

## **Historiographisches Erbe der Geschichte der Körperkultur und des Sports von Karakalpakstan**

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**Zusammenfassung:** In diesem Abschnitt werden die Phasen des wissenschaftlichen Studiums der Geschichte der Körperkultur und des Sports in Karakalpakstan behandelt.

Zahlreiche Sportler und Sportbegeisterte interessieren sich zunehmend für die Geschichte der Körperkultur. Sie möchten die Wettkampfformen, die Systeme des Sportunterrichts, die sportlichen Ideale der Karakalpaker verschiedener Epochen und die Errungenschaften, die Vertreter unseres Volkes in verschiedenen Epochen erzielt haben, kennenlernen. In diesem Zusammenhang sollte die Geschichte der Körperkultur und des Sports neben anderen Bestandteilen der modernen Geschichtswissenschaft der Republik Karakalpakstan aufgenommen werden.

**Schlüsselwörter:** Sportunterricht, Geschichte der Körperkultur, Nationalspiele der Karakalpaks: «pesh», «dordian», «alti taban», «tort asik».

## **Historiographic heritage of the history of physical culture and sports of Karakalpakstan**

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**Abstract:** In clause the stages of scientific study of a history of physical culture and sports in Karakalpakstan are covered.

Numerous athletes and sports enthusiasts are increasingly interested in the history of physical culture. They would like to get acquainted with the forms of competitions, the systems of physical education, the sports ideals of the Karakalpak people of different eras, the achievements that representatives of our people have achieved in different periods. In this regard, the history of physical culture and sports should be included among other components of the modern historical science of the Republic of Karakalpakstan.

**Keywords:** Physical education, history of physical culture, national games of the Karakalpaks: «pesh», «dordian», «alti taban», «tort asik».

The public expects comprehensive information about the disappeared systems of physical culture, its structures and determining factors in order to determine development trends in the present and future.

Academician M.K. Nurmukhamedov described the most common alchik games for children, which were typical for many places in Karakalpakstan: “pesh”, “dordian”, “alty taban”, “tort asyk”.(1) Academician S. S. K. Kamalov, whose book is of methodological importance for clarifying the traditions of the Karakalpak people

in the field of physical culture and sports.(2) Scientists have shown that physical culture and health care are closely related to each other.

The results of A. Utepbergenov's research to a certain extent solve the problem of human adaptation to external influences in the conditions of the South Prearalie.

The conducted comparative analysis of somatometric and cardiorespiratory indicators indicates the dependence of the functioning of the cardiovascular and respiratory systems of athletes on the physical and geographical conditions of residence in the Republic of Karakalpakstan.

It has been established that physical training as a universal adaptogen factor provides an increased viability of the body in the experimental environmental conditions of the Aral Sea region.

Ethnographers, studying the complex economy of the Karakalpaks (agriculture, cattle breeding and fishing), note that it was here that the direct physical and labor education of adolescents began.

H. Esbergenov and Y. Elmuratov noted that the Karakalpaks in ancient times were engaged in physical exercises, games, participated in competitions. (3) Various exercises, games and competitions of that distant past were mainly of a military-applied nature. The authors bitterly noted that many of the traditional outdoor games have been forgotten, many have changed due to the development of sports. They gave a description of such mobile games without an object as "Ataman", games with objects: "Tikpe tayak", "Top ushyn gures", "Suŷ kalak".

T. Kh. Esbergenova, studying the outdoor games and entertainments of the Karakalpak children of the late XI X - early XX centuries, conditionally classifies them into four main groups: 1. water; 2. moral and didactic (games that develop mental abilities and moral qualities); 3. actual labor games (aimed at accustoming children to industriousness, and by sectors of the economy, crafts); 4. games that have become traditional entertainment (ceremonial games, dances, etc.).

B.Zh.Mambetov for the first time in historiography collected, systematized, summarized and analyzed materials on the history of the emergence, development and revival of various types of physical culture and sports of the peoples of Karakalpakstan.

Systematized and analyzed material will help fill the existing gap in modern Russian historiography. The results of the study can be used in writing textbooks on the subject "History of Physical Culture and Sports", as well as in creating distance learning courses for students of the Faculty of Physical Education. Recommendations and materials are needed to improve the work of state institutions of physical culture and sports.

In monographs and dissertations on the history of schools, they did not particularly address the issues of physical culture and sports in Karakalpakstan. U. Kh. Shalekenov briefly traces the main ways of development of the national culture of the Karakalpak people from 1917 to the 1940s, where the history of physical culture and sports is reflected in fragments. In the works on the history of cultural construction there is a lot of information on our topic.

Ya. M. Dosumov introduced into scientific circulation materials on the history of the development of physical culture and sports in 1917-1927. A rich concrete historical material on the history of physical culture and sports was accumulated in the collective monographs of historians of Karakalpakstan.

U. Aleuov highlighted the problems of pedagogical thought of the peoples of Karakalpakstan, where there are interesting judgments on the history of physical education.

It is especially necessary to note the great importance of the works of R. T. Kurbanov, where the features of the development of physical culture in the Karakalpak ASSR in 1917-1967 were studied. The author studied the forms and methods of work of physical culture organizations on the introduction of the Soviet system of physical education. His work is the first work in Russian historiography.(4)

Also, for the first time in historiography, P. Shylmanov and O. B. Korseev raised the question of the use of outdoor games in rural schools in the organization of physical education. They conducted descriptions of 60 different games. During the selection, games were rejected that were related to cult rites in the past, were of a rough nature of actions, brought up negative traits of behavior, and also reflected backward everyday ideas in their content.

O.U. Utenov suggested using elements of folk and sports wrestling at school. The author proposed to introduce outdoor games into classes that develop dexterity, strength endurance (rider fight, cockfight, wrestling in a circle, wrestling for capture).

P. Serimbetov noted that wrestling contributes to an intensive increase in speed-strength readiness, dexterity, vestibular stability and more harmonious development of adolescents. A.T. Niyazov states that the modern development of boxing, the aggravation of international sports competition, changes in the rules of competitions require scientists in the field of physical culture and sports to search for methods of rational planning of the training load, the development of pedagogical conditions for the use of speed-strength training in training training process and their optimal organization in the structures of the training process.

B. Yerimbetov improved the unified system of pedagogical control of kurash wrestlers' training, taking into account the requirements for monitoring training loads, physical fitness and competitive activity, the methodology for using special exercises to assess physical fitness and control the general and special readiness of qualified kurash wrestlers in the training process, and also proved the effectiveness of the assessment the physical readiness of kurash wrestlers by recalculating the indicators of physical readiness of qualified kurash wrestlers into coefficients and experimentally substantiated the effectiveness of the analysis of the components and content of the developed model for controlling the competitive activity of kurash wrestlers.

D. Nuryshev identified the most effective and frequently used technical and tactical actions in the process of competitive activity of kurash wrestlers of different ages at the present stage of kurash development. The structure of physical readiness and features of the formation of basic elements in young kurash wrestlers were determined, and the features of the functional relationship of these characteristics in

young kurash wrestlers with indicators of competitive activity were revealed. The parameters characterizing the effectiveness of competitive activity, technical and tactical preparedness of young kurash wrestlers have been established.

S. Toylibaev proposed a model of "circular training" characterized by certain stations and certain distances, conceptually improving the professional and applied skills of students. Also in his research, the author proposed to improve the skills of helping and insuring students, due to the correct choice of the trajectory in the initial and final position of the body and timely response to the direct and variable direction of movement of the dummy's body, simulating a fall when performing complex coordination exercises. The researcher proposed to improve the method of teaching the preliminary elements of gymnastic exercises by differentiating individually morphological (height, length of arms and legs) and functional (vestibular stability) indicators of students during the transition from one phase to the second phase according to the complexity of the main components of the exercise. performing acrobatic elements .

In recent years, publicists' interest in the topic of physical culture and sports has increased. These works, although not of a purely scientific nature, nevertheless, are of importance in the study of the topic under study.

Thus, the creation of a true scientific history of the tradition of physical culture and sports, the restoration of the best types at the present stage, becomes a very urgent task for the general public.

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