

## AN INNOVATIVE APPROACH TO THE DEVELOPMENT OF WOMEN'S SPORTS BASED ON GENDER EQUALITY

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### Abstract

This article describes certain connections between the level of development of women's sports, their popularity and distribution in the world, and the presence of these sports in the women's Olympic program.

**Keywords:** Innovation physical education, Health, Sports, Education, Skill, Knowledge, Movement activity education, Women's sports, Gender equality, Health, Purpose, Struggle, Development, Olympic Games, Sports, Ability to do.

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The foundation of tomorrow, making our future mothers, that is, our daughters, more healthy through physical education and sports, strengthening their health is one of the urgent problems of today. In recent years, achieving equal rights and opportunities for women and men, ensuring their equal participation in the management of society and state affairs, supporting women in social and legal terms, as well as protecting women from harassment and violence wide-scale reforms aimed at protection are being carried out. Today, the issue of gender equality has risen to the level of state policy in the field of physical education and sports.

The main goal of the gender strategy is to ensure real equality of women and men, regardless of race, nationality, language, religion, social origin, faith, personal and social status. Looking at history, Abu Nasr Farabi, one of the scholars of the Eastern encyclopedia, noted in his work "The City of Virtuous People" that the state where equality reigned as a state striving for virtue, in 1791, in the declaration of citizenship and women's rights prepared by Olympia De Gouge, for the first time, women's free thinking and It is presented to the public that z has the right to express his opinion.

The Olympic Charter is a set of basic laws for the Olympic Games. According to the charter, the Olympic Games are defined as "uniting athletes from all over the world in fair and equal competitions, racial, religious or political discrimination against countries and individuals is not allowed." There are strict criteria and requirements for any sport to be included in the program of the Olympic Games, and only those sports that meet these requirements are included in the program of the Olympic Games. One of them is the issue of gender equality in sports, i.e., women should be equally engaged in the sport that is a contender for the Olympic Games.

You and our national sport, wrestling, is moving towards the Olympics. Today, our wrestling has become a modern sport. He took a strong place in the Asian Games. Wrestlers of the world "to the middle", "bow", "fight", "honest", "side", "chala", "dakki", "rebuke", "ghirrom", "void", "equal", He is repeating Uzbek words like "stop". However, the lack of female coaches in some sports, the lack of specialized gyms and complexes for women and girls is a small obstacle for our women to continue playing sports. He can't do it at will. This is especially difficult for peoples who have an oriental mentality. In wrestling, our sports clothes are closed, almost no part of the body is exposed. So, wrestling is a very suitable sport for women. In this case, women have the opportunity to engage in wrestling on an equal basis. This, in turn, is convenient and safe for the elderly and children.

Women's sports are very popular in the modern world, but their development is not the same in all regions of the world, and not all countries have the same opportunity to engage in women's sports. This is related to the level of development of economic, social, technical and other factors that have a decisive influence on the position of women in society and sports. Women were not allowed to go beyond the strictly regulated "free exercise" in sports. It is very important to publicize the problems that arise in the health of the women and girls of our country as a result of physical education and sports. All diseases are caused by lack of mobility, the blood circulation in the body slows down, which means that the organs cannot fully perform their tasks.

Economic growth has made it possible for most affluent women to find the time to play sports and the money to buy the necessary equipment and supplies, tuition and training. In developed countries, women have the opportunity to play sports and participate in various international competitions.

Although the development of women's sports is stopped in some countries and encouraged in others, nevertheless, the attitude towards the problems of women's sports today is different for countries with different socio-economic systems. indicates that the role remains unclear.

The fact that women's Olympic sports lagged behind the general international level of development of these sports in the world was observed until recently in cycling, shooting, rowing, sailing and many other sports.

For example, it is known that women began to play field hockey even before the First World War, and in 1927 the International Federation of Women's Hockey Clubs (IFBHC) was formed in England, an independent international sports organization, which united 26 national women in 1929. Federations (178). Men's field hockey appeared in the Olympic program at the IV Olympiad in 1904, women had to wait for their participation until the XXII Olympiad in 1980.

Before the First World War, women also began to practice rowing, since national federations were not established in the United States, Canada, Great Britain, France, Sweden and Germany until 1914, in 1925 they participated in international rowing competitions for the first time. however, rowing events were included in the women's Olympic program only from the XIV Olympic Games in 1948 (single kayak rowing, distance 500 m).

Then the program gradually began to expand, but not as quickly as the program for men. The analysis of the program of the Women's Olympics showed that, in general, there was no sport in the program of the Olympic Games that was not practiced by women. Only 5 sports - boxing, wrestling, water polo, modern pentathlon and weightlifting, judo and football - were included in the program of the 1996 XXVI Olympic Games.

Weightlifting was included in the women's Olympic program of the XXVII Olympic Games in 2000, and other sports have long held world, regional and continental championships for women, which is probably why their Olympic o is the herald of recognition in the games. The development of the Women's Olympic program is positively influenced by the fact that a number of international sports federations allow competitions regardless of gender. Thus, in men's and women's shooting sports (1968 XIX Olympic Games), swimming (1952 XV Olympic Games) and equestrian sports (1956 XVI Olympic Games), women often take part in competitions.

The program of the Women's Olympics should not only reflect the level of development of women's sports in the world, but also slightly exceed it. The Olympic Games are an important incentive for the development of sports among women, and this is very important for humanity, because the influence of women on the younger generation is huge.

XXVI Olympic Games of 1996 confirmed the trend of sustainable development of sports. This was reflected in the increase in the program of the Olympic Games and in the increase in the total number of participants.

At the XXVI Olympic Games in 1996, women made up more than a third of all participants in the games. The percentage of women in the teams that took the first six places according to the unofficial overall score was high: USA - 43.2 percent, Russian Federation - 39.4 percent. Germany - 41.5%, People's Republic of China - 64.0%, France - 34.7%, Italy - 32.1%.

Summarizing the above, we can conclude: firstly, the attitude to women's sports in different states was ambiguous. In developed countries, women have many opportunities to play sports. In developing countries, especially among representatives of the middle and lower classes, religious and class views are still strong, which hinders the development of women's sports and the participation of women in these countries in the Olympic Games. There is a certain relationship between the level of development of women's sports, their popularity and distribution in the world, and the presence of these sports in the women's Olympic program. Often, sports that are not widely used in the world are included in the women's Olympic program, and popular and widespread ones are left out. As noted, in our republic, good measures to take care of women's health, involve them in physical education and sports, and bring out their talents and abilities are becoming more and more widespread every year.

Today, the role of our female athletes in the life of society is incomparable. They also have a worthy contribution to the fact that the flag of our country is raised high in the world arenas, and the anthem of our country is played. The winners of the Olympic and Asian Games, world and continental champions from Uzbekistan are Svetlana Babanina, Elvira Saadi, Oksana Chusovitina, Lina Cheryazova, Iroda Tolaganova, Saida Mahmudova, Nozima Kayumova and many others. Our sisters are coming. The future of our independent country, its prosperity and development largely depends on the health of our wives and daughters, the successors of the growing young generation. This, in turn, requires the creation of favorable conditions for the physical, mental and spiritual development of our children, the future of our country.

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