

Paralympic Sports Competitions - A Field of Courage and Courage!

Hasanov Ilyos Tychievich

Termez State University Pedagogical institutes docents Head of educational and methodical department

ANNOTATION

This article identifies and systematizes the history of the Paralympic Games, the stages of development and the participation and achievements of athletes from Independent Uzbekistan in the Paralympic Games.

It has been studied that this will play an important role in expanding the knowledge of future physical education professionals about the Paralympic sports.

KEYWORDS: Olympic, Paralympic, Courage, Perseverance, Stoke Mandeville, Rehabilitation Hospital, Paraplegia, Spine, Disabled, and Wheelchair.

Man has created and marveled at his own amazing discoveries. The idea of holding the Olympic and Paralympic Games, which for centuries has maintained the spirit of friendship, honesty and impartiality, also belongs to the creativity of human thought. It is well known from history that the Olympic Games were originally held as a religious and sporting holiday in ancient Greece, while the Paralympic Games were held in the mid-20th century after World War II. Collectively known as the Paralympics.

To this day, the word Paralympics has become as popular as the word Olympics and has become an integral part of the world of physical education and sports. However, most people do not know the history of the origin of the Paralympic Games, its stages of development, its participants and sports, as well as information about the types of diseases. That is why I intend to write an article that gives a brief account of the history of the Paralympics and recommend that they read it for those who are interested and interested.

The Paralympic Games were first organized in 1948 by Ludwig Guttman, a physician at Stoke-Mandeville Rehabilitation Hospital in England, to motivate and motivate British soldiers who returned from World War II with brain injuries by encouraging them to take part in sporting events. Ludwig Guttman considered the use of exercise and sports games to be the most effective way for people with disabilities to move in order to improve their lives, and was a supporter of such thinkers. That is why Ludwig Guttman was also recognized as the "father of athletes with disabilities".

The first competition similar to the modern Paralympic Games was held in 1948 and was called the Stoke Mandeville Wheelchair Games. It coincided with the XIV Summer Olympic Games in London.

Following the positive results of such efforts, Ludwig Guttman set himself the goal of organizing the Olympic Games for athletes with disabilities. It should be noted that the Stoke Mandeville Wheelchair Games were held annually from 1948 to 1952. By 1952, athletes from the Netherlands also took part in the competition, which later became an international

competition. At this year's international competition, a total of 130 athletes with disabilities tested their courage and tenacity.

Since the IX International Stoke Mandeville Wheelchair Games in Rome, Italy in 1960, in addition to war veterans, other athletes with disabilities have also participated.

That is why the competition in Rome, the capital of Italy, is recognized as the first Paralympic Games in history. About 400 athletes from 23 countries took part in the first Summer Paralympic Games in Rome, Italy. Since then, the Paralympic movement has begun to develop in countries around the world.

1976 The first Winter Paralympic Games are held in Ernsjö, Sweden. It was attended not only by wheelchair users, but also other categories of disabled athletes. The most important point is that a record number of athletes participated in the Summer Paralympic Games in Toronto this year. In total, about 1,600 athletes from 40 countries defended the honor of their countries by demonstrating their skills and participating in competitions for medals. It was at the Paralympic Games that athletes with blindness and low vision, paraplegia, severe spinal disabilities and other physical ailments were allowed to compete in the Paralympic Games and argued with each other. Thus, sports competitions, which were originally aimed at treating and rehabilitating the disabled, healing people through movement, encouraging people with disabilities to live, not to give up, and to be courageous and resilient, became a high-level sporting event. By 1989, the International Paralympic Committee (IPC) was established. At the same time, it has created the basis for the glorification of the human factor in all countries, that is, to pay special attention to the physical education and sports of people with disabilities. Impressions that state physical education programs should include health-improving physical education not only for healthy individuals or rehabilitated athletes, but also for people with disabilities, such as appointing and holding accountable and creating conditions for them formed.

Another memorable event in the history of the Paralympic Games took place at the 1988 Seoul Olympics. More precisely, starting from this year, the Paralympic Games will be held at the sports facilities where the Olympic Games will be held among healthy athletes. It has been used in the Winter Olympics since 1992, when the XXV Olympic Games were held in Barcelona, Spain.

In 2001, an agreement was signed between the International Olympic Committee and the International Paralympic Committee. According to him, since 2008 the Paralympic Games will be held in the same year as the Olympic Games and at the same time after the end of the Olympic Games, and they will have the same opportunities as the Olympic Games. However, the Paralympic Games are also organized by the same organizing committee as the Olympic Games and are funded from the same sources.

It is no secret that the Paralympic Games are an international sporting event for people with disabilities (except those with hearing impairments). Para was originally derived from the word "paralysis" and meant that certain parts of the body could not move due to spinal problems, but later expanded as the number of participants began to be interpreted as referring to the first part of the word "parallel".

In short, the Summer Paralympic Games have been held regularly since 1960, and the Winter Paralympic Games since 1976. It is noteworthy that since 1988, these competitions have been

held in the sports arenas where the Olympic Games were held.

Summer Paralympic Games

№	Year	Organizing cities	Number of participating countries	Conducted sport type	Number of athletes participating
I	1960	Рим	23	8	400
II	1964	Токио	21	9	375
III	1968	Тел-Авив	29	10	750
IV	1972	Гейделберг	41	10	1004
V	1976	Торонто/ Онтарио	52	13	1657
VI	1980	Арнем	42	12	1973
VII	1984	Нью-Ёрк	45	15	1800
		СТПК-Мендевил/	41	10	1100
VIII	1988	Сеул	61	16	3053
IX	1992	Барселона	82	15	3020
X	1996	Атланта	103	20	3195
XI	2000	Сидней	122	18	3881
XII	2004	Афина	144	19	3969
XIII	2008	Пекин	148	20	4200
XIV	2012	Лондон	166	20	4200
XV	2016	Рио-де-Жанейр	176	22	4350
XVI	2020	Токио	162	22	4400

Yusuf Kadyrov, the only Paralympic athlete to represent Uzbekistan at the Athens 2004 Paralympic Games, took part in powerlifting and became a participant of the Athens 2004 Paralympic Games. The Paralympic Association of Uzbekistan was established in 2007 and is currently operating effectively. Our Paralympic athletes have been participating in the Paralympic Games in Beijing for the first time since the 2008 Paralympic Games.

The Uzbek delegation at the Beijing 2008 Paralympic Games was attended by two athletes (powerlifting and swimming). At the 2012 Paralympic Games in London, 10 of our athletes participated in 4 sports, and Sharif Khalilov won 1 silver medal in judo in the weight category up to 73 kg. This silver medal was the first achievement of our Uzbek Paralympic athletes at the Paralympic Games. The Uzbek delegation took 67th place in the team standings with one silver medal in the London 2012 Paralympic Games.

At the Rio 2016 Paralympic Games, our representatives were represented by 32 athletes from 8 sports with 58 tickets. According to the results of the XV Paralympic Games in Rio de Janeiro, Brazil in 2016, 32 Uzbek athletes won 31 medals, 8 gold, 6 silver and 17 bronze medals in the tournament. first, second place among CIS countries (1st place with 171 athletes from Ukraine), 2nd place among Asian countries (after China with 326 athletes). At the Rio 2016 Paralympic Games, our judokas took first place in the team event in judo. Our athletes have set 6 world, 7 Paralympic and 12 Asian records.

At the Tokyo 2020 Paralympic Games, a delegation of athletes from our country, ie 48 athletes, participated with 55 tickets. There are 17 Paralympic athletes with 19 tickets, 7

Paralympic swimmers with 12 tickets, 3 Paralympic athletes with 3 tickets, 1 Paralympic shooting athlete with 1 ticket, 12 Paralympic athletes with 12 tickets. , 2 of our athletes in paracademic rowing with 2 tickets, 3 athletes in parapowerlifting defended the honor of our country with 3 tickets.

According to the final results, the Uzbek Paralympians won 8 gold, 6 silver and 5 bronze medals, occupying 16th place in the overall standings of the tournament table. and after Azerbaijan) took the fourth place among the countries, and the first place among the peoples of Central Asia and Turkey. For information, at the RIO-2016 Paralympic Games, our compatriots also took 16 th place in the tournament table with 8 gold medals.

On May 18, 2021, President Mirziyoyev signed a resolution "On additional measures for the development of the Paralympic movement" for our athletes, who have made a worthy contribution to the high results of athletes in our country and the recognition of the independent state of Uzbekistan in the world arena. The fact that our brave and courageous athletes, who grew up in our country and trained themselves to win at the Paralympic Games, were greeted with great respect and deservedly rewarded, is a bright proof that our country is doing good work for our sports and athletes.

Адабиётлар:

1. Mirziyoev Sh M. Milliy taraqqiyot yo‘limizni qat’iyat bilan davom ettirib, yangi bosqichga ko‘taramiz. Sh. M. Mirziyoev. – Toshkent: O‘zbekiston, 2017. -592 b.
2. Djamilova N.N Bolalar jismoniy tarbiyasi. T. 2020
3. Mahkamdjonov K.M. “Maktabgacha va maktab yoshidagi bolalarning jismoniy rivojlantirishi va tayyorgarligini takomillashtirish” Metodik qo‘llanma. Toshkent, 1996.
4. Berdiev B. Ch. “Maktabgacha ta’lim muassasalarida tarbiyalanuvchi bolalar jismoniy tarbiya mashg‘ulotlarining samaradorligini oshiri usullari” mavzusidagi magistlik disertatsiyasi TerDU 2020 y
5. B.B.Ma’murov “Bolalar rivojlanishida jismoniy tarbiya nazariyasi va metodikasi”, “Turon zamin ziyo” nashriyoti Toshkent 2014
6. Toychievich, K. I. (2022). Historical Characteristics, General Content and Stages of Development of Physical Education. *Journal of Pedagogical Inventions and Practices*, 5, 18-21.
7. I.T. Hasanov, & F.B. Mamataov. (2022). EFFECTIVENESS OF APPROACHING A COMBINATION OF THEORETICAL AND PRACTICAL EXERCISES IN PREPARATION FOR PRESCHOOL CHILDREN IN PHYSICAL TRAINING. *Miasto Przyszłości*, 24, 4–7.
8. Xasanov Ilyos Tychievich. (2022). Development Stages and Characteristics of The History of Physical Education. *Journal of Pedagogical Inventions and Practices*, 5, 96–99. 9.
9. I.T. Xasanov, & D.B. Sodiqova. (2022). Specific ways to develop physical activity in preschool children. *Miasto Przyszłości*, 24, 20–25. Retrieved from <http://miastoprzyszlosci.com.pl/index.php/mp/article/view/7>