

**O‘ZBEKISTON RESPUBLIKASI
MAKTABGACHA VA MAKTAB TA’LIMI VAZIRLIGI**

**O‘ZBEKISTON RESPUBLIKASI
OLIY TA’LIM, FAN VA INNOVATSIYALAR VAZIRLIGI**

**NIZOMIY NOMIDAGI
TOSHKENT DAVLAT PEDAGOGIKA UNIVERSITETI**

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**KO‘ZI OJIZ VA JISMONIY IMKONIYATI CHEKLANGAN
ABITURIYENTLARNING IJODIY (KASBIY) IMTIHONLAR DASTURI
VA BAHOLASH MEZONI**

**60111200 - «Jismoniy madaniyat»
(kunduzgi va sirtqi) ta’lim yo‘nalishi uchun**

Toshkent – 2024

Dastur Nizomiy nomidagi TDPUning o'quv-uslubiy kengashida ko'rib chiqilgan va ma'qullangan. 2024-yil 19 may dagi 9 -sonli majlis bayoni.

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60111200 – «Jismoniy madaniyat» ta'lim yo'nalishi bo'yicha kasbiy (ijodiy) imtihon o'tkazish mezonlari va dasturi

Kirish

Mustaqil O'zbekiston Respublikasida aholining, ayniqsa yosh avlodning salomatligini saqlash, jismoniy madaniyat va sportni rivojlantirish masalalariga katta e'tibor berib kelinmoqda.

Mamlakatimizda mazkur soha rivojiga qaratilgan qator me'yoriy-huquqiy hujjatlar qabul qilingan va jadallikda hayotga tatbiq etib kelinmoqda. Jumladan O'zbekiston Respublikasining «Jismoniy tarbiya va sport to'g'risida»gi, «Ta'lim to'g'risida»gi qonunlari, O'zbekiston Respublikasi Prezidentining 2002-yil 24-oktyabrda qabul qilingan «O'zbekiston Bolalar sportini rivojlantirish jamg'armasini tuzish to'g'risida»gi farmoni, O'zbekiston Respublikasi Vazirlar Mahkamasining 1999-yil 27-maydagi 271-sonli «O'zbekistonda jismoniy tarbiya va sportni yanada rivojlantirish chora-tadbirlari to'g'risida»gi qarori, O'zbekiston Respublikasi Prezidentining 2017-yil 3-iyundagi PQ-3031-sonli “Jismoniy tarbiya va ommaviy sportni yanada rivojlantirish chora-tadbirlari to'g'risida”gi qarori, O'zbekiston Respublikasi Prezidentining «Jismoniy tarbiya va sport sohasida davlat boshqaruvi tizimini tubdan takomillashtirish chora-tadbirlari to'g'risida»gi 2018-yil 5-martdagi PF-5368-sonli farmoni, O'zbekiston Respublikasi Prezidentining 2018-yil 18-dekabrda PQ-4063-sonli “Yuqumli bo'lmagan kasalliklar profilaktikasi, sog'lom turmush tarzini qo'llab-quvvatlash va aholining jismoniy faolligi darajasini oshirish chora-tadbirlari to'g'risida”gi qarori, O'zbekiston Respublikasi Vazirlar Mahkamasining 2019-yil 29-yanvardagi 65-sonli «O'zbekistonda sog'lom turmush tarzini keng targ'ib qilish va aholini jismoniy tarbiya va ommaviy sportga jalb etish to'g'risida»gi qarori, O'zbekiston Respublikasi Prezidentining 2020-yil 30-oktyabrda “Sog'lom turmush tarzini keng tatbiq etish va ommaviy sportni yanada rivojlantirish chora-tadbirlari to'g'risida” PF-6099-sonli farmoni, O'zbekiston Respublikasi Prezidentining 2020-yil 4-noyabrda “Kurash milliy sport turini rivojlantirish va uning xalqaro nufuzini yanada oshirish chora-tadbirlari to'g'risida” PQ-4881-sonli Qarori shular jumlasidandir.

60111200 – «Jismoniy madaniyat» ta'lim yo'nalishi bo'yicha kasbiy (ijodiy) imtihon dasturi umumiy o'rta va o'rta maxsus kasb-hunar ta'limi jismoniy tarbiya dasturlari asosida tuzilgan bo'lib, abituriyentlarning jismoniy mashqlarni bajarishdagi amaliy harakat ko'nikma va malakalarini darajasini aniqlash hamda baholashga mo'ljallangan.

Dasturda kasbiy (ijodiy) imtihonni o'tkazish tartibi, abituriyentlarning bilim, ko'nikma va malakalariga qo'yilgan talablar hamda ularni baholash mezonlari o'z aksini topgan.

Dasturning maqsadi va vazifalari

Dasturning asosiy maqsadi – abituriyentlarning jismoniy tarbiya fanidan egallagan bilim, ko‘nikma va malakalari (jismoniy va sport turlari bo‘yicha maxsus tayyorgarlik) holati darajasini belgilangan mezonlar asosida aniqlash hamda baholashdan iboratdir.

Dasturda jismoniy tarbiya fanidan ijodiy (kasbiy) imtihon jarayonida quyidagi vazifalarni amalga oshirish ko‘zda tutilgan.

Abituriyentning nogiron va jismoniy imkoniyati cheklanganligi qarab jismoniy tayyorgarlik holatini aniqlash bo‘yicha

Ko‘zi ojiz o‘g‘il bolalar uchun

3 kg li to‘ldirma to‘pni bosh orqasidan uloqtirish 3 ta urinishdagi eng yaxshi natija (sm)

Turnikda tortilish (marta)

Polga tayangan holda qo‘llarni bukib-yozish (marta)

Ko‘zi ojiz qiz bolalar uchun

O‘rindiqqa o‘tirgan holda 2 kg li to‘ldirma to‘pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija (sm)

Chalqancha yotgan holatda gavgdani ko‘tarish 1 daqiqa davomida (marta)

Gimnastika o‘rindig‘iga tayanib, qo‘llarni bukib-yozish (marta)

Oyoq nozologiyasi o‘g‘il bolalar uchun

3 kg li to‘ldirma to‘pni bosh orqasidan uloqtirish 3 ta urinishdagi eng yaxshi natija (sm)

Turnikda tortilish (marta)

Qo‘shpoyada qo‘llarni bukib-yozish (marta)

Oyoq nozologiyasi qiz bolalar uchun

O‘rindiqqa o‘tirgan holda 2 kg li to‘ldirma to‘pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija (sm)

Chalqancha yotgan holatda gavgdani ko‘tarish 1 daqiqa davomida (marta)

Gimnastika o‘rindig‘iga tayanib, qo‘llarni bukib-yozish (marta)

Qo‘l nozologiyasi o‘g‘il bolalar uchun

400 metrga yugurish(soniya)

Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija (sm))

Chalqancha yotgan holatda gavgdani ko‘tarish 1 daqiqa davomida (marta)

Qo‘l nozologiyasi qiz bolalar uchun

400 metrga yugurish (soniya)

Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm)

Chalqancha yotgan holatda gavgdani ko‘tarish 1 daqiqa davomida(marta)

Bir qo‘l va bir oyoq nozologiyasi o‘g‘il bolalar uchun

Tennis to‘pini uloqtirish (3 ta urinishdagi eng yaxshi natija metr)

Chalqancha yotgan holatda gavgdani ko‘tarish 1 daqiqa davomida(marta)

Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm)

Bir qo'l va bir oyoq nozologiyasi qiz bolalar uchun

Tennis to'pini uloqtirish (3 ta urinishdagi eng yaxshi natija (metr))
Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida (marta)
Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm)

Nozologiyaning boshqa barcha turlari o'g'il bolalar uchun

400 metrga yugurish (soniya)
3 kg li to'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija (metrda)
Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm)

Nozologiyaning boshqa barcha turlari qiz bolalar uchun

400 metrga yugurish (soniya)
2 kg li to'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija (metrda)
Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm)

Bo'yi past o'g'il bolalar uchun

Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida (marta)
3 kg li to'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija (metrda)
Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm)

Bo'yi past qiz bolalar uchun

Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida (marta)
2 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija (metrda)
Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm)

Ijodiy imtihon uchun – **156 ball** ajratilgan.

Ijodiy imtihonni o'tkazish va mashqlarni bajarish tartibi

Barcha imtihon sinovlariga abituriyentlar o'zi bilan sport formasi (ust-bosh kiyim, krossovka) hamda shaxsini tasdiqlovchi hujjatlarini (pasport, qabul hay'ati tomonidan berilgan tilxat) olib kelishi shart.

Kasbiy (ijodiy) imtihon sinovlari bir kun davomida, jadval asosida belgilangan kunlarda boshlanadi.

Sport formasi va shaxsini tasdiqlovchi hujjatlari (pasport, qabul hay'ati tomonidan berilgan tilxat) imtihon kuni imtihon komissiyasiga taqdim etilishi shart, aks holda abituriyent imtihonga qo'yilmaydi.

**KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI
NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN
ABITURIYENTLARNING (KO'ZI OJIZLAR UCHUN) KASBIY (IJODIY)
IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH
MEZONLARI
(O'g'il bolalar uchun)**

MJT 93 ball		UJT 63 ball			
3 kg li to'ldirma to'pni bosh orqasidan uloqtirish 3 ta urinishdagi eng yaxshi natija (sm) 93 ball		Turnikda tortilish (marta) 32 ball		Polga tayangan holda qo'llarni bukib-yozish (marta) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
8.81-9.00	93	18	32	39-40	31
8.61-8.80	90	17	30	37-38	30
8.41-8.60	87	16	28	35-36	29
8.21-8.40	84	15	26	33-34	28
8.01-8.20	81	14	24	31-32	27
7.81-8.00	78	13	22	29-30	26
7.61-7.80	75	12	20	27-28	25
7.41-7.60	72	11	18	25-26	24
7.21-7.40	69	10	16	23-24	23
7.01-7.20	66	9	14	21-22	22
6.81-7.00	63	8	12	19-20	21
6.61-6.80	60	7	10	18	20
6.41-6.60	57	6	8	17	19
6.21-6.40	54	5	6	16	18
6.01-6.20	51	4	4	15	17
5.81-6.00	48	3	3	14	16
5.61-5.80	45	2	2	13	15
5.41-5.60	42	1	1	12	14
5.21-5.40	39			11	13
5.01-5.20	36			10	12
4.81-5.00	33			9	11
4.61-4.80	30			8	10
4.41-4.60	27			7	9
4.21-4.40	24			6	8
4.01-4.20	21			5	7
3.81-4.00	18			4	6
3.61-3.80	15			3	5
3.41-3.60	14			2	3
3.21-3.40	13			1	1
3.01-3.20	12				
2.81-3.00	11				
2.61-2.80	10				
2.41-2.60	9				
2.21-2.40	8				
2.01-2.20	7				
1.81-2.00	6				
1.61-1.80	5				
1.41-1.60	4				

1-21-1.40	3				
1.00-1.20	1				

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING
(KO'ZI OJIZLAR UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY
TALABLARI VA BAHOLASH MEZONLARI
(Qiz bolalar uchun)**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
O'rindiqqa o'tirgan holda 2 kg li to'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija (sm) 93 ball		Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida (marta) 32 ball		Gimnastika o'rindig'iga tayanib, qo'llarni bukib- yozish*** (marta) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
7.81-8.00	93	29-30	32	30	31
7.61-7.80	90	27-28	30	29	30
7.41-7.60	87	25-26	28	28	29
7.21-7.40	84	23-24	26	27	28
7.01-7.20	81	21-22	24	26	27
6.81-7.00	78	19-20	22	25	26
6.61-6.80	75	17-18	20	24	25
6.41-6.60	72	15-16	18	23	24
6.21-6.40	69	13-14	16	22	23
6.01-6.20	66	11-12	14	21	22
5.81-6.00	63	9-10	12	20	21
5.61-5.80	60	8	10	19	20
5.41-5.60	57	7	8	18	19
5.21-5.40	54	5	6	17	18
5.01-5.20	51	4	4	16	16
4.81-5.00	48	3	3	15	15
4.61-4.80	45	2	2	14	14
4.41-4.60	42	1	1	13	13
4.21-4.40	39			12	12
4.01-4.20	36			11	11
4.81-4.00	33			10	10
3.61-3.80	30			9	9
3.41-3.60	27			8	8
3.21-3.40	24			7	7
3.01-3.20	21			6	6
2.81-3.00	18			5	5
2.61-2.80	15			4	4
2.41-2.60	14			3	3
2.21-2.40	13			2	2
2.01-2.20	12			1	1
1.81-2.00	11				
1.61-1.80	10				
1.41-1.60	9				
1.21-1.40	8				
1.01-1.20	7				
0.81-1.00	6				

0.61-0.80	5				
0.41-0.60	4				
0.21-0.40	3				
0.00-0.20	1				

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING
(OYOQ NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(O'g'il bolalar uchun) Kunduzgi**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
3 kg li to'ldirma to'pni bosh orqasidan uloqtirish 3 ta urinishdagi eng yaxshi natija (sm) 93 ball		Turnikda tortilish (marta) 32 ball		Qo'shpoyada qo'llarni bukib-yozish (marta) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
8.81-9.00	93	18	32	39-40	31
8.61-8.80	90	17	30	37-38	30
8.41-8.60	87	16	28	35-36	29
8.21-8.40	84	15	26	33-34	28
8.01-8.20	81	14	24	31-32	27
7.81-8.00	78	13	22	29-30	26
7.61-7.80	75	12	20	27-28	25
7.41-7.60	72	11	18	25-26	24
7.21-7.40	69	10	16	23-24	23
7.01-7.20	66	9	14	21-22	22
6.81-7.00	63	8	12	19-20	21
6.61-6.80	60	7	10	18	20
6.41-6.60	57	6	8	17	19
6.21-6.40	54	5	6	16	18
6.01-6.20	51	4	4	15	17
5.81-6.00	48	3	3	14	16
5.61-5.80	45	2	2	13	15
5.41-5.60	42	1	1	12	14
5.21-5.40	39			11	13
5.01-5.20	36			10	12
4.81-5.00	33			9	11
4.61-4.80	30			8	10
4.41-4.60	27			7	9
4.21-4.40	24			6	8
4.01-4.20	21			5	7
3.81-4.00	18			4	6
3.61-3.80	15			3	5
3.41-3.60	14			2	3
3.21-3.40	13			1	1
3.01-3.20	12				
2.81-3.00	11				
2.61-2.80	10				
2.41-2.60	9				
2.21-2.40	8				
2.01-2.20	7				

1.81-2.00	6				
1.61-1.80	5				
1.41-1.60	4				
1.21-1.40	3				
1.00-1.20	1				

- *Izoh: stulda o'tirgan holda 3 kg li to'ldirma to'pni bosh ortidan uloqtirishda har ikkala qo'l ishtirok etishi shart.*

- *Turnikda qo'llar to'g'ri holda gavdani ko'krak qafasigacha ko'tarilgan holda mashqni bajarish harakatlar soni bilin aniqlanadi.*

- *Qo'shpoyada gavdani oxirgacha tushirib va ko'tarish mashqni bajarish harakatlar soni bilan aniqlanadi.*

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING
(OYOQ NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Qiz bolalar uchun)**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
O'rindiqqa o'tirgan holda 2 kg li to'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija (sm) 93 ball		Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida (marta) 32 ball		Gimnastika o'rindig'iga tayanib, qo'llarni bukib-yozish*** (marta) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
7.81-8.00	93	29-30	32	30	31
7.61-7.80	90	27-28	30	29	30
7.41-7.60	87	25-26	28	28	29
7.21-7.40	84	23-24	26	27	28
7.01-7.20	81	21-22	24	26	27
6.81-7.00	78	19-20	22	25	26
6.61-6.80	75	17-18	20	24	25
6.41-6.60	72	15-16	18	23	24
6.21-6.40	69	13-14	16	22	23
6.01-6.20	66	11-12	14	21	22
5.81-6.00	63	9-10	12	20	21
5.61-5.80	60	8	10	19	20
5.41-5.60	57	7	8	18	19
5.21-5.40	54	5	6	17	18
5.01-5.20	51	4	4	16	16
4.81-5.00	48	3	3	15	15
4.61-4.80	45	2	2	14	14
4.41-4.60	42	1	1	13	13
4.21-4.40	39			12	12
4.01-4.20	36			11	11
4.81-4.00	33			10	10
3.61-3.80	30			9	9
3.41-3.60	27			8	8
3.21-3.40	24			7	7
3.01-3.20	21			6	6
2.81-3.00	18			5	5
2.61-2.80	15			4	4
2.41-2.60	14			3	3

2.21-2.40	13			2	2
2.01-2.20	12			1	1
1.81-2.00	11				
1.61-1.80	10				
1.41-1.60	9				
1.21-1.40	8				
1.01-1.20	7				
0.81-1.00	6				
0.61-0.80	5				
0.41-0.60	4				
0.21-0.40	3				
0.00-0.20	1				

- Izoh: stulda o'tirgan holda 2 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.

- Chalqancha yotgan holda mashqni bajarishda qo'llar bosh orqasida, oyoqlar juft holda bo'lishi kerak, gavda kamida 90° gacha ko'tarilib bajariladi

- Qo'shpoyada gavnani oxirgacha tushirib va ko'tarish mashqni bajarish xarakatlar soni bilan aniqlanadi

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING
(QO'L NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(O'g'il bolalar uchun) Kunduzgi**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
400 metrga yugurish (soniya) 93 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 32 ball		Chalqancha yotgan holatda gavnani ko'tarish 1 daqiqa davomida(marta) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
55.00	93	240	32	49-50	31
56.00	90	235-239	30	47-48	29
57.00	87	230-234	28	45-46	27
58.00	84	225-229	26	43-44	25
59.00	81	220-224	24	41-42	23
1:00,0	78	215-219	22	39-40	21
1:01,0	75	210-214	20	37-38	19
1:02,0	72	200-209	18	35-36	17
1:03,0	69	195-199	16	33-34	15
1:04,0	66	190-194	14	31-32	13
1:05,0	63	185-189	12	29-30	11
1:06,0	60	180-184	10	27-28	9
1:07,0	57	175-179	8	25-26	7
1:08,0	54	170-174	6	23-24	5
1:09,0	51	165-169	4	21-22	4
1:10,0	48	160-164	3	19-20	3
1:11,0	45	155-159	2	16-18	2
1:12,0	42	150-154	1	14-15	1
1:13,0	39				
1:14,0	36				
1:15,0	33				
1:16,0	30				

1:17,0	27				
1:18,0	24				
1:19,0	21				
1:20,0	18				
1:21,0	15				
1:22,0	14				
1:23,0	13				
1:24,0	12				
1:25,0	11				
1:26,0	10				
1:27,0	9				
1:28,0	8				
1:29,0	7				
1:30,0	6				
1:31,0	5				
1:32,0	4				
1:33,0	3				
1:34,0	1				

- Izoh: 400 metrga yugurishda start holati pastki yoki yuqori startdan bajarilishi mumkin.
Turgan joydan uzunlikka sakrashda 3 marotaba imkoniyat beriladi va eng yaxshi natija inobatga olinadi.

Chalqancha yotgan holda mashqni gavda kamida 90^o gacha ko'tarilib bajariladi.

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING
(QO'L NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Qiz bolalar uchun) Kunduzgi**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
400 metrga yugurish (soniya) 93 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 32 ball		Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida(marta) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
1:10,0	93	220	32	29-30	31
1:11,0	90	215-219	30	27-28	29
1:12,0	87	210-214	28	25-26	27
1:13,0	84	200-209	26	23-24	25
1:14,0	81	195-199	24	21-22	23
1:15,0	78	190-194	22	19-20	21
1:16,0	75	185-189	20	17-18	19
1:17,0	72	180-184	18	15-16	17
1:18,0	69	175-179	16	13-14	15
1:19,0	66	170-174	14	11-12	13
1:20,0	63	165-169	12	9-10	11
1:21,0	60	160-164	10	8	9
1:22,0	57	155-159	8	7	7
1:23,0	54	150-154	6	5	5
1:24,0	51	145-149	4	4	4
1:25,0	48	140-144	3	3	3
1:26,0	45	135-139	2	2	2

1:27,0	42	130-134	1	1	1
1:28,0	39				
1:29,0	36				
1:30,0	33				
1:31,0	30				
1:32,0	27				
1:33,0	24				
1:34,0	21				
1:35,0	18				
1:36,0	15				
1:37,0	14				
1:38,0	13				
1:39,0	12				
1:40,0	11				
1:41,0	10				
1:42,0	9				
1:43,0	8				
1:44,0	7				
1:45,0	6				
1:46,0	5				
1:47,0	4				
1:48,0	3				
1:49,0	1				

- Izoh: 400 metrga yugurishda start holati pastki yoki yuqori startdan bajarilishi mumkin.
- Turgan joydan uzunlikka sakrashda 3 marotaba imkoniyat beriladi va eng yaxshi natija inobatga olinadi.
- Chalqancha yotgan holda mashqni gavda kamida 90^o gacha ko'tarilib bajariladi.

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING
(BIR QO'L VA BIR OYOQ NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON
BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(O'g'il bolalar uchun) Kunduzgi**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
Tennis to'pini uloqtirish (3 ta urinishdagi eng yaxshi natija metr) 93 ball		Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida(marta) 32 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
35.00-34.31	93	49-50	32	175-180	31
34.30-34.01	90	47-48	30	170-174	30
34.00-33.31	87	45-46	28	165-169	29
33.30-33.01	84	43-44	26	160-164	28
33.00-32.31	81	41-42	24	155-159	27
32.30-32.01	78	39-40	22	150-154	26
32.00-31.31	75	37-38	20	145-149	25
31.30-31.01	72	35-36	18	140-144	24
31.00-30.31	69	33-34	16	135-139	23
30.30-30.01	66	31-32	14	130-134	22
30.00-29.31	63	29-30	12	125-129	21
29.30-29.01	60	27-28	10	120-124	20
29.00-28.31	57	25-26	8	115-119	18
28.30-28.01	54	23-24	6	110-114	16

28.00-27.31	51	21-22	4	105-109	14
27.30-27.01	48	19-20	3	100-104	12
27.00-26.31	45	16-18	2	95-99	10
26.30-26.01	42	14-15	1	90-94	8
26.00-25.31	39			85-89	6
25.30-25.01	36			80-84	4
25.00-24.31	33			75-79	2
24.30-24.01	30			70	1
24.00-23.31	27				
23.30-23.01	24				
23.00-22.31	21				
22.30-22.01	18				
22.00-21.31	15				
21.30-21.01	14				
21.00-20.31	13				
20.30-20.01	12				
20.00-19.31	11				
19.30-19.01	10				
19.00-18.31	9				
18.30-18.01	8				
18.00-17.31	7				
17.30-17.01	6				
17.00-16.31	5				
16.30-16.01	4				
16.00-15.31	3				
15.30-15.00	1				

- Izoh: Tennis to‘pini turgan joydan va yugurib kelib bajarilishi mumkin.
- Chalqancha yotgan holda mashqni gavda kamida 90⁰ gacha ko‘tarilib bajariladi.
- Turgan joydan uzunlikka sakrash sog‘lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING
(BIR QO‘L VA BIR OYOQ NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON
BO‘YICHA ME‘YORIY TALABLARI VA BAHOLASH MEZONLARI
(Qiz bolalar uchun) Kunduzgi**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
Tennis to‘pini uloqtirish (3 ta urinishdagi eng yaxshi natija metr) 93 ball		Chalqancha yotgan holatda gavdani ko‘tarish 1 daqiqa davomida (marta) 32 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
30.00-29.31	93	29-30	32	160	31
29.30-29.01	90	27-28	30	155-159	30
29.00-28.31	87	25-26	28	150-154	29
28.30-28.01	84	23-24	26	145-149	28
28.00-27.31	81	21-22	24	140-144	27
27.30-27.01	78	19-20	22	135-139	26
27.00-26.31	75	17-18	20	130-134	25
26.30-26.01	72	15-16	18	125-129	24
26.00-25.31	69	13-14	16	120-124	23

25.30-25.01	66	11-12	14	115-119	22
25.00-24.31	63	9-10	12	110-114	21
24.30-24.01	60	8	10	105-109	20
24.00-23.31	57	7	8	100-104	18
23.30-23.01	54	5	6	95-99	16
23.00-22.31	51	4	4	90-94	14
22.30-22.01	48	3	3	85-89	12
22.00-21.31	45	2	2	80-84	10
21.30-21.01	42	1	1	75-79	8
21.00-20.31	39			70-74	6
20.30-20.01	36			65-69	4
20.00-19.31	33			60-64	2
19.30-19.01	30			55-59	1
19.00-18.31	27				
18.30-18.01	24				
18.00-17.31	21				
17.30-17.01	18				
17.00-16.31	15				
16.30-16.01	14				
16.00-15.31	13				
15.30-15.01	12				
15.00-14.31	11				
14.30-13.01	10				
13.00-12.31	9				
12.30-11.01	8				
11.00-10.31	7				
10.30-10.01	6				
10.0-9.31	5				
9.30-9.01	3				
9.00	1				

Izoh: Tennis to'pini turgan joydan va yugurib kelib bajarilishi mumkin.

- Chalqancha yotgan holda mashqni gavda kamida 90° gacha ko'tarilib bajariladi.

- Turgan joydan uzunlikka sakrash sog'lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING
(NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN) KASBIY (IJODIY)
IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(O'g'il bolalar uchun) Kunduzgi**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
400 metrga yugurish (soniya) 93 ball		3 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija (metrda) 32 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
55.00	93	11.81-12.00	32	240	31
56.00	90	11.61-11.80	31	235-239	30
57.00	87	11.41-11.60	30	230-234	29
58.00	84	10.21-11.40	29	225-229	28

59.00	81	10.01-10.20	28	220-224	27
1:00,0	78	9.81-10.00	27	215-219	26
1:01,0	75	9.61-9.80	26	210-214	25
1:02,0	72	9.41-9.60	25	200-209	24
1:03,0	69	9.21-9.40	24	195-199	23
1:04,0	66	9.01-9.20	23	190-194	22
1:05,0	63	8.81-9.00	22	185-189	21
1:06,0	60	8.61-8.80	21	180-184	20
1:07,0	57	8.41-8.60	20	175-179	18
1:08,0	54	8.21-8.40	19	170-174	16
1:09,0	51	8.01-8.20	18	165-169	14
1:10,0	48	7.81-8.00	17	160-164	12
1:11,0	45	7.61-7.80	16	155-159	10
1:12,0	42	7.41-7.60	15	150-154	8
1:13,0	39	7.21-7.40	14	145-149	6
1:14,0	36	7.01-7.20	13	140-144	4
1:15,0	33	6.81-7.00	12	135-139	2
1:16,0	30	6.61-6.80	11	130-134	1
1:17,0	27	6.41-6.60	10		
1:18,0	24	6.21-6.40	9		
1:19,0	21	6.01-6.20	8		
1:20,0	18	5.81-6.00	7		
1:21,0	15	5.61-5.80	6		
1:22,0	14	5.41-5.60	5		
1:23,0	13	5.21-5.40	4		
1:24,0	12	5.01-5.20	3		
1:25,0	11	4.81-5.00	2		
1:26,0	10	4.61-4.80	1		
1:27,0	9				
1:28,0	8				
1:29,0	7				
1:30,0	6				
1:31,0	5				
1:32,0	4				
1:33,0	3				
1:34,0	1				

- Izoh: 400 metr ga yugurishda start holati pastki startdan bajariladi.

- 3 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.

- Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING
(NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN) KASBIY (IJODIY)
IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Qiz bolalar uchun) Kunduzgi**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
400 metr ga yugurish (soniya) 93 ball		2 kg li to'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija (sm) 32 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
1:10,0	93	8.81-9.00	32	220	31

1:11,0	90	8.61-8.80	31	215-219	30
1:12,0	87	8.41-8.60	30	210-214	29
1:13,0	84	8.21-8.40	29	205-209	28
1:14,0	81	8.01-8.20	28	200-204	27
1:15,0	78	7.81-8.00	27	195-199	26
1:16,0	75	7.61-7.80	26	190-194	25
1:17,0	72	7.41-7.60	25	185-189	24
1:18,0	69	7.21-7.40	24	180-184	23
1:19,0	66	7.01-7.20	23	175-179	22
1:20,0	63	6.81-7.00	22	170-174	21
1:21,0	60	6.61-6.80	21	165-169	20
1:22,0	57	6.41-6.60	20	160-164	18
1:23,0	54	6.21-6.40	19	155-159	16
1:24,0	51	6.01-6.20	18	150-154	14
1:25,0	48	5.81-6.00	17	145-149	12
1:26,0	45	5.61-5.80	16	140-144	10
1:27,0	42	5.41-5.60	15	135-139	8
1:28,0	39	5.21-5.40	14	130-134	6
1:29,0	36	5.01-5.20	13	125-129	4
1:30,0	33	4.81-5.00	12	120-124	2
1:31,0	30	4.61-4.80	11	115-119	1
1:32,0	27	4.41-4.60	10		
1:33,0	24	4.21-4.40	9		
1:34,0	21	4.01-4.20	8		
1:35,0	18	3.81-4.00	7		
1:36,0	15	3.61-3.80	6		
1:37,0	14	3.41-3.60	5		
1:38,0	13	3.21-3.40	4		
1:39,0	12	3.01-3.20	3		
1:40,0	11	2.81-3.00	2		
1:41,0	10	2.61-2.80	1		
1:42,0	9				
1:43,0	8				
1:44,0	7				
1:45,0	6				
1:46,0	5				
1:47,0	4				
1:48,0	3				
1:49,0	1				

- Izoh: 400 metrga yugurishda start holati pastki startdan bajariladi.

- 2 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.

- Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN (BO‘YI PAST)
ABITURIYENTLARING KASBIY (IJODIY) IMTIHON BO‘YICHA ME‘YORIY
TALABLARI VA BAHOLASH MEZONLARI
(O‘g‘il bolalar uchun) Kunduzgi**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
Chalqancha yotgan holatda gavdani ko‘tarish 1 daqiqa davomida (marta) 93 ball		3 kg li To‘ldirma to‘pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 32 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
40	93	6.81-7.00	32	180	31
39	90	6.61-6.80	31	175-179	30
38	87	6.41-6.60	30	170-174	29
37	84	6.21-6.40	29	165-169	28
36	81	6.01-6.20	28	160-164	27
35	78	5.81-6.00	27	155-159	26
34	75	5.61-5.80	26	150-154	25
33	72	5.41-5.60	25	145-149	24
32	69	5.21-5.40	24	140-144	23
31	66	5.01-5.20	23	135-139	22
30	63	4.81-5.00	22	130-134	21
29	60	4.61-4.80	21	125-129	20
28	57	4.41-4.60	20	120-124	19
27	54	4.21-4.40	19	115-119	18
26	51	4.01-4.20	18	110-114	17
25	48	3.81-4.00	17	105-109	16
24	45	3.61-3.80	16	100-104	15
23	42	3.41-3.60	15	95-99	14
22	39	3.21-3.40	14	90-94	13
21	36	3.01-3.20	13	85-89	12
20	33	2.81-3.00	12	80-84	11
19	30	2.61-2.80	11	75-79	10
18	27	2.41-2.60	10	70-74	9
17	24	2.21-2.40	9	65-69	8
16	21	2.01-2.20	8	60-64	7
15	18	1.81-2.00	7	55-59	6
14	15	1.61-1.80	6	50-54	5
13	14	1.41-1.60	5	45-49	4
12	13	1.21-1.40	4	40-44	3
11	12	1.01-1.20	3	35-39	2
10	11	81-1.00	2	30-34	1
9	10	60-80	1		
8	9				
7	8				
6	7				
5	6				
4	5				
3	4				
2	3				
1	1				

- Izoh: Chalqancha yotgan holda mashqni gavda kamida 90⁰ gacha ko'tarilib bajariladi.
- 3 kg li to'ldirma to'pni bosh ortidan uloqtirishda har ikkala qo'l ishtirok etishi shart.
- Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN (BO'YI PAST)
ABITURIYENTLARNING KASBIY(IJODIY) IMTIHON BO'YICHA ME'YORIY
TALABLARI VA BAHOLASH MEZONLARI
(Qiz bolalar uchun) Kunduzgi**

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida (marta) 93 ball		2 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 32 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
35	93	4.81-5.00	32	150	31
34	90	4.61-4.80	31	145-149	30
33	87	4.41-4.60	30	140-144	29
32	84	4.21-4.40	29	135-139	28
31	81	4.01-4.20	28	130-134	27
30	78	3.81-4.00	27	125-129	26
29	75	3.61-3.80	26	120-124	25
28	72	3.41-3.60	25	115-119	24
27	69	3.21-3.40	24	110-114	23
26	66	3.01-3.20	23	105-109	22
25	63	2.81-3.00	22	100-104	21
24	60	2.61-2.80	21	95-99	20
23	57	2.41-2.60	20	90-94	19
22	54	2.21-2.40	19	85-89	18
21	51	2.01-2.20	18	80-84	17
20	48	1.81-2.00	17	75-79	16
19	45	1.61-1.80	16	70-74	15
18	42	1.41-1.60	15	65-69	14
17	39	1.21-1.40	14	60-64	13
16	36	1.01-1.20	13	55-59	12
15	33	91-1.00	12	50-54	11
14	30	81-90	11	45-49	10
13	27	71-80	10	40-44	8
12	24	61-70	8	35-39	6
11	21	51-60	6	30-34	4
10	18	41-50	4	25-29	2
9	15	31-40	2	20-24	1
8	12	21-30	1		
7	9				
6	6				
5	5				
4	4				
3	3				
2	2				
1	1				

- *Izoh: Chalqancha yotgan holda mashqni gavda kamida 90⁰ gacha ko'tarilib bajariladi.*
- *2 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.*
- *Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.*

**MAXSUS JISMONIY TAYYORGARLIK VA UMUMIY JISMONIY
TAYYORGARLIK BO'YICHA KASBIY (IJODIY) IMTIHONDAN
UMUMIY BAHOLASH MEZONLARI
(erkak va ayollar uchun)**

№	5 ballik baho tizimi	156 ballik tizim
1.	3 baho	86-110 ballgacha
2.	4 baho	111-133 ballgacha
3.	5 baho	134-156 ballgacha

Kasbiy ijodiy imtihonga kelmagan abituriyentlar test sinovlariga kiritilmaydi.

Apellyatsiya tartibi

Abituriyentlar ijodiy imtihon natijalari bo'yicha OTM qabul komissiyasining apellyatsiyalar bilan ishlash hay'atiga natijalar e'lon qilingandan boshlab 24 soat davomida murojaat qilishi mumkin. Murojaat mazmuni faqat o'zlarining to'plagan ballari yuzasidan bo'lsa qabul qilinadi.

Apellyatsiya komissiyasi a'zolari qabul komissiyasi raisi buyrug'i bilan tasdiqlanadi.