

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

QARSHI DAVLAT UNIVERSITETI



“TASDIQLAYMAN”
Qarshi davlat universiteti
rektori **D. Nabiyev**
2023 yil

**KASBIY (IJODIY) IMTIHON DASTURI VA
BAHOLASH MEZONI**

SPORT FAOLIYATI “YENGIL ATLETIKA”

**61010300 - “SPORT FAOLIYATI”
bakalavriat ta‘lim yo‘nalishining barcha shakllari uchun**

ASOS: (Oliy ta‘lim, fan va innovatsiyalar vazirligi tasarrufidagi oliy ta‘lim muassasalarida kasbiy (ijodiy) imtihoni mavjud bo‘lgan ta‘lim yo‘nalishlari bo‘yicha tayanch etib belgilangan “O‘zbekiston davlat jismoniy tarbiya va sport universiteti” dan olingan)

QARSHI-2023

**Qarshi davlat universiteti Kengashida ko‘rib chiqilgan va ma’qullangan.
2023 yil 07.07 dagi 9 - sonli majlis bayoni.**

Тузувчилар: -

- Egamberdiyev.F.T. - Qarshi davlat universiteti Sport fakulteti dekani
- Sultonov Sh.U. - Qarshi davlat universiteti Sport fakulteti Jismoniy tarbiya va sport turlari” kafedrasini mudiri, dotsenti
- Jabborov A.T. - Qarshi davlat universiteti Sport fakulteti Jismoniy tarbiya va sport turlari” kafedrasini dotsenti
- Nuraliyeva O’.Sh. - Qarshi davlat universiteti Sport fakulteti Jismoniy tarbiya va sport turlari” kafedrasini dotsenti
- Xudoyberdiyev B - Qarshi davlat universiteti Sport fakulteti Jismoniy tarbiya va sport turlari” kafedrasini o‘qituvchisi

Taqrizchilar:

- Boymurodov I - Jismoniy tarbiya va sport turlari kafedrasini dotsenti v.b., p.f.n.
- Arslonov I.T. - Qarshi MII Jismoniy tarbiya kafedrasini mudiri, dotsent

**O'zbekiston davlat jismoniy tarbiya va sport universiteti 2022-2023 o'quv yili uchun Yengil atletika ixtisosligi bo'yicha Kasbiy (ijodiy) imtihon me'yorlari
(Maxsus jismoniy tayyorgarlik – 63 ball)**

Erkaklar uchun

№	ball	Qisqa masofalarga yuguruvchilar uchun (100m, 200m, 400, 110m. g'o, 400m. g'o)			O'rta masofalarga yuguruvchilar uchun (800m, 1500m)		
		100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	11,54	12,00	2,70	11,94	10,80	2,70
2	20,5 ball	11,61	11,90	2,68	12,01	10,70	2,68
3	20,0 ball	11,68	11,80	2,66	12,08	10,60	2,66
4	19,5 ball	11,75	11,70	2,64	12,15	10,50	2,64
5	19,0 ball	11,82	11,60	2,62	12,22	10,40	2,62
6	18,5 ball	11,89	11,50	2,60	12,29	10,30	2,60
7	18,0 ball	11,96	11,40	2,58	12,36	10,20	2,58
8	17,5 ball	12,03	11,30	2,56	12,43	10,10	2,56
9	17,0 ball	12,10	11,20	2,54	12,50	10,00	2,54
10	16,5 ball	12,17	11,10	2,52	12,57	9,90	2,52
11	16,0 ball	12,24	11,00	2,50	12,64	9,80	2,50
12	15,5 ball	12,31	10,90	2,48	12,71	9,70	2,48
13	15,0 ball	12,38	10,80	2,46	12,78	9,60	2,46
14	14,5 ball	12,45	10,70	2,44	12,85	9,50	2,44
15	14,0 ball	12,52	10,60	2,42	12,92	9,40	2,42
16	13,5 ball	12,59	10,50	2,40	12,99	9,30	2,40
17	13,0 ball	12,66	10,40	2,38	13,06	9,20	2,38
18	12,5 ball	12,73	10,30	2,36	13,13	9,10	2,36
19	12,0 ball	12,80	10,20	2,34	13,20	9,00	2,34
20	11,5 ball	12,87	10,10	2,32	13,27	8,90	2,32
21	11,0 ball	12,94	10,00	2,30	13,34	8,80	2,30
22	10,5 ball	13,01	9,90	2,28	13,41	8,70	2,28
23	10,0 ball	13,08	9,80	2,26	13,48	8,60	2,26
24	9,5 ball	13,15	9,70	2,24	13,55	8,50	2,24
25	9,0 ball	13,22	9,60	2,22	13,62	8,40	2,22
26	8,5 ball	13,29	9,50	2,20	13,69	8,30	2,20
27	8,0 ball	13,36	9,40	2,18	13,76	8,20	2,18
28	7,5 ball	13,43	9,30	2,16	13,83	8,10	2,16
29	7,0 ball	13,50	9,20	2,14	13,90	8,00	2,14
30	6,5 ball	13,57	9,10	2,12	13,97	7,90	2,12
31	6,0 ball	13,64	9,00	2,10	14,04	7,80	2,10
32	5,5 ball	13,71	8,90	2,08	14,11	7,70	2,08
33	5,0 ball	13,78	8,80	2,06	14,18	7,60	2,06
34	4,5 ball	13,85	8,70	2,04	14,25	7,50	2,04
35	4,0 ball	13,92	8,60	2,02	14,32	7,40	2,02
36	3,5 ball	13,99	8,50	2,00	14,39	7,30	2,00
37	3,0 ball	14,06	8,40	1,98	14,46	7,20	1,98
38	2,5 ball	14,13	8,30	1,96	14,53	7,10	1,96
39	2,0 ball	14,20	8,20	1,94	14,60	7,00	1,94
40	1,5 ball	14,27	8,10	1,92	14,67	6,90	1,92
41	1,0 ball	14,34	8,00	1,90	14,74	6,80	1,90

№	ball	Uzoq masofalarga yuguruvchilar uchun (3000 m., 3000 m. t/o)			Sportcha yuruvchilar uchun		
		100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	12,54	10,30	2,60	12,82	9,50	2,30
2	20,5 ball	12,61	10,20	2,58	12,89	9,40	2,28
3	20,0 ball	12,68	10,10	2,56	12,96	9,30	2,26
4	19,5 ball	12,75	10,00	2,54	13,03	9,20	2,24
5	19,0 ball	12,82	9,90	2,52	13,10	9,10	2,22
6	18,5 ball	12,89	9,80	2,50	13,17	9,00	2,20
7	18,0 ball	12,96	9,70	2,48	13,24	8,90	2,18
8	17,5 ball	13,03	9,60	2,46	13,31	8,80	2,16
9	17,0 ball	13,10	9,50	2,44	13,38	8,70	2,14
10	16,5 ball	13,17	9,40	2,42	13,45	8,60	2,12
11	16,0 ball	13,24	9,30	2,40	13,52	8,50	2,10
12	15,5 ball	13,31	9,20	2,38	13,59	8,40	2,08
13	15,0 ball	13,38	9,10	2,36	13,66	8,30	2,06
14	14,5 ball	13,45	9,00	2,34	13,73	8,20	2,04
15	14,0 ball	13,52	8,90	2,32	13,80	8,10	2,02
16	13,5 ball	13,59	8,80	2,30	13,87	8,00	2,00
17	13,0 ball	13,66	8,70	2,28	13,94	7,90	1,98
18	12,5 ball	13,73	8,60	2,26	14,01	7,80	1,96
19	12,0 ball	13,80	8,50	2,24	14,08	7,70	1,94
20	11,5 ball	13,87	8,40	2,22	14,15	7,60	1,92
21	11,0 ball	13,94	8,30	2,20	14,22	7,50	1,90
22	10,5 ball	14,01	8,20	2,18	14,29	7,40	1,88
23	10,0 ball	14,08	8,10	2,16	14,36	7,30	1,86
24	9,5 ball	14,15	8,00	2,14	14,43	7,20	1,84
25	9,0 ball	14,22	7,90	2,12	14,50	7,10	1,82
26	8,5 ball	14,29	7,80	2,10	14,57	7,00	1,80
27	8,0 ball	14,36	7,70	2,08	14,64	6,90	1,78
28	7,5 ball	14,43	7,60	2,06	14,71	6,80	1,76
29	7,0 ball	14,50	7,50	2,04	14,78	6,70	1,74
30	6,5 ball	14,57	7,40	2,02	14,85	6,60	1,72
31	6,0 ball	14,64	7,30	2,00	14,92	6,50	1,70
32	5,5 ball	14,71	7,20	1,98	14,99	6,40	1,68
33	5,0 ball	14,78	7,10	1,96	15,06	6,30	1,66
34	4,5 ball	14,85	7,00	1,94	15,13	6,20	1,64
35	4,0 ball	14,92	6,90	1,92	15,20	6,10	1,62
36	3,5 ball	14,99	6,80	1,90	15,27	6,00	1,60
37	3,0 ball	15,06	6,70	1,88	15,34	5,90	1,58
38	2,5 ball	15,13	6,60	1,86	15,39	5,80	1,56
39	2,0 ball	15,20	6,50	1,84	15,45	5,70	1,54
40	1,5 ball	15,27	6,40	1,82	15,49	5,60	1,52
41	1,0 ball	15,34	6,30	1,80	16,00	5,50	1,50

№	ball	Uzunlikka va uch hatlab, balandlikka va langarcho'p bilan sakrovchilar uchun			Uloqtiruvchilar uchun (yadro itqitish, nayza, disk uloqtirish va bosqon uloqtirish)		
		100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	13,54	12,20	3,00	13,54	12,50	2,70
2	20,5 ball	13,61	12,10	2,98	13,61	12,40	2,68
3	20,0 ball	13,68	12,00	2,96	13,68	12,30	2,66
4	19,5 ball	13,75	11,90	2,94	13,75	12,20	2,64
5	19,0 ball	13,82	11,80	2,92	13,82	12,10	2,62
6	18,5 ball	13,89	11,70	2,90	13,89	12,00	2,60
7	18,0 ball	13,96	11,60	2,88	13,96	11,90	2,58
8	17,5 ball	14,03	11,50	2,86	14,03	11,80	2,56
9	17,0 ball	14,10	11,40	2,84	14,10	11,70	2,54
10	16,5 ball	14,17	11,30	2,82	14,17	11,60	2,52
11	16,0 ball	14,24	11,20	2,80	14,24	11,50	2,50
12	15,5 ball	14,31	11,10	2,78	14,31	11,40	2,48
13	15,0 ball	14,38	11,00	2,76	14,38	11,30	2,46
14	14,5 ball	14,45	10,90	2,74	14,45	11,20	2,44
15	14,0 ball	14,52	10,80	2,72	14,52	11,10	2,42
16	13,5 ball	14,59	10,70	2,70	14,59	11,00	2,40
17	13,0 ball	14,66	10,60	2,68	14,66	10,90	2,38
18	12,5 ball	14,73	10,50	2,66	14,73	10,80	2,36
19	12,0 ball	14,80	10,40	2,64	14,80	10,70	2,34
20	11,5 ball	14,87	10,30	2,62	14,87	10,60	2,32
21	11,0 ball	14,94	10,20	2,60	14,94	10,50	2,30
22	10,5 ball	15,01	10,10	2,58	15,01	10,40	2,28
23	10,0 ball	15,08	10,00	2,56	15,08	10,30	2,26
24	9,5 ball	15,15	9,90	2,54	15,15	10,20	2,24
25	9,0 ball	15,22	9,80	2,52	15,22	10,10	2,22
26	8,5 ball	15,29	9,70	2,50	15,29	10,00	2,20
27	8,0 ball	15,36	9,60	2,48	15,36	9,90	2,18
28	7,5 ball	15,43	9,50	2,46	15,43	9,80	2,16
29	7,0 ball	15,50	9,40	2,44	15,50	9,70	2,14
30	6,5 ball	15,57	9,30	2,42	15,57	9,60	2,12
31	6,0 ball	15,64	9,20	2,40	15,64	9,50	2,10
32	5,5 ball	15,71	9,10	2,38	15,71	9,40	2,08
33	5,0 ball	15,78	9,00	2,36	15,78	9,30	2,06
34	4,5 ball	15,85	8,90	2,34	15,85	9,20	2,04
35	4,0 ball	15,92	8,80	2,32	15,92	9,10	2,02
36	3,5 ball	15,99	8,70	2,30	15,99	9,00	2,00
37	3,0 ball	16,06	8,60	2,28	16,06	8,90	1,98
38	2,5 ball	16,13	8,50	2,26	16,13	8,80	1,96
39	2,0 ball	16,20	8,40	2,24	16,20	8,70	1,94
40	1,5 ball	16,27	8,30	2,22	16,27	8,60	1,92
41	1,0 ball	16,34	8,20	2,20	16,34	8,50	1,90

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

№	ball	Qisqa masofalarga yuguruvchilar uchun (100m, 200m, 400, 100m. g ¹ /o, 400m. g ¹ /o)			O'rta masofalarga yuguruvchilar uchun (800m, 1500m)		
		100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	13,34	9,80	2,22	13,64	9,50	2,12
2	20,5 ball	13,41	9,70	2,20	13,71	9,40	2,10
3	20,0 ball	13,48	9,60	2,18	13,78	9,30	2,08
4	19,5 ball	13,55	9,50	2,16	13,85	9,20	2,06
5	19,0 ball	13,62	9,40	2,14	13,92	9,10	2,04
6	18,5 ball	13,69	9,30	2,12	13,99	9,00	2,02
7	18,0 ball	13,76	9,20	2,10	14,06	8,90	2,00
8	17,5 ball	13,83	9,10	2,08	14,13	8,80	1,98
9	17,0 ball	13,90	9,00	2,06	14,20	8,70	1,96
10	16,5 ball	13,97	8,90	2,04	14,27	8,60	1,94
11	16,0 ball	14,04	8,80	2,02	14,34	8,50	1,92
12	15,5 ball	14,11	8,70	2,00	14,41	8,40	1,90
13	15,0 ball	14,18	8,60	1,98	14,48	8,30	1,88
14	14,5 ball	14,25	8,50	1,96	14,55	8,20	1,86
15	14,0 ball	14,32	8,40	1,94	14,62	8,10	1,84
16	13,5 ball	14,39	8,30	1,92	14,69	8,00	1,82
17	13,0 ball	14,46	8,20	1,90	14,76	7,90	1,80
18	12,5 ball	14,53	8,10	1,88	14,83	7,80	1,78
19	12,0 ball	14,60	8,00	1,86	14,90	7,70	1,76
20	11,5 ball	14,67	7,90	1,84	14,97	7,60	1,74
21	11,0 ball	14,74	7,80	1,82	15,04	7,50	1,72
22	10,5 ball	14,81	7,70	1,80	15,11	7,40	1,70
23	10,0 ball	14,88	7,60	1,78	15,18	7,30	1,68
24	9,5 ball	14,95	7,50	1,76	15,25	7,20	1,66
25	9,0 ball	15,02	7,40	1,74	15,32	7,10	1,64
26	8,5 ball	15,09	7,30	1,72	15,39	7,00	1,62
27	8,0 ball	15,16	7,20	1,70	15,46	6,90	1,60
28	7,5 ball	15,23	7,10	1,68	15,53	6,80	1,58
29	7,0 ball	15,30	7,00	1,66	15,60	6,70	1,56
30	6,5 ball	15,37	6,90	1,64	15,67	6,60	1,54
31	6,0 ball	15,44	6,80	1,62	15,74	6,50	1,52
32	5,5 ball	15,51	6,70	1,60	15,81	6,40	1,50
33	5,0 ball	15,58	6,60	1,58	15,88	6,30	1,48
34	4,5 ball	15,65	6,50	1,56	15,95	6,20	1,46
35	4,0 ball	15,72	6,40	1,54	16,02	6,10	1,44
36	3,5 ball	15,79	6,30	1,52	16,09	6,00	1,42
37	3,0 ball	15,86	6,20	1,50	16,16	5,90	1,40
38	2,5 ball	15,93	6,10	1,48	16,23	5,80	1,38
39	2,0 ball	16,00	6,00	1,46	16,30	5,70	1,36
40	1,5 ball	16,07	5,95	1,44	16,37	5,60	1,34
41	1,0 ball	16,14	5,90	1,42	16,44	5,50	1,32

№	ball	Uzoq masofalarga yuguruvchilar uchun (3000 m., 3000 m. t/o)			Sportchilar yuruvchilar uchun		
		100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	Joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	Joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	13,99	9,00	2,02	14,20	8,50	2,00
2	20,5 ball	14,06	8,90	2,00	14,27	8,40	1,98
3	20,0 ball	14,13	8,80	1,98	14,34	8,30	1,96
4	19,5 ball	14,20	8,70	1,96	14,41	8,20	1,94
5	19,0 ball	14,27	8,60	1,94	14,48	8,10	1,92
6	18,5 ball	14,34	8,50	1,92	14,55	8,00	1,90
7	18,0 ball	14,41	8,40	1,90	14,62	7,90	1,88
8	17,5 ball	14,48	8,30	1,88	14,69	7,80	1,86
9	17,0 ball	14,55	8,20	1,86	14,76	7,70	1,84
10	16,5 ball	14,62	8,10	1,84	14,83	7,60	1,82
11	16,0 ball	14,69	8,00	1,82	14,90	7,50	1,80
12	15,5 ball	14,76	7,90	1,80	14,97	7,40	1,78
13	15,0 ball	14,83	7,80	1,78	15,04	7,30	1,76
14	14,5 ball	14,90	7,70	1,76	15,11	7,20	1,74
15	14,0 ball	14,97	7,60	1,74	15,18	7,10	1,72
16	13,5 ball	15,04	7,50	1,72	15,25	7,00	1,70
17	13,0 ball	15,11	7,40	1,70	15,32	6,90	1,68
18	12,5 ball	15,18	7,30	1,68	15,39	6,80	1,66
19	12,0 ball	15,25	7,20	1,66	15,46	6,70	1,64
20	11,5 ball	15,32	7,10	1,64	15,53	6,60	1,62
21	11,0 ball	15,39	7,00	1,62	15,60	6,50	1,60
22	10,5 ball	15,46	6,90	1,60	15,67	6,40	1,58
23	10,0 ball	15,53	6,80	1,58	15,74	6,30	1,56
24	9,5 ball	15,60	6,70	1,56	15,81	6,20	1,54
25	9,0 ball	15,67	6,60	1,54	15,88	6,10	1,52
26	8,5 ball	15,74	6,50	1,52	15,95	6,00	1,50
27	8,0 ball	15,81	6,40	1,50	16,02	5,90	1,48
28	7,5 ball	15,88	6,30	1,48	16,09	5,80	1,46
29	7,0 ball	15,95	6,20	1,46	16,16	5,70	1,44
30	6,5 ball	16,02	6,10	1,44	16,23	5,60	1,42
31	6,0 ball	16,09	6,00	1,42	16,30	5,50	1,40
32	5,5 ball	16,16	5,90	1,40	16,37	5,40	1,38
33	5,0 ball	16,23	5,80	1,38	16,44	5,30	1,36
34	4,5 ball	16,30	5,70	1,36	16,51	5,20	1,34
35	4,0 ball	16,37	5,60	1,34	16,58	5,10	1,32
36	3,5 ball	16,44	5,50	1,32	16,65	5,00	1,30
37	3,0 ball	16,51	5,40	1,30	16,72	4,90	1,28
38	2,5 ball	16,58	5,30	1,28	16,79	4,80	1,26
39	2,0 ball	16,65	5,20	1,26	16,86	4,70	1,24
40	1,5 ball	16,72	5,10	1,24	16,93	4,60	1,22
41	1,0 ball	16,79	5,00	1,22	17,00	4,50	1,20

№	ball	Uzunlikka va uch hatlab, balandlikka va langarcho'p bilan sakrovchilar uchun			Uloqtiruvchilar uchun (yadro itqitish, nayza, disk uloqtirish va bosqon uloqtirish)		
		100 m.gn yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.gn yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0 ball	13,51	10,00	2,35	15,64	10,00	2,30
2	20,5 ball	13,56	9,90	2,33	15,71	9,90	2,28
3	20,0 ball	13,61	9,80	2,31	15,78	9,80	2,26
4	19,5 ball	13,66	9,70	2,29	15,85	9,70	2,24
5	19,0 ball	13,71	9,60	2,27	15,92	9,60	2,22
6	18,5 ball	13,76	9,50	2,25	15,99	9,50	2,20
7	18,0 ball	13,81	9,40	2,23	16,06	9,40	2,18
8	17,5 ball	13,86	9,30	2,21	16,13	9,30	2,16
9	17,0 ball	13,91	9,20	2,19	16,20	9,20	2,14
10	16,5 ball	13,96	9,10	2,17	16,27	9,10	2,12
11	16,0 ball	14,01	9,00	2,15	16,34	9,00	2,10
12	15,5 ball	14,06	8,90	2,13	16,41	8,90	2,08
13	15,0 ball	14,11	8,80	2,11	16,48	8,80	2,06
14	14,5 ball	14,16	8,70	2,09	16,55	8,70	2,04
15	14,0 ball	14,21	8,60	2,07	16,62	8,60	2,02
16	13,5 ball	14,26	8,50	2,05	16,69	8,50	2,00
17	13,0 ball	14,31	8,40	2,03	16,76	8,40	1,98
18	12,5 ball	14,36	8,30	2,01	16,83	8,30	1,96
19	12,0 ball	14,41	8,20	1,99	16,90	8,20	1,94
20	11,5 ball	14,46	8,10	1,97	16,97	8,10	1,92
21	11,0 ball	14,51	8,00	1,95	17,04	8,00	1,90
22	10,5 ball	14,56	7,90	1,93	17,11	7,90	1,88
23	10,0 ball	14,61	7,80	1,91	17,18	7,80	1,86
24	9,5 ball	14,66	7,70	1,89	17,25	7,70	1,84
25	9,0 ball	14,71	7,60	1,87	17,32	7,60	1,82
26	8,5 ball	14,76	7,50	1,85	17,39	7,50	1,80
27	8,0 ball	14,81	7,40	1,83	17,46	7,40	1,78
28	7,5 ball	14,86	7,30	1,81	17,53	7,30	1,76
29	7,0 ball	14,91	7,20	1,79	17,60	7,20	1,74
30	6,5 ball	14,96	7,10	1,77	17,67	7,10	1,72
31	6,0 ball	15,01	7,00	1,75	17,74	7,00	1,70
32	5,5 ball	15,06	6,90	1,73	17,81	6,90	1,68
33	5,0 ball	15,11	6,80	1,71	17,88	6,80	1,66
34	4,5 ball	15,16	6,70	1,69	17,95	6,70	1,64
35	4,0 ball	15,21	6,60	1,67	18,02	6,60	1,62
36	3,5 ball	15,26	6,50	1,65	18,09	6,50	1,60
37	3,0 ball	15,31	6,40	1,63	18,16	6,40	1,58
38	2,5 ball	15,36	6,30	1,61	18,23	6,30	1,56
39	2,0 ball	15,41	6,20	1,59	18,30	6,20	1,54
40	1,5 ball	15,46	6,10	1,57	18,37	6,10	1,52
41	1,0 ball	15,51	6,00	1,55	18,44	6,00	1,50

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

“Jismoniy tarbiya va sport turlari”

kafedrasi mudiri:



Sh.Sulstonov

**O'zbekiston davlat jismoniy tarbiya va sport universiteti 2022-2023 o'quv yili
uchun Yengil atletika ixtisosligi bo'yicha Kasbiy (ijodiy) imtihon me'yorlari
(Tanlangan tur bo'yicha – 93 ball)**

Erkaklar uchun

Ball	100 m (s.)	200 m (s.)	400 m (s.)	800 m (daq,s.)	1500 m (daq,s.)	3000 m (daq,s)
93 ball	11,14	22,24	49,94	1:55,2	3:58,0	8:32,2
91 ball	11,16	22,29	50,08	1:55,6	3:58,6	8:33,8
89 ball	11,18	22,34	50,22	1:56,0	3:59,2	8:35,4
87 ball	11,20	22,39	50,36	1:56,3	3:59,8	8:36,9
85 ball	11,22	22,44	50,50	1:56,7	4:00,4	8:38,5
83 ball	11,24	22,49	50,64	1:57,0	4:01,0	8:40,0
81 ball	11,26	22,54	50,78	1:57,4	4:01,6	8:41,6
79 ball	11,28	22,59	50,92	1:57,8	4:02,2	8:43,2
77 ball	11,30	22,64	51,06	1:58,1	4:02,8	8:44,7
75 ball	11,32	22,69	51,20	1:58,5	4:03,4	8:46,3
73 ball	11,34	22,74	51,34	1:58,8	4:04,0	8:47,8
71 ball	11,36	22,79	51,48	1:59,2	4:04,6	8:49,4
69 ball	11,38	22,84	51,62	1:59,6	4:05,2	8:51,0
67 ball	11,40	22,89	51,76	1:59,9	4:05,8	8:52,5
65 ball	11,42	22,94	51,90	2:00,3	4:06,4	8:54,1
63 ball	11,44	22,99	52,04	2:00,6	4:07,0	8:55,6
61 ball	11,46	23,04	52,18	2:01,0	4:07,6	8:57,2
59 ball	11,48	23,09	52,32	2:01,4	4:08,2	8:58,8
57 ball	11,50	23,14	52,46	2:01,7	4:08,8	9:00,3
55 ball	11,52	23,19	52,60	2:02,1	4:09,4	9:01,9
53 ball	11,54	23,24	52,74	2:02,4	4:10,0	9:03,4
51 ball	11,56	23,29	52,88	2:02,8	4:10,6	9:05,0
49 ball	11,58	23,34	53,02	2:03,2	4:11,2	9:06,6
47 ball	11,60	23,39	53,16	2:03,5	4:11,8	9:08,1
45 ball	11,62	23,44	53,30	2:03,9	4:12,4	9:09,7
43 ball	11,64	23,49	53,44	2:04,2	4:13,0	9:11,2
41 ball	11,66	23,54	53,58	2:04,6	4:13,6	9:12,8
39 ball	11,68	23,59	53,72	2:05,0	4:14,2	9:14,4
37 ball	11,70	23,64	53,86	2:05,3	4:14,8	9:15,9
35 ball	11,72	23,69	54,00	2:05,7	4:15,4	9:17,5
33 ball	11,74	23,74	54,14	2:06,0	4:16,0	9:19,0
31 ball	11,76	23,79	54,28	2:06,4	4:16,6	9:20,6

29 ball	11,78	23,84	54,42	2:06,8	4:17,2	9:22,2
27 ball	11,80	23,89	54,56	2:07,1	4:17,8	9:23,7
25 ball	11,82	23,94	54,70	2:07,5	4:18,4	9:25,3
23 ball	11,84	23,99	54,84	2:07,8	4:19,0	9:26,8
21 ball	11,86	24,04	54,98	2:08,2	4:19,6	9:28,4
19 ball	11,88	24,09	55,12	2:08,6	4:20,2	9:30,0
17 ball	11,90	24,14	55,26	2:08,9	4:20,8	9:31,5
15 ball	11,92	24,19	55,40	2:09,3	4:21,4	9:33,1
13 ball	11,94	24,24	55,54	2:09,6	4:22,0	9:34,6
11 ball	11,96	24,29	55,68	2:10,0	4:22,6	9:36,2
9 ball	11,98	24,34	55,82	2:10,4	4:23,2	9:37,8
7 ball	12,00	24,39	55,96	2:10,7	4:23,8	9:39,3
5 ball	12,02	24,44	56,10	2:11,1	4:24,4	9:40,9
3 ball	12,04	24,49	56,24	2:11,4	4:25,0	9:42,4
1 ball	+12,06	+24,54	+56,38	+2:11,8	+4:25,6	+9:45,2

Ball	3000 to'siqlar osha yugurish (daq.s.)	110 m. g'ovlar osha yugurish h=0.991m	400 m. g'ovlar osha yugurish (daq.s.)	5000 m. sportcha yurish (daq.s.)	Uzunlikka sakrash (m.sm)	Uch hatlab sakrash (m.sm)
93 ball	9:25,2	15,24	55,74	21:50,0	7,10	15,00
91 ball	9:27,0	15,29	55,92	21:55,0	7,08	14,96
89 ball	9:28,8	15,34	56,10	22:00,0	7,06	14,92
87 ball	9:30,6	15,39	56,28	22:05,0	7,04	14,88
85 ball	9:32,4	15,44	56,46	22:10,0	7,02	14,84
83 ball	9:34,2	15,49	56,64	22:15,0	7,00	14,80
81 ball	9:36,0	15,54	56,82	22:20,0	6,98	14,76
79 ball	9:37,8	15,59	57,00	22:25,0	6,96	14,72
77 ball	9:39,6	15,64	57,18	22:30,0	6,94	14,68
75 ball	9:41,4	15,69	57,36	22:35,0	6,92	14,64
73 ball	9:43,2	15,74	57,54	22:40,0	6,90	14,60
71 ball	9:45,0	15,79	57,72	22:45,0	6,88	14,56
69 ball	9:46,8	15,84	57,90	22:50,0	6,86	14,52
67 ball	9:48,6	15,89	58,08	22:55,0	6,84	14,48
65 ball	9:50,4	15,94	58,26	23:00,0	6,82	14,44
63 ball	9:52,2	15,99	58,44	23:05,0	6,80	14,40
61 ball	9:54,0	16,04	58,62	23:10,0	6,78	14,36
59 ball	9:55,8	16,09	58,80	23:15,0	6,76	14,32
57 ball	9:57,6	16,14	58,98	23:20,0	6,74	14,28
55 ball	9:59,4	16,19	59,16	23:25,0	6,72	14,24
53 ball	10:01,2	16,24	59,34	23:30,0	6,70	14,20
51 ball	10:03,0	16,29	59,52	23:35,0	6,68	14,16
49 ball	10:04,8	16,34	59,70	23:40,0	6,66	14,12
47 ball	10:06,6	16,39	59,88	23:45,0	6,64	14,08
45 ball	10:08,4	16,44	1:00,0	23:50,0	6,62	14,04
43 ball	10:10,2	16,49	1:00,2	23:55,0	6,60	14,00
41 ball	10:12,0	16,54	1:00,5	24:00,0	6,58	13,96
39 ball	10:13,8	16,59	1:00,7	24:05,0	6,56	13,92
37 ball	10:15,6	16,64	1:00,9	24:10,0	6,54	13,88
35 ball	10:17,4	16,69	1:01,1	24:15,0	6,52	13,84
33 ball	10:19,2	16,74	1:01,3	24:20,0	6,50	13,80
31 ball	10:21,0	16,79	1:01,6	24:25,0	6,48	13,76
29 ball	10:22,8	16,84	1:01,8	24:30,0	6,46	13,72

27 ball	10:24,6	16,89	1:02,0	24:35,0	6,44	13,68
25 ball	10:26,4	16,94	1:02,2	24:40,0	6,42	13,64
23 ball	10:28,2	16,99	1:02,4	24:45,0	6,40	13,60
21 ball	10:30,0	17,04	1:02,7	24:50,0	6,38	13,56
19 ball	10:31,8	17,09	1:02,9	24:55,0	6,36	13,52
17 ball	10:33,6	17,14	1:03,1	25:00,0	6,34	13,48
15 ball	10:35,4	17,19	1:03,3	25:05,0	6,32	13,44
13 ball	10:37,2	17,24	1:03,5	25:10,0	6,30	13,40
11 ball	10:39,0	17,29	1:03,8	25:15,0	6,28	13,36
9 ball	10:40,8	17,34	1:04,0	25:20,0	6,26	13,32
7 ball	10:42,6	17,39	1:04,2	25:25,0	6,24	13,28
5 ball	10:44,4	17,44	1:04,4	25:30,0	6,22	13,24
3 ball	10:46,2	17,49	1:04,6	25:35,0	6,20	13,20
1 ball	+10:48,0	+17,54	+1:04,9	+25:40,0	-6,18	-13,16

Ball	Balandlikka sakrash (sm)	Langarcho'pga tayanib sakrash (sm)	Yadro itqitish (m.sm) 6 kg	Disk uloqtirish (m.sm) 1.75 kg	Bosqon uloqtirish (m.sm) 6 kg	Nayza uloqtirish (m.sm) 800 gr
93 ball	200	460	16,50	50,00	62,00	65,00
91 ball	199	458	16,40	49,70	61,65	64,70
89 ball	198	456	16,30	49,40	61,30	64,40
87 ball	197	454	16,20	49,10	60,95	64,10
85 ball	196	452	16,10	48,80	60,60	63,80
83 ball	195	450	16,00	48,50	60,25	63,50
81 ball	194	448	15,90	48,20	59,90	63,20
79 ball	193	446	15,80	47,90	59,55	62,90
77 ball	192	444	15,70	47,60	59,20	62,60
75 ball	191	442	15,60	47,30	58,85	62,30
73 ball	190	440	15,50	47,00	58,50	62,00
71 ball	189	438	15,40	46,70	58,15	61,70
69 ball	188	436	15,30	46,40	57,80	61,40
67 ball	187	434	15,20	46,10	57,45	61,10
65 ball	186	432	15,10	45,80	57,10	60,80
63 ball	185	430	15,00	45,50	56,75	60,50
61 ball	184	428	14,90	45,20	56,40	60,20
59 ball	183	426	14,80	44,90	56,05	59,90
57 ball	182	424	14,70	44,60	55,70	59,60
55 ball	181	422	14,60	44,30	55,35	59,30
53 ball	180	420	14,50	44,00	55,00	59,00
51 ball	179	418	14,40	43,70	54,65	58,70
49 ball	178	416	14,30	43,40	54,30	58,40
47 ball	177	414	14,20	43,10	53,95	58,10
45 ball	176	412	14,10	42,80	53,60	57,80
43 ball	175	410	14,00	42,50	53,25	57,50
41 ball	174	408	13,90	42,20	52,90	57,20
39 ball	173	406	13,80	41,90	52,55	56,90
37 ball	172	404	13,70	41,60	52,20	56,60
35 ball	171	402	13,60	41,30	51,85	56,30
33 ball	170	400	13,50	41,00	51,50	56,00
31 ball	169	398	13,40	40,70	51,15	55,70
29 ball	168	396	13,30	40,40	50,80	55,40
27 ball	167	394	13,20	40,10	50,45	55,10

25 ball	166	392	13,10	39,80	50,10	54,80
23 ball	165	390	13,00	39,50	49,75	54,50
21 ball	164	388	12,90	39,20	49,40	54,20
19 ball	163	386	12,80	38,90	49,05	53,90
17 ball	162	384	12,70	38,60	48,70	53,60
15 ball	161	382	12,60	38,30	48,35	53,30
13 ball	160	380	12,50	38,00	48,00	53,00
11 ball	159	378	12,40	37,70	47,65	52,70
9 ball	158	376	12,30	37,40	47,30	52,40
7 ball	157	374	12,20	37,10	46,95	52,10
5 ball	156	372	12,10	36,80	46,60	51,80
3 ball	155	370	12,00	36,50	46,25	51,50
1 ball	-154	-368	-11,90	-36,20	-45,90	-51,20

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

O'zbekiston davlat jismoniy tarbiya va sport universiteti 2022-2023 o'quv yili
uchun Yengil atletika ixtisosligi bo'yicha Kasbiy (ijodiy) imtihon me'yorlari
(Tanlangan tur bo'yicha – 93 ball)

Ayolar uchun

Ball	100 m (s.)	200 m (s.)	400 m (s.)	800 m (daq,s.)	1500 m (daq,s.)	3000 m (daq,s)
93 ball	12,50	25,44	57,30	2:16,0	4:36,0	9:58,2
91 ball	12,53	25,51	57,47	2:16,5	4:37,0	10:00,5
89 ball	12,56	25,58	57,64	2:17,0	4:38,0	10:02,8
87 ball	12,59	25,65	57,81	2:17,5	4:39,0	10:05,1
85 ball	12,62	25,72	57,98	2:18,0	4:40,0	10:07,3
83 ball	12,65	25,79	58,15	2:18,5	4:41,0	10:09,6
81 ball	12,68	25,86	58,32	2:19,0	4:42,0	10:11,9
79 ball	12,71	25,93	58,49	2:19,5	4:43,0	10:14,1
77 ball	12,74	26,00	58,66	2:20,0	4:44,0	10:16,4
75 ball	12,77	26,07	58,83	2:20,5	4:45,0	10:18,7
73 ball	12,80	26,14	59,00	2:21,0	4:46,0	10:20,9
71 ball	12,83	26,21	59,17	2:21,5	4:47,0	10:23,2
69 ball	12,86	26,28	59,34	2:22,0	4:48,0	10:25,5
67 ball	12,89	26,35	59,51	2:22,5	4:49,0	10:27,7
65 ball	12,92	26,42	59,68	2:23,0	4:50,0	10:30,0
63 ball	12,95	26,49	59,85	2:23,5	4:51,0	10:32,3
61 ball	12,98	26,56	1:00,0	2:24,0	4:52,0	10:34,6
59 ball	13,01	26,63	1:00,2	2:24,5	4:53,0	10:36,8
57 ball	13,04	26,70	1:00,4	2:25,0	4:54,0	10:39,1
55 ball	13,07	26,77	1:00,5	2:25,5	4:55,0	10:41,4
53 ball	13,10	26,84	1:00,7	2:26,0	4:56,0	10:43,6
51 ball	13,13	26,91	1:00,9	2:26,5	4:57,0	10:45,9
49 ball	13,16	26,98	1:01,0	2:27,0	4:58,0	10:48,2
47 ball	13,19	27,05	1:01,2	2:27,5	4:59,0	10:50,4
45 ball	13,22	27,12	1:01,4	2:28,0	5:00,0	10:52,7
43 ball	13,25	27,19	1:01,6	2:28,5	5:01,0	10:55,0
41 ball	13,28	27,26	1:01,7	2:29,0	5:02,0	10:57,3
39 ball	13,31	27,33	1:01,9	2:29,5	5:03,0	10:59,5
37 ball	13,34	27,40	1:02,1	2:30,0	5:04,0	11:01,8
35 ball	13,37	27,47	1:02,2	2:30,5	5:05,0	11:04,1
33 ball	13,40	27,54	1:02,4	2:31,0	5:06,0	11:06,3
31 ball	13,43	27,61	1:02,6	2:31,5	5:07,0	11:08,6
29 ball	13,46	27,68	1:02,7	2:32,0	5:08,0	11:10,9
27 ball	13,49	27,75	1:02,9	2:32,5	5:09,0	11:13,1

25 ball	13,52	27,82	1:03,1	2:33,0	5:10,0	11:15,4
23 ball	13,55	27,89	1:03,2	2:33,5	5:11,0	11:17,7
21 ball	13,58	27,96	1:03,4	2:34,0	5:12,0	11:20,0
19 ball	13,61	28,03	1:03,6	2:34,5	5:13,0	11:22,2
17 ball	13,64	28,10	1:03,8	2:35,0	5:14,0	11:24,5
15 ball	13,67	28,17	1:03,9	2:35,5	5:15,0	11:26,8
13 ball	13,70	28,24	1:04,1	2:36,0	5:16,0	11:29,0
11 ball	13,73	28,31	1:04,3	2:36,5	5:17,0	11:31,3
9 ball	13,76	28,38	1:04,4	2:37,0	5:18,0	11:33,6
7 ball	13,79	28,45	1:04,6	2:37,5	5:19,0	11:35,8
5 ball	13,82	28,52	1:04,8	2:38,0	5:20,0	11:38,1
3 ball	13,85	28,59	1:04,9	2:38,5	5:21,0	11:40,4
1 ball	+14,04	+28,74	+1:05,2	+2:39,0	+5:22,0	+11:42,7

Ball	3000 to'siqlar osha yugurish (daq.s.)	100 m. g'ovlar osha yugurish (s.)	400 m. g'ovlar osha yugurish (daq.s.)	5000 m. sportcha yurish (daq.s.)	Uzunlikka sakrash (m.sm)	Uch hatlab sakrash (m.sm)
93 ball	11:15,0	15,24	1:04,2	25:30,0	5,80	12,70
91 ball	11:16,8	15,29	1:04,5	25:35,0	5,78	12,67
89 ball	11:18,7	15,34	1:04,8	25:40,0	5,76	12,64
87 ball	11:20,5	15,39	1:05,0	25:45,0	5,74	12,61
85 ball	11:22,4	15,44	1:05,3	25:50,0	5,72	12,58
83 ball	11:24,2	15,49	1:05,5	25:55,0	5,70	12,55
81 ball	11:26,0	15,54	1:05,8	26:00,0	5,68	12,52
79 ball	11:27,9	15,59	1:06,1	26:05,0	5,66	12,49
77 ball	11:29,7	15,64	1:06,3	26:10,0	5,64	12,46
75 ball	11:31,6	15,69	1:06,6	26:15,0	5,62	12,43
73 ball	11:33,4	15,74	1:06,8	26:20,0	5,60	12,40
71 ball	11:35,2	15,79	1:07,1	26:25,0	5,58	12,37
69 ball	11:37,1	15,84	1:07,4	26:30,0	5,56	12,34
67 ball	11:38,9	15,89	1:07,6	26:35,0	5,54	12,31
65 ball	11:40,8	15,94	1:07,9	26:40,0	5,52	12,28
63 ball	11:42,6	15,99	1:08,1	26:45,0	5,50	12,25
61 ball	11:44,4	16,04	1:08,4	26:50,0	5,48	12,22
59 ball	11:46,3	16,09	1:08,7	26:55,0	5,46	12,19
57 ball	11:48,1	16,14	1:08,9	27:00,0	5,44	12,16
55 ball	11:50,0	16,19	1:09,2	27:05,0	5,42	12,13
53 ball	11:51,8	16,24	1:09,4	27:10,0	5,40	12,10
51 ball	11:53,6	16,29	1:09,7	27:15,0	5,38	12,07
49 ball	11:55,5	16,34	1:10,0	27:20,0	5,36	12,04
47 ball	11:57,3	16,39	1:10,2	27:25,0	5,34	12,01
45 ball	11:59,2	16,44	1:10,5	27:30,0	5,32	11,98
43 ball	12:01,0	16,49	1:10,7	27:35,0	5,30	11,95
41 ball	12:02,8	16,54	1:11,0	27:40,0	5,28	11,92
39 ball	12:04,7	16,59	1:11,3	27:45,0	5,26	11,89
37 ball	12:06,5	16,64	1:11,5	27:50,0	5,24	11,86
35 ball	12:08,4	16,69	1:11,8	27:55,0	5,22	11,83
33 ball	12:10,2	16,74	1:12,0	28:00,0	5,20	11,80
31 ball	12:12,0	16,79	1:12,3	28:05,0	5,18	11,77
29 ball	12:13,9	16,84	1:12,6	28:10,0	5,16	11,74
27 ball	12:15,7	16,89	1:12,8	28:15,0	5,14	11,71
25 ball	12:17,6	16,94	1:13,1	28:20,0	5,12	11,68

23 ball	12:19,4	16,99	1:13,3	28:25,0	5,10	11,65
21 ball	12:21,2	17,04	1:13,6	28:30,0	5,08	11,62
19 ball	12:23,1	17,09	1:13,9	28:35,0	5,06	11,59
17 ball	12:24,9	17,14	1:14,1	28:40,0	5,04	11,56
15 ball	12:26,8	17,19	1:14,4	28:45,0	5,02	11,53
13 ball	12:28,6	17,24	1:14,6	28:50,0	5,00	11,50
11 ball	12:30,4	17,29	1:14,9	28:55,0	4,98	11,47
9 ball	12:32,3	17,34	1:15,2	29:00,0	4,96	11,44
7 ball	12:34,1	17,39	1:15,4	29:05,0	4,94	11,41
5 ball	12:36,0	17,44	1:15,7	29:10,0	4,92	11,38
3 ball	12:37,8	17,49	1:15,9	29:15,0	4,90	11,35
1 ball	+12:39,6	+17,54	+1:16,2	+29:20,0	-4,88	-11,40

Ball	Balandlikka sakrash (sm)	Langarcho'pga tayanib sakrash (sm)	Yadro itqitish (m.sm) 4 kg	Disk uloqtirish (m.sm)	Bosqon uloqtirish (m.sm) 4 kg	Nayza uloqtirish (m.sm) 600 gr
93 ball	170	340	14,00	46,00	48,00	47,00
91 ball	169	338	13,91	45,75	47,74	46,71
89 ball	168	336	13,82	45,50	47,48	46,42
87 ball	167	334	13,73	45,25	47,22	46,13
85 ball	166	332	13,64	45,00	46,96	45,84
83 ball	165	330	13,55	44,75	46,70	45,55
81 ball	164	328	13,46	44,50	46,44	45,26
79 ball	163	326	13,37	44,25	46,18	44,97
77 ball	162	324	13,28	44,00	45,92	44,68
75 ball	161	322	13,19	43,75	45,66	44,39
73 ball	160	320	13,10	43,50	45,40	44,10
71 ball	159	318	13,01	43,25	45,14	43,81
69 ball	158	316	12,92	43,00	44,88	43,52
67 ball	157	314	12,83	42,75	44,62	43,23
65 ball	156	312	12,74	42,50	44,36	42,94
63 ball	155	310	12,65	42,25	44,10	42,65
61 ball	154	308	12,56	42,00	43,84	42,36
59 ball	153	306	12,47	41,75	43,58	42,07
57 ball	152	304	12,38	41,50	43,32	41,78
55 ball	151	302	12,29	41,25	43,06	41,49
53 ball	150	300	12,20	41,00	42,80	41,20
51 ball	149	298	12,11	40,75	42,54	40,91
49 ball	148	296	12,02	40,50	42,28	40,62
47 ball	147	294	11,93	40,25	42,02	40,33
45 ball	146	292	11,84	40,00	41,76	40,04
43 ball	145	290	11,75	39,75	41,50	39,75
41 ball	144	288	11,66	39,50	41,24	39,46
39 ball	143	286	11,57	39,25	40,98	39,17
37 ball	142	284	11,48	39,00	40,72	38,88
35 ball	141	282	11,39	38,75	40,46	38,59
33 ball	140	280	11,30	38,50	40,20	38,30
31 ball	139	278	11,21	38,25	39,94	38,01
29 ball	138	276	11,12	38,00	39,68	37,72
27 ball	137	274	11,03	37,75	39,42	37,43
25 ball	136	272	10,94	37,50	39,16	37,14
23 ball	135	270	10,85	37,25	38,90	36,85

21 ball	134	268	10,76	37,00	38,64	36,56
19 ball	133	266	10,67	36,75	38,38	36,27
17 ball	132	264	10,58	36,50	38,12	35,98
15 ball	131	262	10,49	36,25	37,86	35,69
13 ball	130	260	10,40	36,00	37,60	35,40
11 ball	129	258	10,31	35,75	37,34	35,11
9 ball	128	256	10,22	35,50	37,08	34,82
7 ball	127	254	10,13	35,25	36,82	34,53
5 ball	126	252	10,04	35,00	36,56	34,24
3 ball	125	250	9,95	34,75	36,30	33,95
1 ball	-124	-248	-9,86	-33,00	-36,04	-33,00

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

“Jismoniy tarbiya va sport turlari”
kafedrası mudiri:



Sh.Sultonov