O‘ZBEKISTON RESPUBLIKASI
MAKTABGACHA VA MAKTAB TA’LIMI VAZIRLIGI
OLIY TA’LIM, FAN VA INNOVATSIYALAR VAZIRLIGI

NIZOMIY NOMIDAGI
O‘ZBEKISTON MILLIY PEDAGOGIKA UNIVERSITETI

“Tasdiqlayman”	“Kelishildi”	“Kelishildi”
Nizomiy nomidagi O‘zbekiston milliy pedagogika universiteti rektori	O‘zbekiston Respublikasi Maktabgacha va maktab ta’limi vazirligi	O‘zbekiston Respublikasi Oliy ta’lim, fan va innovatsiyalar vazirligi
_____ E.Karimova	_____	_____
“17” _____ 2025-y	“17” _____ 2025-y	“17” _____ 2025-y

KASBIY (IJODIY) IMTIHON
DASTURI VA UNI BAHOLASH MEZONLARI
«Jismoniy tarbiya» fani

60111200 – Jismoniy madaniyat

(kunduzgi va kechki) ta’lim yo‘nalishi uchun

Toshkent – 2025

Dastur Nizomiy nomidagi O‘zbekiston milliy pedagogika universiteti O‘quv uslubiy kengashining 2025-yil “5” iyun dagi “11”-son qarori bilan tasdiqlangan.

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KIRISH

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.

I. Abituriyent bilimiga qo'yiladigan talablar

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 gavdani 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 gavdani 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 gavdani 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 gavdani 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 gavdani 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
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.

KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING (KO‘ZI OJIZLAR UCHUN) KASBIY (IJODIY) IMTIHON BO‘YICHA ME’YORIY TALABLARI VA UNI 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 UNI 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 UNI 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 UNI 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 har ikkala qo'l ishtirok etishi shart.

- Chalqancha yotgan holda mashqni bajarishda qo'llar bosh orqasida, oyoqlar juft holda bo'lishi kerak, gavda kamida 90^0 gacha ko'tarilib bajariladi

- Qo'shpoyada gavdani oxirigacha tushirib va ko'tarish mashqni bajarish harakatlar soni bilan aniqlanadi

NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING (QO'L NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA UNI 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 gavdani 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 90^0 gacha ko'tarilib bajariladi.

NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIYENTLARNING (QO'L NOZOLOGIYASI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA UNI 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 90^0 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 UNI 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	Natij a	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 90^0 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 UNI 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 90^0 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 UNI 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 metrga yugurishda start holati pastki startdan 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 ABITURIYENTLARNING (NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA UNI BAHOLASH MEZONLARI

(Qiz bolalar uchun) Kunduzgi

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
400 metrga 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 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 UNI 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 90^0 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 UNI 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 90^0 gacha ko'tarilib bajariladi.
- 2 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.

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 balgacha
2.	4 baho	111-133 balgacha
3.	5 baho	134-156 balgacha

II. Kasbiy (ijodiy) imtihon o'tkazish 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) imtihonga kelmagan abituriyentlar test sinovlariga kiritilmaydi.

III. Kasbiy (ijodiy) imtihonlar natijalar bo'yicha 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.

Arizalar faqat ularning baholari va ijodiy ishlari bilan bog'liq bo'lgan taqdirda qabul qilinadi, ammo boshqa abituriyentlarning ijodiy ishlari to'g'risida shikoyatlar qabul qilinmaydi.

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