev (wrestling)** — Gold medal in Olympic Games;  
**Sergey Sirsov (weightlifting)** — Silver medal in Olympic Games;  
**Anatoliy Asrabaev (shooting)** — Silver medal in Olympic Games;  
**Valeriy Zaxarevich (fencing)** — Bronzemedal in Olympic Games;



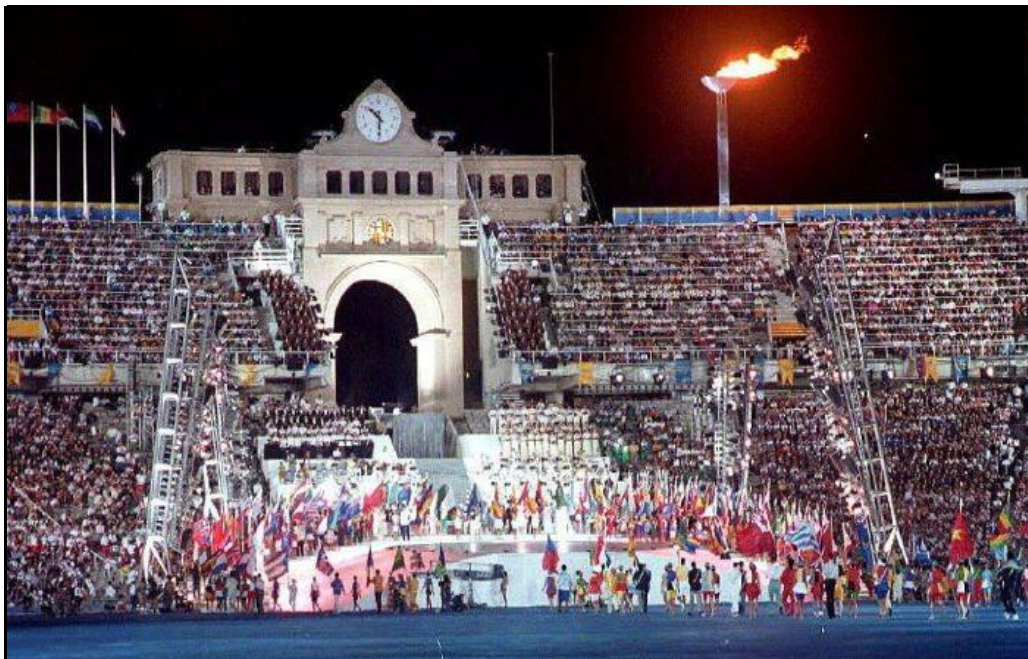
**OLIMPIC SYMBOL**



**OLIMPIC MEDAL**



***ARCHERY - ANTONIO REBOLO***



***PICTURES FROM THE OPENING CEREMONY OF THE OLYMPIC GAMES***







***OLIMPIC CITY***





**ROZALIYA GALIEVA**



**ARSEN FADZAEV**



**MARIYA SHMONINA**



**SERGEY SIRSOV**



**ANATOLIY ASRABAEV**



**VALERIY ZAKHAREVICH**





**OKSANA CHUSOVITINA**

Oksana Chusovitina has been included in the Guinness Book of Records seven times (1992, 1996, 2000, 2004, 2008, 2012, 2016) by participating in the Summer Olympics. Athlete represented the USSR, Germany (2006–2012) at the Olympic Games, at the same time; it is defending the honor of Uzbekistan. Chusovitina - Olympic champion in team competition in 1992, three-time world champion, European champion, champion of the Asian Games. She specialized in lean jumping. She is also competing in the Olympic Games in Tokyo today. *This is her eighth Olympics.*



***PICTURES FROM THE CLOSING CEREMONY OF THE OLYMPIC GAMES***



## ATLANT – 1996 SET OF MEDALS

T/r	STATES	GOLD	SILVER	BRONZE	TOTAL
1.	 USA	44	32	25	<b>101</b>
2.	 Russia	26	21	16	<b>63</b>
3.	 Germany	20	18	27	<b>65</b>
4.	 China	16	22	12	<b>50</b>
5.	 France	15	7	15	<b>37</b>
6.	 Italy	13	10	12	<b>35</b>
7.	 Australia	9	9	23	<b>41</b>
8.	 Cuba	9	8	8	<b>25</b>
9.	 Ukraine	9	2	12	<b>23</b>
10.	 South Korea	7	15	5	<b>27</b>
58.	 Usbekistan	0	1	1	<b>2</b>

**Armen Bagdasarov (judo)** — Silver medal in the Olympic Games;  
**Karim To‘laganov (boxing)** — Bronze medal in the Olympic Games;





***BOXING - MUHAMMAD ALI***



***PICTURES FROM THE OPENING CEREMONY OF THE OLYMPIC GAMES***







***DELEGATION OF USBEKISTAN (FLAGMAN-  
TEMUR IBRAGIMOV)***



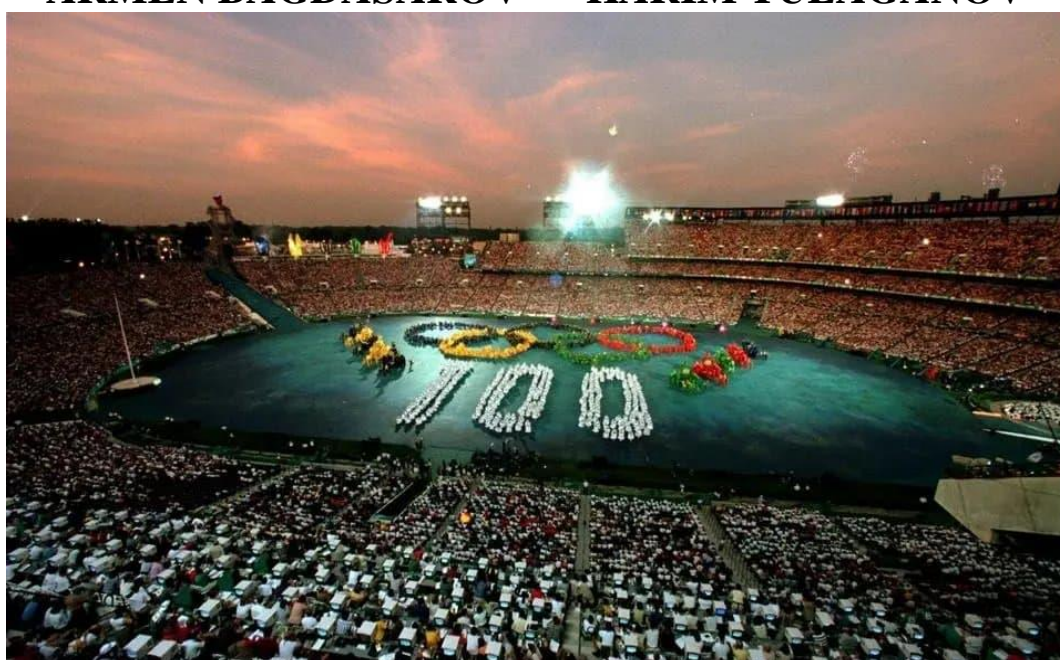




**ARMEN BAGDASAROV**



**KARIM TULAGANOV**






***PICTURES FROM THE CLOSING CEREMONY OF THE OLYMPIC GAMES***



***FROM THE AWARD CEREMONY OF THE OLYMPIC GAMES WINNERS AND PRIZES***

## SIDNEY– 2000 SET OF MEDALS

T/r	STATES	GOLD	SILVER	BRONZE	TOTAL
1.	 USA	37	24	32	<b>93</b>
2.	 Russia	32	28	29	<b>89</b>
3.	 China	28	16	14	<b>58</b>
4.	 Australia	16	25	17	<b>58</b>
5.	 Germany	13	17	26	<b>56</b>
6.	 France	13	14	11	<b>38</b>
7.	 Italy	13	8	13	<b>34</b>
8.	 Netherland	12	9	4	<b>25</b>
9.	 Cuba	11	11	7	<b>29</b>
10.	 Great Britain	11	10	7	<b>28</b>
41.	 Usbekistan	1	1	2	<b>4</b>

**Mukhammadkodir Abdullaev (boxing)** — Gold medal in the Olympic Games;  
**Artur Taymazov (free style wrestling)** — Silver medal in the Olympic Games;  
**Rustam Saidov (boxing)** — Bronze medal in the Olympic Games;  
**Sergey Mikhaylov (boxing)** — Bronze medal in the Olympic Games;



**OLYMPIC SYMBOL**



**OLYIMPIC MEDAL**





***TRACK AND FIELD ATHLETIC - KETTI FRIMEN***



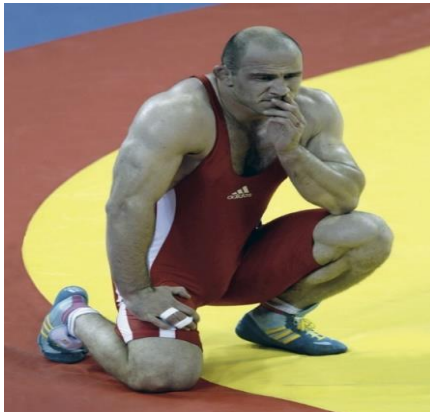
***PICTURES FROM THE OPENING CEREMONY OF THE OLYMPIC GAMES***







**DELEGATION OF USBEKISTAN (FLAGMAN -  
MUKHAMMADKODIR ABDULLAYEV)**



**ARTUR TAYMAZOV**



**SERGEY  
MIKHAYLOV**



**RUSTAM  
SAIDOV**



### ***MUKHAMMADKADIR ABDULLAEV***

Mukhammadkadir Abdullaev is an Asian and world boxing champion, winner of the Asian and Olympic Games. In 1999 and 2000 he was named the "Best Athlete of the Year" in our country. Mukhammadkadir Abdullaev won the Central Asian Games in Tashkent in 1995, he took second place at the Asian Championships and qualified for the 1996 Atlanta Olympics.

He won the 1997 Asian Championships in Kuala Lumpur, Malaysia. He returned from Chongqing, China in 1998 with the World Cup, he won a gold medal at the XIII Asian Games in Bangkok.

In 1999, he won the title world champion in Houston, USA. He won the Asian Championship in Tashkent and get permission to the Sydney Olympics. At the Sydney Olympics, Muhammadkadir defeated his opponents in battles and take place as a first champion of the Summer Olympics in the history of sports in Uzbekistan.
















***PICTURES FROM THE CLOSING CEREMONY OF  
THE OLYMPIC GAMES***



***PICTURES FROM THE CEREMONY OF  
THE OLYMPIC GAMES WINNERS***

## ATHENS – 2004 SET OF MEDALS

№	STATES	GOLD	SILVER	BRONZE	TOTAL
1.	 USA	36	39	26	<b>101</b>
2.	 China	32	17	14	<b>63</b>
3.	 Russia	28	26	36	<b>90</b>
4.	 Athens	17	16	17	<b>50</b>
5.	 Japan	16	9	12	<b>37</b>
6.	 Germany	13	16	20	<b>49</b>
7.	 France	11	9	13	<b>33</b>
8.	 Italy	10	11	11	<b>32</b>
9.	 South Korea	9	12	9	<b>30</b>
10.	 Great Britain	9	9	12	<b>30</b>
34.	 Uzbekistan	2	1	2	<b>5</b>

**Artur Taymazov (free style wrestling)** — Gold medal in the Olympic Games;  
**Aleksandr Dokturishvili (greco-roman wrestling)** — Gold medal in the Olympic Games;  
**Magomed Ibragimov (free style wrestling)** — Silver medal in the Olympic Games;  
**Bakhodirjon Sulstonov (boxing)** — Bronze medal in the Olympic Games;  
**Utkirbek Khaydarov (boxing)** — Bronze medal in the Olympic Games;



ATHENS 2004<sup>TM ©</sup>



**OLIMPIC SYMBOL**



**OLIMPIC MEDAL**





***SAILING SPORT- NIKOLAOS KAKLAMANAKIS (NIKOS)***



***PICTURES FROM THE OPENING CEREMONY OF  
THE OLYMPIC GAMES***







***DELEGATION OF USBEKISTAN (FLAGMAN –  
ABDULLO TANGRIYEV)***









***MAGOMED  
IBRAGIMOV***



***O'ZKIRBEK HAYDAROV -  
BAXODIRJON SULTONOV***



***ARTUR TAYMAZOV***

Artur Taymazov is an Ossetian-born Uzbek freestyle wrestler. He is a three-time Olympic champion (2004, 2008 and 2012), Olympic silver medal prizer Sydney 2000, two-time world champion, two-time Asian champion, and three-time winner of the Asian Games.

Artur Taymazov is one of the athletes who deservedly defended the honor of Uzbekistan in the international arena in freestyle wrestling. He is the owner 3 out of 6 gold medals which Uzbekistan has won in the history of the Olympics.

He took 2<sup>nd</sup> place at the 2000 Olympic Games in Sydney, Australia, 2004 in Athens, Greece, He won first place at the 2008 Beijing



Olympics in China, for the first time in the history of Uzbekistan, and he won the title of two-time Olympic champion.

He also won first place at the 2012 Summer Olympics in London, England.



***ALEKSANDR DOKTURISHVILI***

Arthur Dokturishvili started to take part in competitions among adults in 2000 and in the first attempt won the European Championship.

Since 2001 he started playing for the national team of Uzbekistan. In 2003 he was champion of Asian cup. And in 2004 he was Asian champion; in the selection competitions before Olympics he took second place.

He competed in Greco-Roman wrestling in the 74 kg weight category at the Olympic Games in Athens, Greece. Participants previously competed in groups in a round circle system. The winners went straight to the semifinals. Dokturashvili won convincing victory in the group Tamash Berj from Hungary, Aleksios Kolitsopolus from Greece and Vugar Aslanov from Azerbaijan. In the semifinals, he defeated the reigning Olympic champion Varteres Samurgashev of Russia.

Finally, in the final Uzbek athlete defeated previous silver medalist Marko Yulikhannukse. He won a gold medal at the Athens Olympics.



*PICTURES FROM THE CLOSING CEREMONY OF  
THE OLYMPIC GAMES*



## CHINA – 2008 SET OF MEDALS

№	STATES	GOLD	SILVER	BRONZE	TOTAL
1.	 China	51	21	28	<b>100</b>
2.	 USA	36	38	36	<b>110</b>
3.	 Russia	23	21	29	<b>73</b>
4.	 Great Britain	19	13	15	<b>47</b>
5.	 Germany	16	10	15	<b>41</b>
6.	 Australia	14	15	17	<b>46</b>
7.	 South Korea	13	10	9	<b>32</b>
8.	 Japan	9	6	10	<b>25</b>
9.	 Italy	8	9	10	<b>27</b>
10.	 France	7	16	18	<b>41</b>
40.	 Uzbekistan	1	2	3	<b>6</b>

**Artur Taymazov (free style wrestling)** — Gold medal in the Olympic Games;  
**Abdullo Tangriev (judo)** — Silver medal in the Olympic Games;  
**Soslan Tigiev (free style wrestling)** — Silver medal in the Olympic Games;  
**Rishod Sobirov (judo)** — Bronze medal in the Olympic Games;  
**Anton Fokin (sport gymnastics)** — Bronze medal in the Olympic Games;  
**Ekaterina Xilko (trampoline)** — Bronze medal in the Olympic Games;



**OLYMPIC MEDAL**





***SPORT GYMNASTICS – LI NIN***



***PICTURES FROM THE OPENING CEREMONY OF  
THE OLYMPIC GAMES***







**DELEGATION FROM UZBEKISTAN (FLAGMAN-  
DILSHOD MAKHMUDOV)**



**ANTON FOKIN**



**EKATERINA  
XILKO**



**RISHOD SOBIROV**





***ABDULLO  
TANGRIEV***



***SOSLAN TIGIEV***













***ARTUR TAYMAZOV***



***PICTURES FROM THE CLOSING CEREMONY OF THE  
OLYMPIC GAMES***

## LONDON – 2012 SET OF MEDALS

№	STATES	GOLD	SILVER	BRONZE	TOTAL
1.	 USA	46	28	29	<b>103</b>
2.	 China	38	30	21	<b>89</b>
3.	 Great Britain	29	17	19	<b>65</b>
4.	 Russia	22	24	33	<b>79</b>
5.	 South Korea	13	8	7	<b>28</b>
6.	 Germany	11	19	14	<b>44</b>
7.	 France	11	11	13	<b>35</b>
8.	 Australia	8	15	12	<b>35</b>
9.	 Italy	8	9	11	<b>28</b>
10.	 Hungary	8	4	6	<b>18</b>
40.	 Uzbekistan	1	0	2	<b>3</b>

**Artur Taymazov (free style wrestling)** — Gold medal in the Olympic Games;  
**Rishod Sobirov (judo)** — Bronze medal in the Olympic Games;  
**Abbos Atoev (boxing)** — Bronze medal in the Olympic Games;  
**Soslan Tigiev (free style wrestling)** — Bronze medal in the Olympic Games;

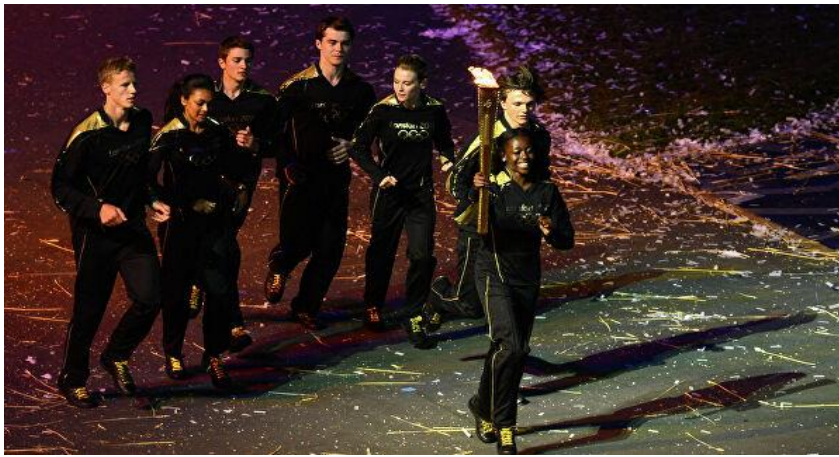


***OLIMPIC SYMBOL***



***OLIMPIC MEDAL***





***KELLUM EYRLI, JORDAN DAKITT, DEZIRE HENRY, KATE KIRK, KAMERON MAKRITCHI, EYDAN REYNOLDS, ADEL TREYSI***



***PICTURES OF CLOSING CEREMONY OF THE OLYMPIC GAMES***



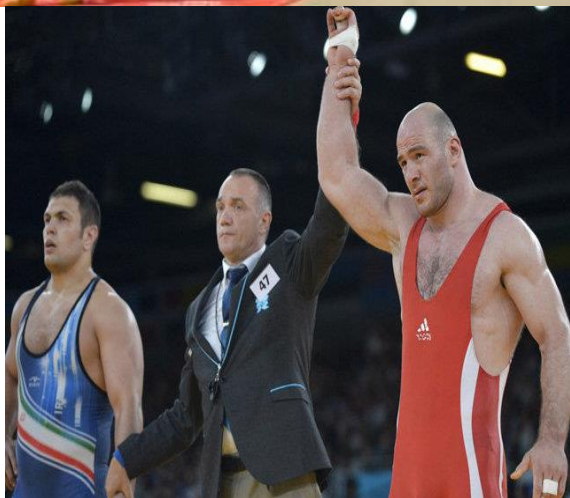




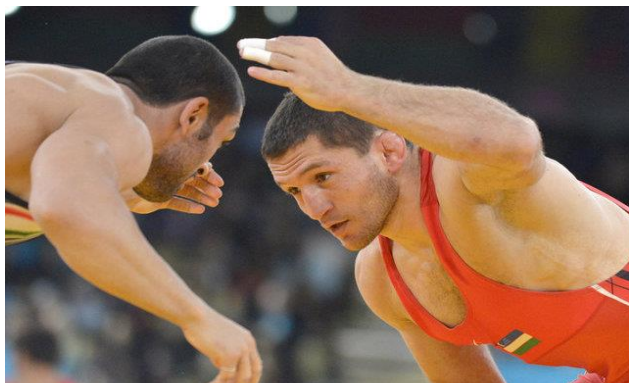




***DELEGATION FROM UZBEKISTAN (FLAGMAN –  
ELSHOD RASULOV)***







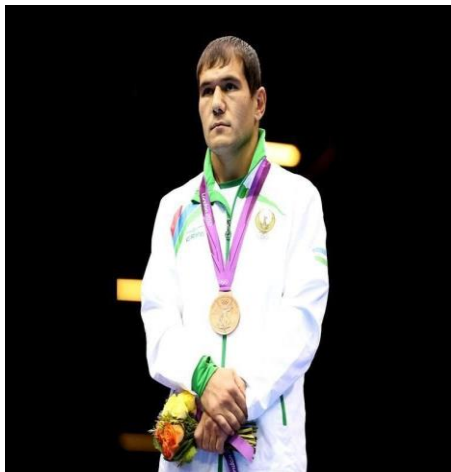




***ARTUR TAYMAZOV***



***SOSLAN TIGIEV***



***ABBOS ATOEV***



***RISHOD SOBIROV***











***PICTURES FROM THE CLOSING CEREMONY OF  
THE OLYMPIC GAMES***



***FROM THE AWARD CEREMONY OF THE OLYMPIC GAMES  
WINNERS AND PRIZES***



## RIO-DE-JANEYRO – 2016 SET OF MEDALS

№	STATES	GOLD	SILVER	BRONZE	TOTAL
1.	 USA	46	37	38	<b>121</b>
2.	 Great Britain	27	23	17	<b>67</b>
3.	 China	26	18	26	<b>70</b>
4.	 Russia	19	18	19	<b>56</b>
5.	 Germany	17	10	15	<b>42</b>
6.	 Japan	12	8	21	<b>41</b>
7.	 France	10	18	14	<b>42</b>
8.	 South Korea	9	3	9	<b>21</b>
9.	 Italy	8	12	8	<b>28</b>
10.	 Australia	8	11	10	<b>29</b>
21.	 Uzbekistan	4	2	7	<b>13</b>

**Ruslan Nurudinov (weightlifting)** — Gold medal in the Olympic Games;  
**Hasanboy Dusmatov (boxing)** — Gold medal in the Olympic Games;  
**Shakhobiddin Zoirov (boxing)** — Gold medal in the Olympic Games;  
**Fazliddin Goibnazarov (boxing)** — Gold medal in the Olympic Games;  
**Shakhram Giyosov (boxing)** — Silver medal in the Olympic Games;  
**Bektemir Melikuziev (boxing)** — Silver medal in the Olympic Games;  
**Rustam Tulaganov (boxing)** — Bronze medal in the Olympic Games;  
**Murodjon Ahmadaliev (boxing)** — Bronze medal in the Olympic Games;  
**Diyorbek O‘rozboyev (judo)** — Bronze medal in the Olympic Games;  
**Rishod Sobirov (judo)** — Bronze medal in the Olympic Games;  
**Elmurat Tasmuradov (greco-roman wrestling)** — Bronze medal in the Olympic Games;  
**Magomed Ibragimov (free style wrestling)** — Bronze medal in the Olympic Games;  
**Ikhtiyor Navruzov (free style wrestling)** — Bronze medal in the Olympic Games;



**OLIMPIC SYMBOL**



**OLIMPIC MEDAL**



***MARATHON – VANDERLEY KORDEYRU DI LIMA***



***PICTURES FROM THE OPENING CEREMONY OF  
THE OLYMPIC GAMES***

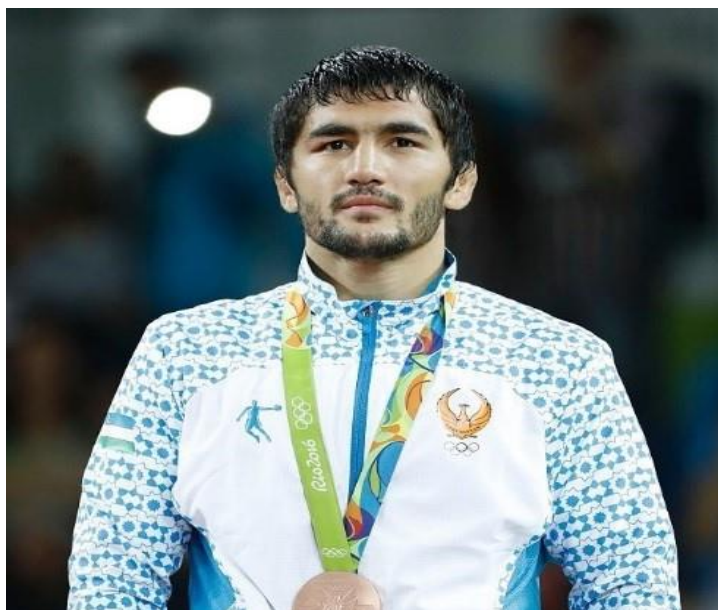






***THE DELEGATION OF UZBEKISTAN(FLAG HOLDER-  
BAKHODIR JALOLOV)***





***IKHTIYOR NAVRUZOV***



***MAGOMED IBRAGIMOV***



***ELMURAT TASMURADOV***







***RISHOD SOBIROV***



***DIYORBЕК UROZBOYEV***





**MURODJON AKHMADALIYEV**





***RUSTAM TULAGANOV***



***BEKTEMIR MELIKUZIYEV***





***SHAKHRAM GIYOSOV***







***FAZLIDDIN GOIBNAZAROV***

Fazliddin Goibnazarov is an Uzbek professional boxer in the first welterweight division. Champion of the 2016 Olympic Games in Rio de Janeiro, silver medalist of the 2015 World and Asian Championships, winner and prize-winner a number of national and international tournaments among the amateur boxers.



### ***SHAHOBIDDIN ZOIROV***

Shakhobiddin Zoirov — is an Uzbek boxer. He was Olympic champion in 2016, world champion in 2019, silver medal holder from the Asian Games in 2014, and he was Asian champion in 2021, 2 times silver medal prize holder of the Asian championships in the years 2013 and 2015.



The boxer won a gold medal in the weight category up to 52 kg at the 2016 Rio Olympics. In the final, Zoirov defeated against Misha Aloyan from Russia and climbed to the Olympic podium.



***HASANBOY DO'SMATOV***

Hasanboy Dosmatov started his boxing career at the age of 11 at a boxing school in Andijan. He won a gold medal at the 2011 National Junior Championships and became a member of the Uzbek national boxing team.

He was winner in the Summer Universiade in Kazan in 2013. In that tournament, he defeated strong athletes from Azerbaijan, Tajikistan, Mongolia and South Korea.



Dosmatov was one of the favorite athletes ahead of the 2016 Rio Olympics. He defeated almost all of his opponents without difficulty in the finals in Brazil. In the decisive bout, Dosmatov defeated Colombia's Martinez Uberjen to win the Olympic title.

The 23-year-old boxer became his first gold medal at boxing tournament in Rio in 2016. Dosmatov is the second boxer in the history of Uzbekistan after Muhammadkadir Abdullayev to become an Olympic champion. According to the conclusion of the Rio Olympics, Hasanboy Dosmatov won the Vel Barker Prize for the best boxer of the tournament.



***RUSLAN NURUDDINOV***

Ruslan Nurudinov is an Uzbek weightlifter. He won his first international title at the 2009 Asian Junior Championships in the United Arab Emirates and won a gold medal. Ruslan Nurudinov won a silver medal in the snatch at the 2011 World Championships in France. In 2012, he won the Asian Championship in South Korea and he was placed in the top strong fourth at the London Olympics.

Later weightlifter Ruslan Nuruddinov's doping test in 2012 showed positive results. The International Weightlifting Federation has temporarily excluded him from the sport, his results which were achieved in the Olympics, including points, were annulled, and it is announced that his medals and prizes were confiscated.

2013 was in all sides successfully year for the weightlifter. Ruslan, who initially won the national championship, also won three gold medals at the Asian Championship. He became a two-time world champion at the World University Games in July.

Weightlifter Ruslan Nurudinov breaks Olympic record in snatch at 2016 Olympics, he won a gold medal at the Rio Games.









***PICTURES FROM THE CLOSING CEREMONY OF  
THE OLYMPIC GAMES***





*The official closing ceremony at the “Marakana” Stadium, The 31st Summer Olympics are over. As an example Rio-de Janero that was the first time that a South American country has hosted the Summer Olympics.*



***PICTURES FROM THE CEREMONY OF THE OLYMPIC GAMES WINNERS AND PRIZERS***














***FROM THE AWARD CEREMONY OF  
THE OLYMPIC GAMES WINNERS AND PRIZERS***



## TOKYO – 2020 SET OF MEDALS

№	STATES	GOLD	SILVER	BRONZE	TOTAL
1.	 USA	39	41	33	<b>113</b>
2.	 China	38	32	18	<b>88</b>
3.	 Yapan	27	14	17	<b>58</b>
4.	 Great Britain	22	21	22	<b>65</b>
5.	 Russia	20	28	23	<b>71</b>
6.	 Australya	17	7	22	<b>46</b>
7.	 Netherland	10	12	14	<b>36</b>
8.	 France	10	12	11	<b>33</b>
9.	 Germany	10	11	16	<b>37</b>
10.	 Italya	10	10	20	<b>40</b>
32.	 Uzbekistan	3	0	2	<b>5</b>

**Ulugbek Rashitov (taekwando WTF)** — Gold medal in the Olympic Games;  
**Akbar Jurayev (weightlifting)** — Gold medal in the Olympic Games;  
**BakhodirJalolov (boxing)** — Gold medal in the Olympic Games;  
**DavlatBobonov (judo)** — Bronze medal in the Olympic Games;  
**BekzodAbdurahmonov (freestyle wrestling)**— Bronze medal in the Olympic Games;



**OLIMPIC MEDAL**



***TENNIS – NAOMI OSAKA***



***PICTURES FROM THE OPENING CEREMONY OF  
THE OLYMPIC GAMES***







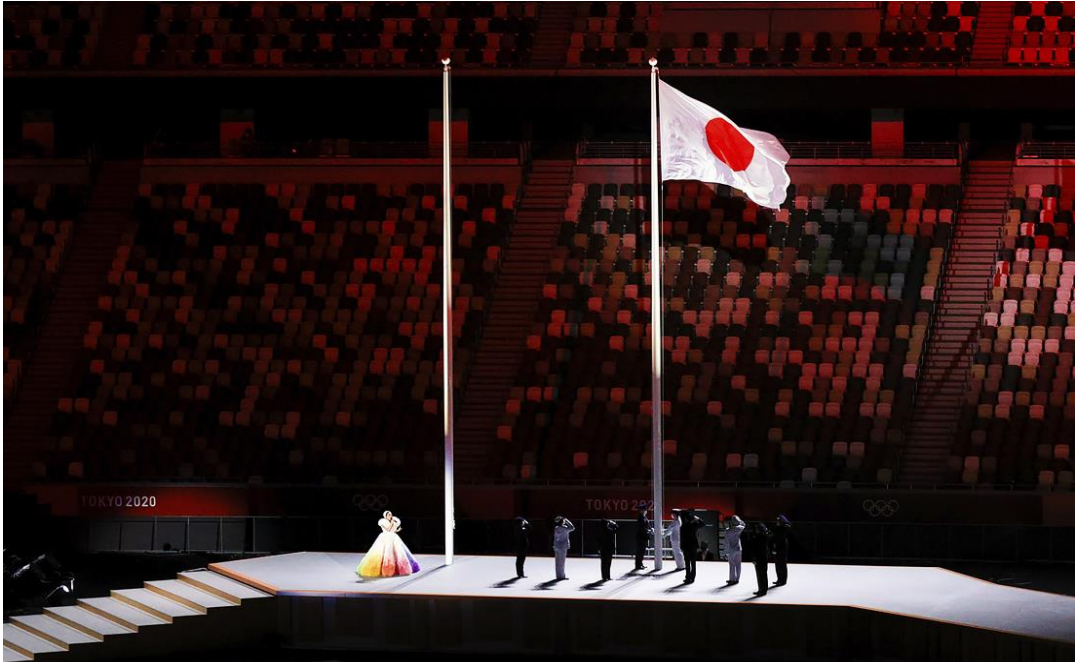
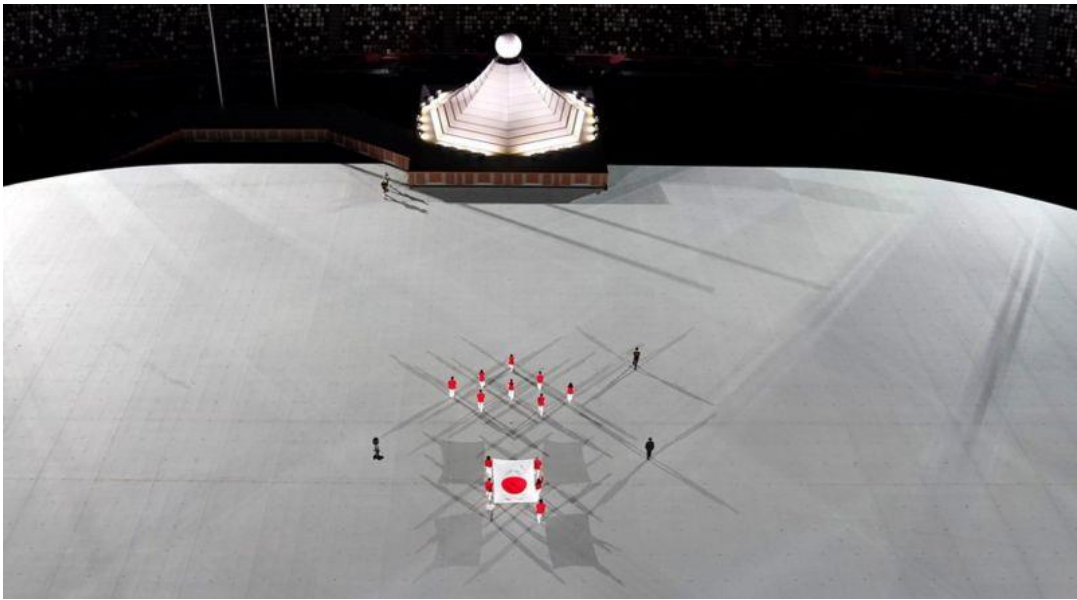
*Without fans, but with new technology. The brightest photo from the opening of the Summer Olympic.*







*The ceremony was marked by the use of new technologies, the organization of shows and a parade of athletes.*







***DELEGATION OF UZBEKISTAN (FLAGMAN –  
BAKHODIR JALOLOV AND NIGORATURSUNKULOVA)***



The Russian national team competed in the Olympics under the flag and emblems of the Russian National Olympic Committee. According to



the decision of the Court of Arbitration for Sport in 2022 December 16, Russian athletes will be banned from performing under Russian state symbols, the IOC came to this decision after a large-scale doping scandal.



The uniforms of the Russian Olympians still reflected the colors of the Russian flag. The president of the International Doping Agency, Vitold Banka, has protested against the uniforms of Russian athletes, but the IOC allowed such a design by the Russians.











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*A total of 339 medal events will be played in 33 sports. The Tokyo-2020 Olympics program includes five new sports - baseball and softball, karate, surfing, rock climbing and skateboarding. It was announced earlier that baseball and softball were included in the list of Olympic sports, but no qualifiers were held.*

*The final composition of the Uzbek delegation is known to the XXXII Summer Olympic Games. The National Olympic Committee has announced the list of all athletes who will defend the honor of our country at the Tokyo 2020 Olympics.*

*According to their respective disciplines from 2017 to tonight our sportsmen in uncompromising competitions to compete in the Olympics. In the end, our delegation won 71 tickets to the Olympics in 17 sports. Below we introduce our licensed athletes:*



## ALL OUR ATHLETES GOING TO “TOKYO-2020”



### **BOXING (11 )**

Shakhobiddin Zoirov -52 kg  
Mirazizbek Mirzahalilov -57 kg  
Elnur Abduraimov -63 kg  
Bobousmon Baturov -69 kg  
Fanat Kahramonov -75 kg  
Dilshod Ruzmetov -81 kg  
Sanjar Tursunov -91 kg  
Bakhodir Jalolov +91 kg  
Tursunoy Rahimova -51 kg  
Rayhona Kodirova -60 kg  
Shakhnoza Yunusova -69 kg

### **TAEKWANDO WTF (4 )**

Ulugbek Rashitov -68 kg  
Nikita Rafalovich -80 kg  
Nigora Tursunkulova -67 kg  
Svetlana Osipova +67 kg

### **FENCING (3)**

Malika Hakimova - shpaga, women  
Zaynab Dayibekova - sablya, women  
Sherzod Mamutov - sablya, men

## **JUDO (11 )**

Sharofiddin Lutfillaev - 60 kg  
Sardor Nurillaev - 66 kg  
Hikmatilloh Turaev - 73 kg  
Sharofiddin Boltaboev - 81 kg  
Davlat Bobonov - 90 kg  
Muhammadkarim Xurramov - 100 kg  
Bekmurod Oltiboev +100 kg  
Diyora Keldiyorova - 52 kg  
Farangiz Hojjeva - 63 kg  
Gulnoza Matniyazova - 70 kg

## **FREESTYLE WRESTLING (4)**

Gulomjon Abdullaev -57 kg  
Bekzod Abdurakhmonov -74 kg  
Javrail Shapiev -86 kg  
Magomed Ibragimov -97 kg

## **GRECO-ROMAN WRESTLING (4)**

Elmurat Tasmuradov -60 kg  
Jalgasbay Berdimuratov -77 kg:  
Rustam Assakalov -87 kg  
Muminjon Abdullaev -130 kg

## **WEIGHTLIFTING (4)**

Adhamjon Ergashev -67 kg  
Akbar Juraev -109 kg  
Muattar Nabieva -55 kg  
Kumushxon Fayzullaeva -76 kg

## **TRACK AND FIELD ATHLETIC (7)**

Svetlana Radzivil - high jump, women  
Safina Sadullayeva - high jump, women  
Xujayev Sukhrob - hammer throwing, men  
Darya Reznichenko - long jump, women  
Roksana Xudoyorova - triple jump, women  
Ruslan Kurbanov - triple jump, men  
Yekaterina Voronina - multifight,women

## **MIXED TEAM COMPETITIONS SWIMMING (2)**

Khurshidjon Tursunov - 100 m, freestyle swimming

Yulduz Kuchkorova - 100 m, brass

## **CANOE (4)**

Dilnoza Rakhmatova - C-2500 metr

Nilufar Zokirova - C-2500 metr

Dilnoza Rakhmatova - C-1200 metr

Nilufar Zokirova - C-1200 metr

## **ACADEMIC ROWING (2)**

Sobir Safaraliev - LMX2X, 2000 metr

Shahboz Kholmiraev - LMX2X, 2000 metr

## **RHYTHMIC GYMNASTICS (6)**

Sabina Tashkenbaeva - multifight

Nilufar Shomurodova - group exercise

Kseniya Aleksandrova - group exercise

Dinara Ravshanbekova - group exercise

Sevara Safoeva - group exercise

Kamola Irnazarova - group exercise

## **SPORT GYMNASTICS (2)**

Rasuljon Abdurakhimov - single program

Oksana Chusovitina - single program

## **SHOOTING SPORT (2)**

Mukhtasar Tohirova - 10m, rifle

Muxtasar Tohirova - 50 m, from rifle 3 attempt

## **CYCLING (2)**

Murodjon Kholmurodov - group race, men

Olga Zabelinskaya - group race, women

## **MODERN PENTATHLON (2)**

Aleksandr Savkin - single, men

Alise Fakhrutdinova - single, women

## **TENNIS (1)**

Denis Istomin - single, men



## VICTORY AND DEFEAT. THE MOST MEMORABLE PHOTOS TOKYO-2020 OLYMPICS



*British yachtsmen Saskia Tidi and Charlotte Dobson compete in the 49er FX class. The race took place against the backdrop of Mount Fuji. Martin Grael and Cacena Kunse from Brazil became Olympic champions.*



*24 aged Vitalina Basarashkina, won two gold and one silver in Tokyo. The athlete, who returned from Japan, was greeted in Omsk with a Russian folk song - "Vedmak".*



*Simona Bales, a four-time Olympic champion in U.S. gymnastics, has refused to compete in the team all-around final after her first unsuccessful participation. She explained it by his bad mood. The athlete did not want to compete in individual all-around, breaststroke and pole vault. However, she returned to the pole vault competition. The hall applauded Bales' return standing. Athlete won a bronze medal.*



*Antoaneta Kostadinova from Bulgaria takes second place in the 10-meter air pistol event. She was ahead of Russia's Vitalina Basarashkina on the eve of the final session, but lost to her in the end. Basarashkina won the first gold medal of the Russian athletes in Tokyo.*





*Mate Van der Pul from the Netherlands was one of the favorites on the mountain bike. But he failed at the Olympics and was not among the winners. Thomas Pidcock from Great Britain became the champion in this sport.*



*Russian gymnasts have won Olympic gold in team all-around for the first time since 1996. In the photo: Arthur Dalaloyan, David Belyavsky, Nikita Nagorny and Denis Ablyazin celebrate the victory. Ablyazin won a silver medal in the pole vault in Tokyo, Nagorny won two bronze medals in the individual all-around and the bruss exercises.*





*The Sablists Aron Siladi (Hungary) and Luigi Samele (Italy) are in the semifinals of the team debates. Silad and Samele also clashed in the individual championship final; the Hungarian athlete became a three-time Olympic champion. In the team competition, South Koreans won, the Italians won silver and the Hungarians won bronze.*



*For the first time a bunch of medals were won in surfing at the Tokyo-2020 Olympics. In the photo, Brazilian Gabriel Medina competes for third place. Medina lost the bronze to Australian Owen Wright. Another Brazilian athlete, Italo Ferreira, became the first Olympic champion in surfing.*



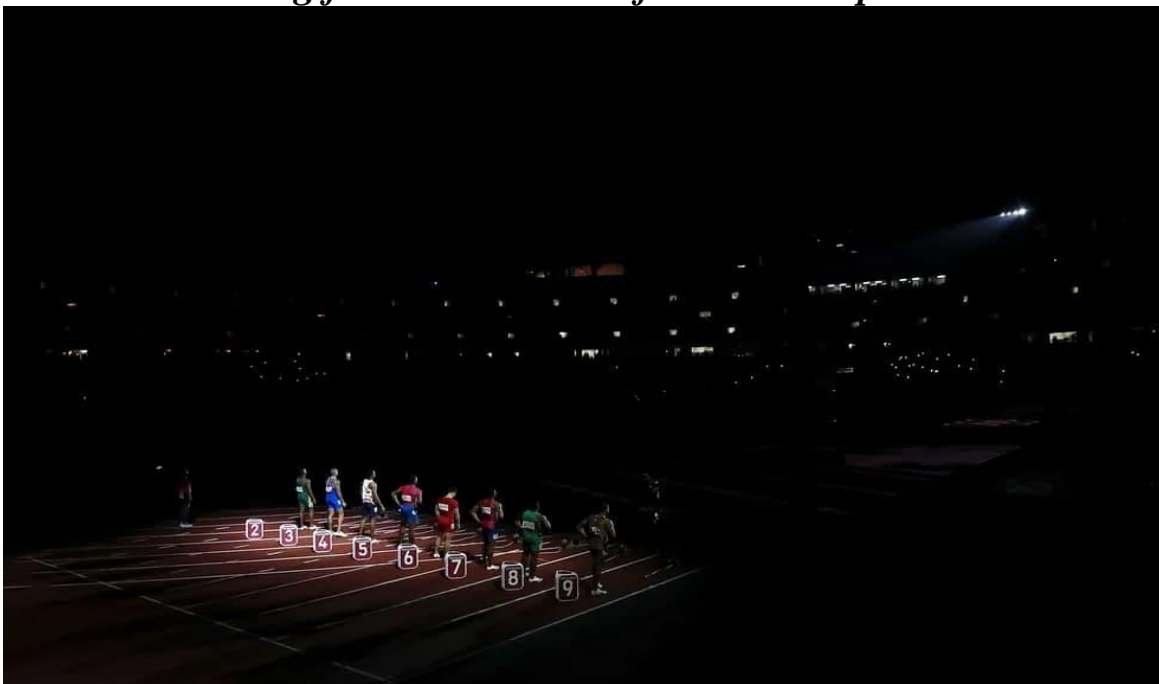
*Sofian al-Bakkaali from Moroccan was winner in the 3000-meter hurdles running.*



*Hisayoshi Harasawa from Japan and Lukasz Krpalek from the Czech Republic compete in the +100 kg judo semifinals. Krpalek reached the final and became the Olympic champion, defeating Guram Tushishvili from Georgia. Tamerlan Bashaev from Russia won the bronze medal.*



*In the quarterfinals between Murad Aliyev (France) and Fraser Clark (Great Britain) in the -91 kg weight category, the referee warned the French boxer that he had hit his opponent in the head and warned him, the boxer expresses his disagreement with this by his inappropriate actions, and at the end he was disqualified. Aliyev sat in the ring for more than half an hour to protest.*



*100 meter distance running — one of the most spectators sport og Olympic Games.Rio 2016 and it is enough to mention the legendary Usain Bolt.In Tokyo, the men's 100-meter dash became a real show.Marsel Jacobs from Italy was an Olimpik champion. Jacobs became the first European to win this distance in almost 20 years (the first Italian in history).*





*Britain's Tom Daley won a gold medal in the 10-meter synchronized diving in Tokyo. He was also remembered for knitting a jackey for his dog while sitting in the seats.*



*No silver medal was awarded in the high jump, but two athletes were recognized as Olympic champions. Qatar's Mutaz Barshim and Italy's Gianmarco Tamberi set a 2.37-meter mark using similar attempts. The bronze medal went to Belarus' Maxim Nedosekov, who also crossed the 2.37-meter mark, but he tried harder.*





*The 400-meter hurdles semi-final was held in the rain. The weather improved a bit in the final. American Sidney McLaughlin became the Olympic champion, setting a world record (51.46 seconds).*



*Rio 2016 Olympic champion Shahobiddin Zoirov (-52 kg) failed to finish the fight against Carlo Palam of the Philippines. In the second round, when the boxers' heads collided and his eyebrows cracked, the referee stopped the fight, the judges awarded the victory to the Filipino athlete on the points scored so far.*





*Australian swimmer Emma McKeon set an Olympic record. She won four gold and three bronze medals in Tokyo.*



*American Tara Davis was one of the main contenders for the title in the long jump. Davis reached the final, but was left without a medal. The Olympic champion was Malaika Michambo from Germany.*





*Cuba's Michain Lopes Nunes won his fourth Olympic title two weeks before his 39th birthday. The legend of Greco-Roman wrestling defeated his Georgian opponent in the weight category of 130 kg and he won a title four-time Olympic champion. He has previously won gold medals at the Beijing, London and Rio Olympics.*



*Rachel McCoy representative from U.S. is in the high jump qualifiers. Russia's Maria Lasiskene won the gold medal.*



*Japan's Funa Nakayama is during a skateboarding debate. He was content with a bronze medal, while the gold went to another Japanese athlete, Momidzi Nisia.*

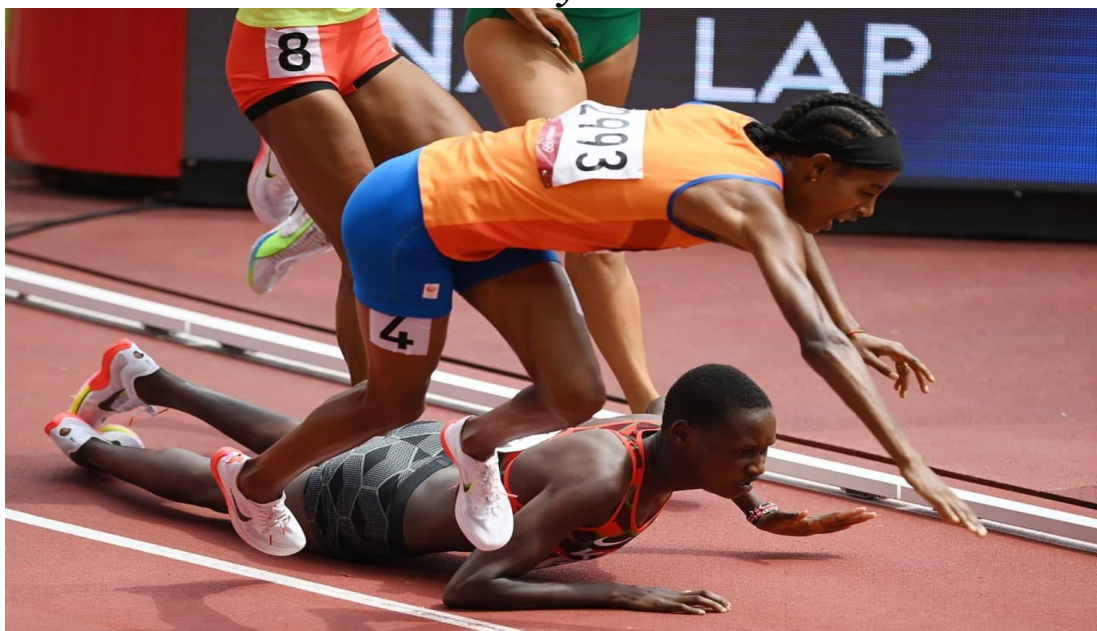


*Xansl Parchment from Yamayca was a winner in the final in 110 meter distance hurdle running. One of the fans of this kind of sport is world champion (2015) and two times European champion (2012,2014) Sergei Shubenkov from Russia was unable to attend due to health problems.*





*The Russian women's handball team lost to France in the final with a score of 25:30, satisfied with a silver medal. Goalkeeper Anna Sedoykina (left) admitted that the game was very difficult for her: "Of course, you should not be disappointed with silver, any medal is valuable. Today, our strength is not enough. It was obvious that we put a lot of effort in the game against Norway. It's been a tough game today. "*



*Dutch athlete Sifan Hasan fell in the leg of one of his opponents in the qualifying round of the 1500 meters. But he did not lose his temper and immediately got up and continued running. He was the first to reach the finish line. Sifan won bronze in the 1,500-meter running at the Tokyo Olympics, and gold medals in the 5,000 and 10,000 meters.*

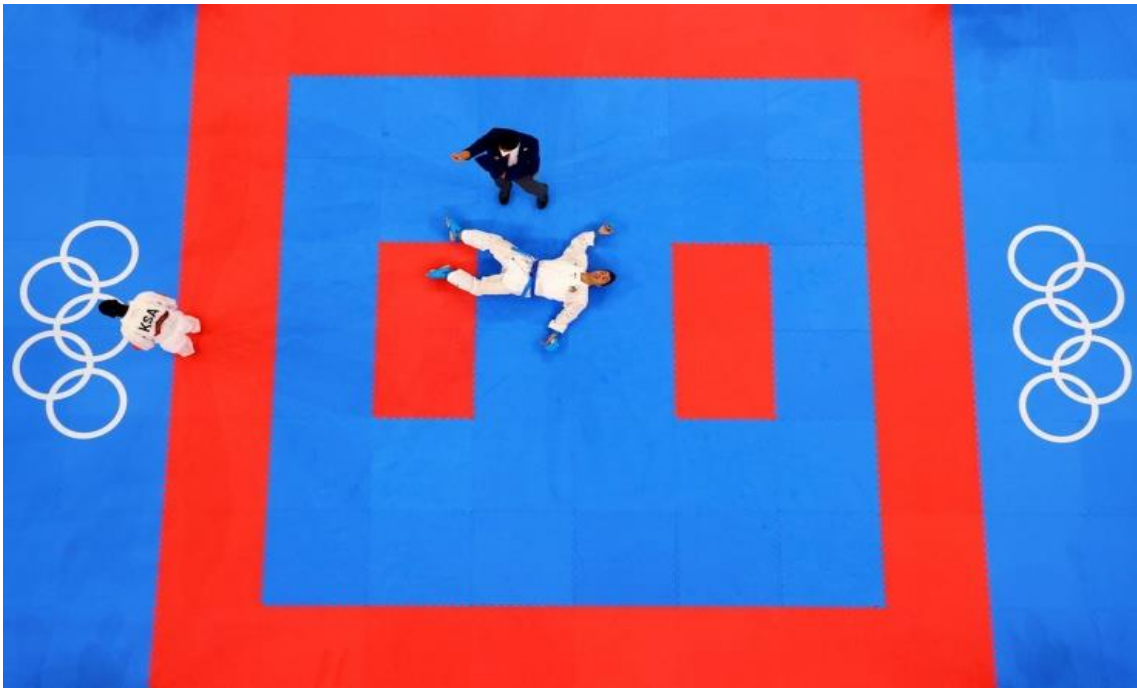




*Thai rider Arinadt Chavatanont fell off his horse.*



*The situation at Izu velodrome on August 8: Egyptian racer Ebtissam Zaid Ahmad walks past Eliza Balzamo of Italy, next to Darya Pikulik of Poland.*



*In the karate final, Sajad Ganjazoda from Iran lost consciousness after being struck by Tariq Hamedi of Saudi Arabia. Until then, the Saudi representative had the upper hand and there was no doubt about his victory. However, the judges ruled that he had made a forbidden blow to the opponent's neck and dismissed him, as a result, the Iranian athlete became an Olympic champion unconscious.*



*In the super heavyweight boxing category, Bahodir Jalolov started all his fights in his own way. He won the gold medal in the final on the last day of the Olympics, defeating Richard Torres from the United States.*

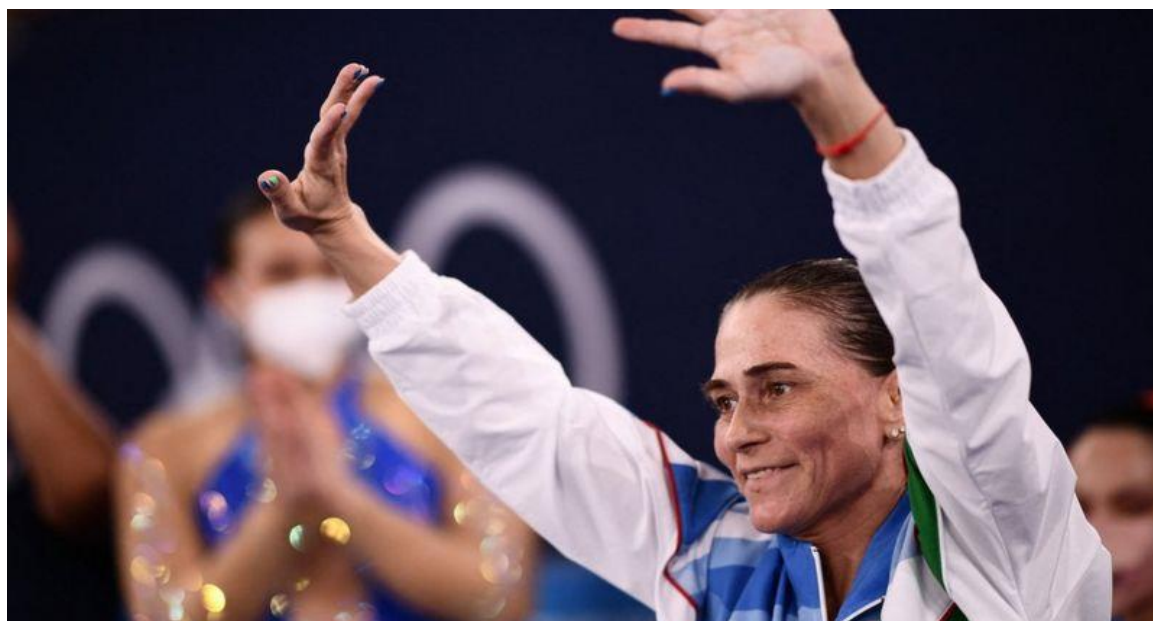


## THE GOLD DEVIDED MEDALISTS, THE BESLAN SURVIVING CHAMPION AND OTHER HIGHLIGHTS OF THE TOKYO 2020 OLYMPICS.



### *The "splitting" of the gold medal.*

*High jump competitions have gone down in the Olympic history. In this direction Qatar's Mutaaz Essa Barshim and Italy's Gianmarco Tamberi battled for the title. Both athletes climbed 2.37 meters, but did not cross 2.39 meters. When the results were even, the judges didn't know what to do, so there were some great offers from the two winners: "Can't we both give gold?" The judges ruled it possible, and both athletes won Olympic gold medals.*



### *Farewell to the legend.*



*The Uzbek delegation showed disrespect to Oksana Chusovitina, although he was stripped of his flag, he was revered all over the world. There were no fans at the Tokyo Olympics, but after Chusovitina's final performance, everyone in the hall stood up and applauded. The legendary athlete competed in the Olympics for the eighth time. At the age of 46, Oksana ended her career with dignity, competing with girls younger than her child. Chusovitina has already won a gold medal for the CIS team and a bronze medal for Germany at the Olympics. Her dream of winning a medal in Uzbekistan did not come true, but Oksana will go down in history as a legendary athlete. Sports legend Oksana Chusovitina left the hall in tears after the last performance, thanking the audience. Fans will remember him for many years as a symbol of perseverance.*



***“Will you marry me? Please”.***

*Argentine swordswoman Maria Maurice lost to her Hungarian opponent and will not make it to the final. While he was at the press conference, something unexpected happened. The athlete's coach shows him a piece of paper that says, "Will you marry me? Please." Eleven years ago, the coach made the same offer to Maria, but the girl refused. This time she agreed.*



### ***The "fairy" on the skate***

*Two 13-year-old girls won the skateboard competition. One of them is Brazilian Raissa Lealedi. The girl flew skate 6 years ago in a legendary "fairy" dress, a video was released depicting her performing amazing tricks. The video has been viewed 35 million times on a single network and has attracted the attention of renowned skateboarder Tony Hawk.*

*By 2021, the 13-year-old has won the Olympics. Hawk stood next to her and posed for a photo. Leal finished second in the final, losing 0.62 points to his Japanese counterpart. After the awards ceremony, the girl took the results seriously and asked them not to expect much from her:*

*"I do not want to put a lot of responsibility on my shoulders for this result. I want to be a little cheerful girl like before. That's how I am known in my homeland. "*



### ***Bahodir Jalolov and his friends***

*On the last day of the Olympics, Bahodir Jalolov from Uzbekistan presented a gold medal to Uzbekistan. Although Bahodir violated the quarantine requirements at the awards ceremony, as usual, the boxers were photographed inviting the remaining winners to the highest podium. After that, the conversation between the four boxers began. Fraser from Britain encouraged Torres from America and said he had achieved a great result. Bahodir managed to joke with Kunkabaev. Then Jalolov hugged all three opponents and said something. The friendly embrace of four undefeated super-heavyweight athletes ended the Olympic boxing competition beautifully.*



























***PICTURES FROM THE CLOSING CEREMONY OF  
THE OLYMPIC GAMES***



***Tokyo-2020 XXXII Summer Olympic Games came to the end,  
which mankind has been waiting for for 5 years.***





***GOOD BYE TOKYO, HELLO PARIS...***







***PICTURES FROM THE CEREMONY OF WELCOME TO THE OLYMPIC GAMES WINNERS***











***PICTURES FROM THE AWARD CEREMONY OF THE OLYMPIC GAMES WINNERS AND WINNERS***





At the Olympics, the Uzbek delegation won 3 gold and 2 bronze medals, ranking 32nd out of 206 countries. It ranks fifth among Asian countries after leading sports powers such as China, Japan, the Republic of Korea and Iran, We are second in the CIS after the Russian Olympic Committee, first among the Turkic states and first in the Central Asian region.



*The youngest Olympic champion in the history of independent Uzbekistan is Ulugbek Rashitov*





**OG'IR ATLETIKA**  
**AKBAR**  
**JO'RAYEV**

**OLTIN**  
**MEDAL**

*There is a lot to say about the participation of each of our athletes in the Tokyo 2020 Olympic Games. Our record holder is Akbar Jo'rayev*



**BOKS**  
**BAHODIR**  
**JALOLOV**

**OLTIN**  
**MEDAL**

*Our flag bearer his name corresponds to the body is Bahodir Jalolov*



*Today's star of our judo is Davlat Bobonov*



*Bekzod Abdurahmanov, who gave present at the wedding, is epic in languages.*









***THE HEAD OF STATE THANKED THE WINNERS AND PRIZE-WINNERS OF THE OLYMPIC GAMES AND THEIR PARENTS***

















## UZBEK ATHLETES WIN GOLD, SILVER AND BRONZE MEDALS

Oksana Chusovitina (sport gymnastics) — Barselona-1992 Gold medal in the Olympic Games;

Rozaliya Galiyeva (sport gymnastics) — Barselona-1992 Gold medal in the Olympic Games;

Mariya Shmonina (track and field athletic) — Barselona-1992 Gold medal in the Olympic Games;

Arsen Fadzayev (wrestling) — Barselona-1992 Gold medal in the Olympic Games;

Sergey Sirsov (weightlifting) — Barselona-1992 Silver medal in the Olympic Games;

Anatoliy Asrabayev (shooting) — Barselona-1992 Silver medal in the Olympic Games;

Valeriy Zaxarevich (fencing) — Barselona-1992 Bronze medal in the Olympic Games;

Lina Cheryazova (freestyle) — Lillexemmeri-1994 Gold medal in the Olympic Games;

Armen Bagdasarov (judo) — Atlant-1996 Silver medal in the Olympic Games;

Karim Tulaganov (boxing) — Atlant-1996 Bronze medal in the Olympic Games;

Mukhammadkodir Abdullayev (boxing) — Sidney-2000 Gold medal in the Olympic Games;

Artur Taymazov (free style wrestling) — Sidney-2000 Silver medal in the Olympic Games;

Rustam Saidov (boxing) — Sidney-2000 Bronze medal in the Olympic Games;

Sergey Mikhaylov (boxing) — Sidney-2000 Bronze medal in the Olympic Games;

Artur Taymazov (free style wrestling) — Athens-2004 Gold medal in the Olympic Games;

Aleksandr Doktorishvili (greco-roman wrestling) — Athens-2004 Gold medal in the Olympic Games;

Magomed Ibragimov (free style wrestling) — Athens-2004 Silver medal in the Olympic Games;

Baxodirjon Sultonov (boxing) — Athens-2004 Bronze medal in the Olympic Games;

O‘tkirbek Haydarov (boxing) — Athens-2004 Bronze medal in the Olympic Games;

Artur Taymazov (free style wrestling) — China-2008 Gold medal in the Olympic Games;

Abdullo Tangriyev (judo) — China-2008 Silver medal in the Olympic Games;

Soslan Tigiyev (free style wrestling) — China-2008 Silver medal in the Olympic Games;

Rishod Sobirov (judo) — China-2008 Bronze medal in the Olympic Games;

Anton Fokin (sport gymnastics) — China-2008 Bronze medal in the Olympic Games;

Yekaterina Khilko (trampoline) — China-2008 Bronze medal in the Olympic Games;

Artur Taymazov (free style wrestling) — London-2012 Gold medal in the Olympic Games;

Rishod Sobirov (judo) — London-2012 Silver medal in the Olympic Games;

Abbos Atoyev (boxing) — London-2012 Bronze medal in the Olympic Games;

Soslan Tigiyev (free style wrestling) — London-2012 Bronze medal in the Olympic Games;

Ruslan Nurudinov (weightlifting) — Rio-2016 Gold medal in the Olympic Games;

Hasanboy Dusmatov (boxing) — Rio-2016 Gold medal in the Olympic Games;

Shakhobiddin Zoirov (boxing) — Rio-2016 Gold medal in the Olympic Games;

Fazliddin Goibnazarov (boxing) — Rio-2016 Gold medal in the Olympic Games;

Shakhram Giyosov (boxing) — Rio-2016 Silver medal in the Olympic Games;

Bektemir Melikuziyev (boxing) — Rio-2016 Silver medal in the Olympic Games;

Rustam Tulaganov (boxing) — Rio-2016 Bronze medal in the Olympic Games;

Murodjon Akhmadaliyev (boxing) — Rio-2016 Bronze medal in the Olympic Games;



Diyorbek Urozboyev (judo) — Rio-2016 Bronze medal in the Olympic Games;

Rishod Sobirov (judo) — Rio-2016 Bronze medal in the Olympic Games;

Elmurat Tasmuradov (greco-roman wrestling) — Rio-2016 Bronze medal in the Olympic Games;

Magomed Ibragimov (free style wrestling) — Rio-2016 Bronze medal in the Olympic Games;

Ikhtiyor Navruzov (free style wrestling) — Rio-2016 Bronze medal in the Olympic Games;

Ulugbek Rashitov (taekwando WTF) — Tokyo-2020 Gold medal in the Olympic Games;

Akbar Jurayev (weightlifting) — Tokyo-2020 Gold medal in the Olympic Games;

Bahodir Jalolov (boxing) — Tokyo-2020 Gold medal in the Olympic Games;

Davlat Bobonov (judo) — Tokyo-2020 Bronze medal in the Olympic Games;

Bekzod Abdurahmonov (free style wrestling) — Tokyo-2020 Bronze medal in the Olympic Games;

*Table-1*

Games	Year	City	Quantity of Country	Quantity of sportsmen	Quantity of medals			Place
					Gold	Silver	Bronze	
<b>XXVI</b>	1996	Atlant	197	76	–	1	1	58
<b>XXVII</b>	2000	Sidney	199	77	1	1	2	41
<b>XXVIII</b>	2004	Athens	201	70	2	1	2	34
<b>XXIX</b>	2008	China	204	59	1	2	3	40
<b>XXX</b>	2012	London	204	54	1	–	2	47
<b>XXXI</b>	2016	Rio-de-Janeyro	207	70	4	2	7	21
<b>XXXII</b>	2020	Tokyo	206	71	3	–	2	32

## HELLO PARIS-2024



*XXXIII-Summer Olympiad games will take place in Paris, the capital of France.*

### **3.4. Museum of Olympic Glory of Uzbekistan**

The Museum of Olympic Glory, which is a mirror of sports in our country, was established by the Cabinet of Ministers of the Republic of Uzbekistan in 1996.

It was established by Resolution No. 284 of 14 August. The opening ceremony of the museum was held on September 1, 1996 and was attended by the first President of the Republic of Uzbekistan Islam Karimov and the President of the International Olympic Committee Juan Antonio Samaranch.



*Picture-1. The building of the Museum of Olympic Glory of Uzbekistan.*



Museum of Olympic Glory of Uzbekistan promotes Olympic values and the principles of "fair play" It plays an important role in informing the general public about the world victories of Uzbek athletes and the history of the development of the Olympic movement in our country. In order to the museum regularly organizes expositions and exhibitions on various topics, reflecting the victories of our athletes in the Olympic Games and prestigious international competitions. The Museum of Olympic Glory of Uzbekistan has more than 2,000 exhibits; more than a thousand of them are on permanent display. The museum exhibits a large number of medals, trophies, beacons, postage stamps, sports equipment and clothing.

*Table-1*

**MUSEUMS ESTABLISHED BY THE INTERNATIONAL OLYMPIC COMMITTEE**

<b>States</b>	<b>Established year</b>
Switzerland(Lozanna)	1993-year
<b>Uzbekistan (Tashkent)</b>	<b>1996-year</b>
Canada (Toronto)	1997-year, 2004-year
Greece (Athen)	1998-year, 2004-year
Japan(Nogano)	1998-year

**Further development of the Olympic movement in the new Uzbekistan**

The strong social policy pursued in the country is aimed at raising the health resources of the population, especially the younger generation. New scientific ideas about the health of the nation - the wealth of the country, its reproduction and preservation - laid the foundation for the further development of mass sports. Mass involvement of all segments of the population in the sports movement, theoretical and practical work aimed at increasing their health capital through modern scientific-methodological and innovative approaches has led to positive social changes at the national level. At the same time, the population, especially students, has been involved in mass sports during the years, decisions and practices have been made to turn healthy lifestyles into their daily lives. These documents have shortcomings in the field, first of all, incomplete management

mechanisms of mass sports, incomplete understanding of the socio-economic significance and essence of mass sports by those responsible for this issue, the lack of their knowledge, skills and professionalism, repetition of their functional tasks and according to the formation base of source, explained by the fact that the powers of organizations at different levels are not clear.

Besides these, not connected mass sport-health complex competitions and despite the availability of methodologies, a few part of people are active in their daily lives. This is due to the fact that the country does not have a well-developed framework for the effective management of an effective integrated system that regularly involves different segments of the population in sports, as a result, the interest of the majority of the population, especially young people, in sports is not becoming a way of life for them.

President of Uzbekistan Systematic management of physical culture and sports— it has been shown to be directly dependent on the effective functioning of the industry and the economic and social development of the country. Because, mass sports not only contribute to a person's physical development, may be to strengthen their social resource potential, as well as a sensible form of organizing cultural and educational events. According to the opinions of scientists, physical education and sports, especially mass sports, are designed to solve many of the state's problems, they are:

- increase the economy, unite the society;
- to get rid of harmful habits of young people;
- Prevention of diseases; aimed at increasing life expectancy and quality.

In addition, mass sports affect other aspects of human life; that is the economic and social status of the individual, his professional and labor activities, the composition of his moral and intellectual qualities, his aesthetic ideals, and his virtues. Thus, mass sports are primarily aimed at improving the health of the nation and balancing social processes. The most pressing unresolved issue today is how to engage the population in the sports movement and how to shape the needs of all segments of the population for regular physical activity. An analysis of the literature on the subject shows that methodological and methodological research related to the development of mass sports and fitness is not scientifically developed enough, and lags far behind research on the problems of higher sportsmanship.



Above given evidence, it confirms all segments of the country's population, especially the constant involvement of students in mass sports, the need for a perfect and effective system that promotes a healthy lifestyle and enhances the role of sports. This requires a review of approaches and practices, the development and implementation of modern concepts and management strategies based on new principles.

According to the new concept, the requirements for the management of public sports in the country will be as follows: first - systematic, second - complex, third - as a whole, fourth - continuously, and fifthly, that it be cyclical, and that the system of such principles was found to be expedient. According to these requirements, public sports management is multi-level, when a holistic system is formed, it will be possible to gradually identify organizational and management mechanisms.

First of all, at the level of the structures, which widely introduce mass sports, development of the state strategy of management and the basis of its legal action, and a single complex competition that mobilizes people from all walks of life at the national level.

The following methodological tasks are assigned to a single complex competition:

1. Creating a multi-stage, systematic continuous national model, cyclical, that can involve the population, especially the younger generation, in the mass sports and health movement.

2. To develop students' interest in sports on the basis of innovative methods.

3. Identify the mechanisms and principles that determine the role of government organizations and their sequential activities in the national system model.

4. Develop an organizational segment structure for the management of competitions in the educational institution.

5. Creating a methodological and organizational framework for the management of sports and health activities of the population.

6. Introduce the concept of "harmoniously developed generation" in the scientific community as a physical and intellectual resource.

7. To entrust the organizational and management basis of the mass sports movement in the country, as well as all the competitions held in the first stage, to the local authorities and public institutions designated at the level of the system.

8. The State Sports Committee - designate sports schools for children and adolescents participating in the second, third and fourth

generations, the Olympic Reserve in sports and the Olympic Reserve Sports Colleges for the organization and training of athletes on the basis of the calendar throughout the year.

The difficult political and economic situation in the post-Soviet countries in the 1990s, had a negative impact on the lives of the population and the recovery of their health capital. And the main human resource - the capital of health - is in the most difficult situation.

The situation in Uzbekistan was a bit different. According to the country's social policy, health is considered a national treasure, as well as the fact that health is the wealth of the country and it is mass a theoretical and practical strategic plan for reproduction through sports and fitness competitions. Therefore, mass sports in the country, increase the social resources of the younger generation and as a basis for mobilization and the formation of a healthy lifestyle.

The scientific literature states that physical activity is carried out on several levels: "mass sports" and "sports for all." Mass sports and fitness is a purposeful, consistent and continuous process requires systematization and structuring as a complex research object. The expected results will not be achieved without taking into account this complex work, its components and the existing connections between them. The ongoing competitions in the country are aimed at system stage games - first (educational institution level), second (district level), third (regional level), fourth (republican level) organizers of education and sports, responsible for organizational and managerial work, only to win the appropriate places in the regulated fourth-republican finals.

As a result of this approach, the first round of competitions, which keep millions of young people engaged in sports at the school level, is formally held before the finals. In return for the attention of the officials, only the fourth round, due to the violation of the methodological requirements imposed on the stages of the system and the resulting disproportion, a large proportion of students within the educational institution are left out of the sports movement. Analysis of shortcomings in the management system of the competition system, only in a complex the problems of mass sports in the country,

Inter connectedness and effective cooperation of all governing bodies, when it is fully implemented based on the right structure and methodology it indicates that it is solved.



In the formation of a multi-level national system, mass sports should be a specific object of governance that affects the republic, region, district and institution.

Accordingly, the systematic organization of mass sports, first and foremost, places them correctly and consistently, it also requires the unification of the structure of each autonomous state as a whole.

On the basis of this principle, the country has developed the "Common-Uzbek Olympic Sports Movement System" (scheme), which will continuously and consistently involve all segments of the population in the sports movement.

A multi-stage, holistic cyclic system consisting of five chain links, organizational and managing mechanisms involve students in the mass sports movement at the institution, district, regional and national levels.

In order to achieve the set goals, the following was taken into account in the sequential movement of the system links -that is, for each stage of the stage competitions, the developed methodological requirements must be met, because the execution of the next stage is directly related to the first. In the 1990s of the twentieth century, jumped from the first link of the system, due to the acute social situation in the country and the lack of sufficient material and social base at the pre-school stage.

Therefore, it is planned to start the system from the second and third stages, which will cover a large part of students and young people, because educational institutions have physical education teachers and sports coaches and an appropriate sports base, moreover, the rapid involvement of millions of young people in a socially useful movement and improving the health of young conscripts.

In 1999, the mechanisms of sequential movement of the third and second stages of the system (four stages) were not fully developed; it has started the fourth republican final stage of the Universiade.

In the base of this system allows you to quickly launch system games, at the time played a major role in addressing social and ideological issues.

Games help young people develop a sense of homeland, to increase their interest in sports, as a tool and social amortizer in improving the social infrastructure in the provinces and districts of the country. As an innovative mechanism of the system is used "sports for all" competitions, students were mobilized on a pyramidal basis from mass to high sportsmanship.

The pedagogical purpose of these competitions is not only to achieve sports results, rather, it was an organizational involvement of students in physical activity.

Competitions have been used as an instrument to engage millions of students in all educational institutions across the country in regular and consistent physical activity. The social significance of complex competitions is significant in several respects.

First of all, competitions play an important role in the management of sports.

Second, sports can be an effective educational tool in some social situations. Third, competitions are the object of sport management. It is important to keep in mind that students are more interested in the competition system than in the competition itself. Therefore, educational institutions in the country- Schools, lyceums and colleges are considered to be the main fundamental stages of the mass sports movement, a new segmental model structure has been proposed that will continuously engage millions of students in educational institutions in the mass sports movement.

Based on the experience of popular games, which are widely used in educational institutions around the world, from the organizational point of view to the movement of the system, from the links that cover all students in educational institutions, they were divided into multi-stage competitions "Umid Nihollari", "Barkamol Avlod" and "Universiade". Hundreds of sports facilities have been built and renovated in regional and district centers of the country due to continuous competitions and strengthened their material and technical base. In addition, the work of sports professionals has been intensified; scattered unrelated and non-targeted competitions were regulated, forgotten sports such as ,Swimming, athletics, volleyball, basketball, handball and other sports have flourished.

Games and cycling competitions have resumed across the country, and appeared super leagues, in the education system were established sports societies "Student", "Barkamol Avlod" and "Yoshlik," increased responsibility of sports federations to lead competitions, chief referees and refereeing commissions were formed and it was established a fund for the development of children's sports.

Achievements in the development of the Olympic movement in Uzbekistan:



1. In Uzbekistan, for the first time in the world, to conduct public health sports on the basis of a systematic, integrated and cyclical approach and has been developed a conceptual methodology for its management.

2. At the national level, a system management model has been developed that involves all segments of the population in a multi-stage continuous mass sports movement.

3. The role of public institutions involved in the process of public health rehabilitation is determined at the level of this system as well as it has been done the principles and mechanisms of their sequential movement.

4. The system is designed for students of multi-level schools - "Umid Nihollari".

for high school and college listeners - "Harmoniously developed generation" and "Universiade" model for students, these continuous competitions have been used as an instrument to engage the country's youth in mass sports activities and healthy lifestyles.

5. A model has been developed for involving segments of students in sports and mass movement through play sports in educational institutions and it have been created organizational and management mechanisms.

6. Organizational-methodological and methodological bases related to the management of mass sports and fitness activities at the national level have been developed.

## QUIZ TESTS ON THE DEVELOPMENT OF THE OLYMPIC MOVEMENT IN UZBEKISTAN

**When was the National Olympiad of Uzbekistan established?**

In 1992, 21-January

In 1992, 14-January

In 1992, 12-September

In 1992, 23-June

**In which year did the National Olympiad of Uzbekistan become a member of the International Olympiad?**

1993, September

1993, January

1993, July

1993, June

**Who was the first president of the National Olympiad of Uzbekistan?**

Obid Nazirov

Sobirjon Ruziyev

Aziz Nosirov

Rustam Kurbanov

**When was the Museum of the Olympic glory of Uzbekistan founded?**

In 1996

In 1997

In 1995

In 1994

**Which place took the athletes of Uzbekistan ranked in the XXVI-Atlanta Summer Olympic Games?**

58-place

59-place

60-place

61-place



**Which place did the athletes of Uzbekistan play in the XXVII-Sydney Summer Olympic Games in the overall team?**

41-place

42-place

43-place

44-place

**What place did the athletes of Uzbekistan play in the XXVIII-Athens Summer Olympic Games?**

34-place

35-place

36-place

37-place

**What place did the athletes of Uzbekistan play in the XXIX-Beijing Summer Olympic Games?**

40-place

41-place

42-place

43-place

**What place did the athletes of Uzbekistan play in the Summer Olympic Games XXX-London in the world?**

47-place

48-place

49-place

50-place

**Which place took the athletes of Uzbekistan in the Summer Olympic Games XXXI-Rio de Janeiro ranked in the overall ranking?**

21-place

22-place

23-place

24-place

<b>Which place took the athletes of Uzbekistan in the XXXII-Tokyo Summer Olympic Games?</b>
32-place
33-place
34-place
35-place

<b>How many medals did the national team of Uzbekistan receive at the Summer Olympic Games in Atlanta in 1996?</b>
2
3
4
5

<b>How many medals did the national team of Uzbekistan win at the Summer Olympic Games in Sydney in 2000?</b>
4
3
2
1

<b>How many medals did the national team of Uzbekistan receive at the Summer Olympic Games held in Athens in 2004?</b>
5
4
3
2

<b>How many medals did the national team of Uzbekistan win at the Summer Olympic Games in Beijing in 2008?</b>
6
5
4
3

<b>How many medals did the national team of Uzbekistan receive at the Summer Olympic Games in 2012?</b>
3
2



1
4

<b>How many medals did the national team of Uzbekistan win at the Summer Olympic Games in 2016 in Rio de Janeiro?</b>
13
9
7
11

<b>How many medals did the national team of Uzbekistan receive at the Summer Olympic Games in Tokyo in 2020?</b>
5
4
3
2

<b>Who brought a gold medal to the national team of Uzbekistan at the Summer Olympiad in Sydney?</b>
Mukhammadqodir Abdullayev
Artur Taymazov
Armen Bagdasarov
Rustam Saidov

<b>Who brought the gold medal for the national team of Uzbekistan at the Summer Olympiad in Athens?</b>
Artur Taymazov, Aleksandr Doktorishvili
Mukhammadqodir Abdullayev, Artur Taymazov
Artur Taymazov, Magomed Ibragimov
Rustam Saidov, Utkirbek Khaydarov

<b>Who brought a gold medal for the national team of Uzbekistan at the Summer Olympiad in Rio de Janeiro?</b>
Hasanboy Dusmatov, Shakhobiddin Zoirov, Fazliddin Goibnazarov, Ruslan Nurudinov
Artur Taymazov, Rishod Sobirov, Ruslan Nurudinov
Shakhram Giyosov, Bektemir Meliquziyev, Rustam Tulaganov
Murodjon Akhmadaliyev, Diyorbek Urozboyev, Elmurat Tasmuradov

**Who brought the gold medal for the national team of Uzbekistan at the Summer Olympiad in Tokyo?**

Ulugbek Rashitov, Akbar Jurayev, Bakhodir Jalolov

Ulugbek Rashitov, Ruslan Nurudinov, Bekzod Abdurakhmonov

Akbar Jurayev, Davlat Bobonov, Hasanboy Dusmatov

Bakhodir Jalolov, Bekzod Abdurakhmonov, Davlat Bobonov

**In which country will the XXXIII Summer Olympic Games take place?**

France (Paris)

Greece (Athen)

Japan (Tokyo)

England (London)

**In which country will the XXXIV Summer Olympic Games take place?**

USA (Los-Angeles)

England (London)

France (Paris)

Germany (Berlin)

## **CONTROL QUESTIONS ON DEVELOPMENT OF THE OLYMPIC MOVEMENT IN UZBEKISTAN**

1. When was the National Olympic Committee of the Republic of Uzbekistan established?
2. What do you know about year of membership of the National Olympic Committee of the Republic of Uzbekistan in the International Olympic Committee?
3. Who was the first president of the National Olympic Committee of the Republic of Uzbekistan?
4. In which session was recognized The National Olympic Committee of the Republic of Uzbekistan of the International Olympic Committee?
5. When was the Museum of Olympic Glory established in Tashkent on the initiative of the first President of the Republic of Uzbekistan Islam Karimov?
6. How many medals did the national team of Uzbekistan win at the XXVII Summer Olympic Games in Sydney?
7. Who won a gold medal for the national team of Uzbekistan at the XXXI Summer Olympic Games in Rio de Janeiro?
8. Which country hosted the XXXII Summer Olympic Games?



## GLOSSARIY

**Olimpiya** - Eramizdan oldingi 776-yilda Afinaning olimp tog'larida har xil sport musobaqalari o'tkazilgan. Shu munosabati bilan Olimpiya musobaqa har to'rt yilda bir marta o'tkaziladigan engkatta sport musobaqasidir. Zamonaviy birinchi Olimpiyada o'yinlari 1896-yilda Afina shahrida bo'lib o'tgan.

Different sport games held at ancient Olympic in 776 BC. From this case, Olympic games have been the greatest event of every four year. First Olympic games held in Afina in 1896.

**Xalqaro Olimpiya akademiyasi** - Olimpiya harakati g'oyalari, jismoniy tarbiya hamda sport nazariyasi va amaliyotini o'rganish hamda targ'ib qilish bo'yicha ixtisoslashgan muassasa bo'lib, Xalqaro Olimpiya qo'mitasi rahbarligi ostida harakat qiladi.

Is an institution specializing in the study and promotion of Olympic movement ideas, physical education and sports theory and practice, and operates under the auspices of the NOC.

**Olimpiya madaniyati** - bu Olimpiya Xartiyasi g'oyalari, Olimpizm falsafasiga mos bo'lgan, inson tomonidan to'plangan bilimlar, me'yorlar, kadriyatlar, xatti-harakat namunalarning yig'indisidir.

it is a collection of ideas, norms, values, and patterns of behavior accumulated by man, in accordance with the ideas of the Olympic Charter, the philosophy of Olympism.

**Olimpizm** - sport harakatining ma'naviy asosi bo'lib, unda gumanistik (insonparvar) g'oyalar yotadi (kishilarning yaxshi niyatlari, tinchlik, hamkorlikka intilish). Olimpizmning mazmun-mohiyati insonga, shaxsga, jamiyatga hizmat qilishdan iborat.

is the spiritual basis of the sports movement, in which humanistic (humane) ideas lie (people's good intentions, peace, aspiration for cooperation). The essence of Olympism is to serve man, the individual, society.

**Olimpiya o'yinlari** - Olimpiya harakati tarixi, Olimpizmning gumanistik g'oyalari va qadriyatlari to'g'risidagi bilimlarni shakllantirish jarayoni.

The process of forming knowledge about the history of the Olympic movement, the humanistic ideas and values of Olympism.

**Olimpiya o'yinlari** - qadimdan eng ezozlangan bayramlardan biri hisoblangan.

has long been considered one of the most revered holidays.

**Sport natijalari** - sportdagi son va sifat darajasining ko'rsatkichidir.

quantitative and qualitative indicator of the level of the frame.

**XOQ** - Xalqaro Olimpiya qo'mitasi.

International Olympic Committee.

**MOQ** - Milliy Olimpiya qo'mitasi.

National Olympic Committee.

**MOQA** - Milliy Olimpiya qo'mitalariassotsiatsiyasi.

Association of National Olympic Committees.

**MOQBA** - Milliy Olimpiya qo'mitalarining Bosh assambleyasi.

General Assembly of National Olympic Committees.

**OOK** - Osiyo Olimpiya kengashi.

Asian Olympic Council.

**XSF** - Xalqaro sport federatsiyalari.

International sports federations.

**MSF** - Milliy sport federatsiyalari.

National sports federations.

**OH** - Olimpiya harakati.

Olympic movement.

**OO'** - Olimpiya o'yinlari.

Olympic Games

**QUIZ TESTS ON THE MODULE  
"BASICS OF OLYMPIC KNOWLEDGE"**

**When were the ancient Olympic Games held?**

- In 776
- In 667
- In 536
- In 796

**Where did the ancient Olympics take place?**

- Greece (Athen)
- Italy (Rome)
- France (Paris)
- England (London)

**How many meters did Hercules measure the distance he ran with the soles of his feet, and how many meters did he cover with the soles of his feet?**

- 192 m. 27 sm
- 197 m. 35 sm
- 190 m. 27 sm
- 194 m. 35 sm

**Which word is origin from the word "Stadiy"?**

- "Stadium"
- "Field"
- "Winner"
- "Start"

**How is it called ancient Olympic champion?**

- "Olimpionic"
- "Olimpic"
- "Olimpic champion"
- "Champio"



**For whom was allowed to participate for the ancient Olympic Games?**

Free Greek citizens  
All citizens  
Foreigners  
Free citizens

**Who could not participate in the games of the ancient scientist?**

Slaves, women and foreigners  
Women and slaves  
foreigners  
Non-free citizens

**Founder of the modern Olympic Games?**

Per de Kuberten  
Demetrius Vikelas  
Xuan Antonio Samaranch  
Everi Brendedj

**Who participated in the famous report “awakening of Olympism” on November 25, 1892?**

Per de Kuberten  
Huan Antonio Samaranch  
Demetrius Vikelas  
Yohannes Zigfrid Edstryom

**What lecture did Pierre de Coubertin take at the University of Sorbonne?**

“The awakening of Olympism”  
“Go to the Olympiad”  
“way of Olympiad”  
“towards to Olymp”

**When was the I-International Sports congress held?**

in1894, 16-23-June

in1892, 16-23-June

in1892, 23-june

in1894, 16-July

**When was the International Olympiad founded?**

in1894, 23-June

in1892, 25-November

in1896, 16-april

in1892, 16-june

**When was the International “Olympiad Day” organized?**

in1894, 23-June

in1894, 16-June

in1894, 6-April

in1894, 15-April

**What holiday is celebrated all over the world every year  
on the date of 23 June?**

“Olimpic day”

“Olimpic mountain”

“Olimpic way”

“Olimp”

**Where were the first modern Olympic Games held?**

Greece (Athen)

France (Paris)

England (London)

Swezerland (Lozanna)

**When was the first modern Olympiad held?**

in1896

in1895

in1894

in1892

**How many sports were held at the first modern Olympic Games?**

9

10

11

12

**Who was the first President of the International Olympic Committee?**

Dimetrus Vikelis

Per de Kuberten

Godfri de Blone

Tomas Bax

**Which country did the first President of the International Olympic Committee represent?**

Greece

France

England

Switzerland

**Who was elected the second President of the International Olympic Committee?**

Per de Kuberten

Dimetrus Vikelis

Xuan Antonio Samaranch

Tomas Bax

**Who was the most directors Prezident of International Olympic Committee?**

Per de Kuberten

Xuan Antonio Samaranch



Everi Brendedj  
Anri de Bayye-Latur

**Who was called as a “Father of Olympic”?**

Per de Kuberten  
Demetrius Vikelas  
Yuxannes Zigfrid Edstryom  
Xuan Antonio Samaranch

**Find out the Olympic motto sequence?**

Faster, higher, stronger, together  
Higher, faster, together, stronger  
Stronger, together, higher, faster  
All answer are true

**In which country is situated headquarters of the International Olympic Committee?**

Swetherland (Lozanna)  
England (London)  
Greece (Athen)  
France (Paris)

**Determine the sequence of colors of the Olympic rings?**

Blue, black, red, yellow, green  
Black, blue, red, green, yellow  
Yellow, green, red, blue, black  
Red, yellow, black, green, blue

**Who is the current President of the International Olympic Committee?**

Tomas Bach  
Graf Jak Rogge  
Xuan Antonio Samaranch  
Lord Maykl Killanin

**How many museums have been established  
by the International Olympic Committee?**

5

8

13

15

**Why were the VI, XII, XIII Olympic Games did not held?**

World war

The economic crisis

Political relations

Boykott

**When was the National Olympic Committee of Uzbekistan formed?**

In 1992, 21-January

In 1992, 14-January

In 1992, 12-September

In 1992, 23-June

**In which year did the National Olympiad of Uzbekistan become a  
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1993, January

1993, July

1993, June

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Sobirjon Ruziyev

Aziz Nosirov

Rustam Kurbanov

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Uzbekistan founded?**

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In 1997

In 1995

In 1994

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58-place

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60-place

61-place

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XXVII-Sydney Summer Olympic Games in the overall team?**

41-place

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**What place did the athletes of Uzbekistan play in the  
XXVIII-Athens Summer Olympic Games?**

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35-place

36-place

37-place

**What place did the athletes of Uzbekistan play in the  
XXIX-Beijing Summer Olympic Games?**

40-place

41-place

42-place

43-place



**What place did the athletes of Uzbekistan play in the Summer Olympic Games XXX-London in the world?**

- 47-place
- 48-place
- 49-place
- 50-place

**Which place took the athletes of Uzbekistan in the Summer Olympic Games XXXI-Rio de Janeiro ranked in the overall ranking?**

- 21-place
- 22-place
- 23-place
- 24-place

**Which place took the athletes of Uzbekistan in the XXXII-Tokyo Summer Olympic Games?**

- 32-place
- 33-place
- 34-place
- 35-place

**How many medals did the national team of Uzbekistan receive at the Summer Olympic Games in Atlanta in 1996?**

- 2
- 3
- 4
- 5

**How many medals did the national team of Uzbekistan win at the Summer Olympic Games in Sydney in 2000?**

- 4
- 3
- 2

1

**How many medals did the national team of Uzbekistan receive at the Summer Olympic Games held in Athens in 2004?**

5

4

3

2

**How many medals did the national team of Uzbekistan win at the Summer Olympic Games in Beijing in 2008?**

6

5

4

3

**How many medals did the national team of Uzbekistan receive at the Summer Olympic Games in 2012?**

3

2

1

4

**How many medals did the national team of Uzbekistan win at the Summer Olympic Games in 2016 in Rio de Janeiro?**

13

9

7

11

**How many medals did the national team of Uzbekistan receive at the Summer Olympic Games in Tokyo in 2020?**

5

4

3

**Who brought a gold medal to the national team of Uzbekistan at the Summer Olympiad in Sydney?**

Mukhammadqodir Abdullayev

Artur Taymazov

Armen Bagdasarov

Rustam Saidov

**Who brought the gold medal for the national team of Uzbekistan at the Summer Olympiad in Athens?**

Artur Taymazov, Aleksandr Doktorishvili

Mukhammadqodir Abdullayev, Artur Taymazov

Artur Taymazov, Magomed Ibragimov

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**Who brought a gold medal for the national team of Uzbekistan at the Summer Olympiad in Rio de Janeiro?**

Hasanboy Dusmatov, Shakhobiddin Zoirov, Fazliddin Goibnazarov, Ruslan Nurudinov

Artur Taymazov, Rishod Sobirov, Ruslan Nurudinov

Shakhram Giyosov, Bektemir Meliquziyev, Rustam Tulaganov

Murodjon Akhmadaliyev, Diyorbek Urozboyev, Elmurat Tasmuradov

**Who brought the gold medal for the national team of Uzbekistan at the Summer Olympiad in Tokyo?**

Ulugbek Rashitov, Akbar Jurayev, Bakhodir Jalolov

Ulugbek Rashitov, Ruslan Nurudinov, Bekzod Abdurakhmonov

Akbar Jurayev, Davlat Bobonov, Hasanboy Dusmatov

Bakhodir Jalolov, Bekzod Abdurakhmonov, Davlat Bobonov

**In which country will the XXXIII Summer Olympic Games take place?**

France (Paris)



Greece (Athen)

Japan (Tokyo)

England (London)

**In which country will the XXXIV Summer Olympic Games  
take place?**

USA (Los-Angeles)

England (London)

France (Paris)

Germany (Berlin)

## **CONTROL QUESTIONS ON THE MODUL “BASICS OF OLYMPIC KNOWLEDGE”**

1. In which year did the first ancient Olympic Games take place?
2. In whose honor were the ancient Olympic Games held?
3. How many meters did Hercules walk with the soles of his feet?
4. Who could participate in the ancient Olympic Games?
5. Who could not participate in the ancient Olympic Games?
6. What is the origin of the word "stage"?
7. How many meters was 1 step?
8. What are the winners of the Olympic Games called?
9. What were the judges called in the ancient Olympic Games?
10. What happened during the reign of Emperor Theodosius II?
11. Who is the founder of the modern Olympic Games?
12. What lecture did Pierre de Coubertin attend at the Sorbonne?
13. When was the International Olympic Committee formed?
14. When is "Olympic Day" celebrated?
15. When were the first modern Olympic Games held?
16. Who was the first President of the International Olympic Committee?
17. Who was the President who chaired the International Olympic Committee the most?
18. Who is called the "Father of Olympism"?
19. Who is the current President of the International Olympic Committee?
20. What is the number of museums established by the International Olympic Committee?
21. When was the National Olympic Committee of the Republic of Uzbekistan established?
22. Year of membership of the National Olympic Committee of the Republic of Uzbekistan in the International Olympic Committee.
23. Who was the first president of the National Olympic Committee of the Republic of Uzbekistan?

24. The National Olympic Committee of the Republic of Uzbekistan was recognized at the fourth session of the International Olympic Committee.

25. When was the Olympic Glory Museum established in Tashkent on the initiative of the first President of Uzbekistan Islam Karimov?

26. How many medals did the national team of Uzbekistan win at the XXVII Summer Olympic Games in Sydney?

27. Who won a gold medal for the national team of Uzbekistan at the XXXI Summer Olympic Games in Rio de Janeiro.

28. In which country was the XXXII Summer Olympic Games held?

29. In which country will the XXXIII Summer Olympic Games be held?

30. In which country will the XXXIV Summer Olympic Games be held?



## **FOYDALANILGAN VA TAVSIYA ETILADIGAN ADABIYOTLAR**

O‘zbekiston Respublikasi Prezidentining 2020-yil 30-oktabrdagi PF-6099-son “Sog‘lom turmush tarzini keng tatbiq etish va ommaviy sportni yanada rivojlantirish chora-tadbirlari to‘g‘risida”gi Farmoni // <https://lex.uz/docs/-5077667>

O‘zbekiston Respublikasi Prezidentining 2021-yil 25-iyundagi “2021-yilda Tokio shahrida (Yaponiya) bo‘lib o‘tadigan XXXII yozgi Olimpiya va XVI Paralimpiya o‘yinlarida O‘zbekiston sport delegatsiyasining ishtirokini ta‘minlash hamda Olimpiya sport turlarini yanada rivojlantirish chora-tadbirlari to‘g‘risida”gi PQ-5160-son qarori.

O‘zbekiston Respublikasi Prezidentining 2021-yil 5-noyabrdagi “2024-yil Parij shahrida (Fransiya) bo‘lib o‘tadigan XXXIII yozgi Olimpiya va XVII Paralimpiya o‘yinlariga O‘zbekiston sportchilarini kompleks tayyorlash to‘g‘risida”gi PQ-5281-son qarori.

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[http:// www.olympic.uz](http://www.olympic.uz)

[http:// www.sports.uz](http://www.sports.uz)

[http:// www.minsport.uz](http://www.minsport.uz)



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**Kh.F. ISLOMOVA, F.K. TURDIEV  
Z.SH. KHADIYATULLAEV, S.TURDONOVA**

## **BASICS OF OLYMPIC KNOWLEDGE**

*This book is recommended as a study manual book by the Coordinating Council of educational and methodical associations of the Republic of Uzbekistan in the field of higher, secondary special and vocational education for the institute of retraining and professional development of specialists in physical culture and sports*

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