

Methodology for Further Improving the Management System in The Field of Physical Education and Sports

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Received: 17 March 2025; **Accepted:** 13 April 2025; **Published:** 15 May 2025

Abstract: This research is dedicated to exploring the methodological foundations for further improving the management system in the field of physical education and sports. The study examines ways to optimize the system based on modern management approaches, best practices, and scientific methods. Key focus is placed on developing sports infrastructure, training personnel, and managing resources efficiently. The research analyzes decisions made in the Republic of Uzbekistan in this field and evaluates their practical effectiveness.

Keywords: Physical education, sports, management system, methodology, optimization, infrastructure, personnel training.

Each state and nation is strong, first and foremost, through its intellectual potential and high spirituality. The source of this invincible power is books and libraries — the great invention of humanity.

— President of the Republic of Uzbekistan, Shavkat Mirziyoyev

Introduction: The field of physical education and sports plays a significant role in the socio-economic development of a country. In recent years, Uzbekistan has adopted several resolutions to advance this sector, including the Presidential Decree No. PQ-392 dated November 15, 2024, titled “On Measures to Fundamentally Improve the Teaching of Physical Education in General Secondary Schools and Develop the Professional Activities of Physical Education Teachers,” and the Presidential Decree No. PF-5924 dated January 24, 2020, titled “On Measures to Further Improve and Popularize Physical Education and Sports in the Republic of Uzbekistan.” These decrees focus on modernizing sports infrastructure, training professional personnel, and ensuring successful participation in international competitions.

However, the management systems in this sector still face several challenges, including inefficient resource allocation, a lack of modern management methods, and limited application of scientific approaches. Developing a systematic methodology to address these issues is a pressing need. The relevance of this study lies in its contribution to the development of the sports sector not only at the national level but also on an

international scale. For instance, international practices in countries like the USA, China, and the European Union widely employ advanced technologies and data analysis methods to enhance the efficiency of sports management.

The resolutions adopted in Uzbekistan to develop the sports sector have created new opportunities. These initiatives aim to engage youth in sports, support local sports clubs, and integrate international best practices. This study evaluates the practical effectiveness of these resolutions and proposes scientifically grounded approaches to further improve the management system. Additionally, it seeks to enhance global competitiveness by fostering public-private partnerships and introducing innovative technologies in the sports sector.

Research objective

The objective of this study is to develop scientifically grounded methodological approaches to improve the management system in the field of physical education and sports and to identify pathways for their practical implementation.

Key research tasks

The main tasks of the study include:

- 1. Analysis of Existing Management Systems:** Examine the current state of management systems in the physical education and sports sector in Uzbekistan, identifying their strengths and weaknesses. This process will utilize SWOT analysis and Key Performance Indicators (KPIs) to evaluate system efficiency.
- 2. Study of International Practices:** Analyze sports management systems in leading countries such as the USA, China, and Germany. For example, in the USA, public-private partnership models and university sports programs play a significant role in sports management.

- 3. Integration of Innovative Technologies:** Explore opportunities to integrate modern technologies such as Big Data, artificial intelligence, and the Internet of Things (IoT) into sports management.
- 4. Improvement of Personnel Training Systems:** Develop modern methods for training professional personnel in the sports sector, incorporating international accreditation standards (e.g., UEFA or FIFA requirements).
- 5. Strengthening the Regulatory Framework:** Analyze the effectiveness of laws and resolutions related to the sports sector in Uzbekistan and propose improvements.

Table 1: Structure of Research Tasks

Task	Objective	Expected Outcome	Implementation Period
Analysis of existing systems	Identify strengths and weaknesses	SWOT analysis and KPI metrics	6 months
Study of international practices	Learn from advanced practices	Presentation and report	4 months
Integration of innovative technologies	Implement technology integration	Pilot project	12 months
Personnel training	Develop modern training methods	Training curriculum	8 months
Strengthening regulatory framework	Improve legislation	Set of proposals	6 months

Analysis and Approaches

The study adopts a systemic approach, enabling a comprehensive examination of the sports management system. For instance, SWOT analysis covers the following aspects:

- Strengths:** Strong state support and growing popularity of sports among youth.
- Weaknesses:** Limited financial resources and insufficient use of modern management methods.
- Opportunities:** Adoption of international practices and use of innovative technologies.
- Threats:** Budget cuts and increasing global competition.

In studying international practices, particular attention is given to Germany’s sports management model, where sports clubs and federations operate on a self-financing model, reducing dependence on state

budgets. Implementing elements of this model in Uzbekistan could enhance the independence of local sports clubs.

Regarding innovative technologies, Big Data can be used to analyze athletes’ performance and optimize training schedules. For example, UEFA clubs use IoT devices to monitor players’ physical conditions. Introducing such technologies in Uzbeki could improve athletes’ efficiency.

For personnel training, it is proposed to establish specialized courses for coaches and sports managers based on international practices. For instance, FIFA-approved training programs could be adapted for Uzbekistan.

Regarding the regulatory framework, the effectiveness of the Presidential Decree No. PQ-392 dated November 15, 2024, is analyzed. While the decree focuses on developing sports infrastructure, challenges remain in

financing and monitoring mechanisms. To address these, it is recommended to promote public-private partnerships and introduce transparent reporting systems.

METHODOLOGY

The study is based on both scientific and practical approaches, enabling a comprehensive analysis of the management system in physical education and sports. The methodology consists of the following key stages:

1. Data Collection

Data is collected from primary and secondary sources:

- Primary sources: Interviews with representatives of sports organizations, surveys, and visits to sports facilities.

- Secondary sources: Laws of Uzbekistan, scientific articles, and reports from international organizations.

2. Analysis Methods

The study employs the following analysis methods:

- SWOT analysis: To assess internal and external factors.

- KPI analysis: To measure system efficiency using key indicators (e.g., utilization rate of sports facilities, athletes' performance).

- Benchmarking: To adapt international practices to Uzbekistan's context.

- Statistical analysis: Using SPSS and Excel for data processing.

3. Research Design

The study adopts a mixed methodology, combining qualitative and quantitative methods:

- Qualitative methods: In-depth interviews and focus groups.

- Quantitative methods: Surveys and statistical analysis.

Table 2: Stages of Research Methodology

Stage	Objective	Methods	Duration
Data collection	Study the current situation	Interviews, surveys	3 months
Analysis	Identify issues	SWOT, KPI, benchmarking	4 months
Development of proposals	Formulate solutions	Discussions with experts	2 months
Pilot testing	Test proposals	Pilot project	3 months

4. Scientific Foundation

The study is theoretically grounded in management science, sports psychology, and economic principles. For instance, systems theory (Ludwig von Bertalanffy) facilitates a holistic examination of the management system, while Porter's competitiveness model is used to analyze global competition in the sports sector.

5. Innovative Approaches

The study incorporates modern technologies, particularly data analysis and artificial intelligence. For example, IoT devices are used to monitor athletes' physical conditions, and Python programming language is employed for data analysis.

6. Ethical Considerations

The study adheres to ethical standards: participants' confidentiality is ensured, and data is used solely for scientific purposes.

7. Limitations

The study's limitations include limited financial resources, restricted access to certain data, and time constraints. To address these, public-private partnerships and international grants are proposed.

RESULTS

The study's findings highlight the current state of the sports management system and propose pathways for its improvement. Key findings and results are as follows:

1. SWOT Analysis Results

The SWOT analysis revealed:

- Strengths: Strong state financial support and increasing popularity of sports among youth.

- Weaknesses: Lack of modern management

- methods and outdated infrastructure.
- o Opportunities: Adoption of international practices and innovative technologies.
 - o Threats: Financial challenges and intensifying international competition.

2. KPI Analysis

KPI analysis measures the utilization rate of sports facilities, athletes’ performance, and financial efficiency. For example, the average utilization rate of sports halls in Uzbekistan is 60%, indicating inefficient resource use.

Table 3: KPI Metrics

Indicator	Current Status	Target
Sports hall utilization	60%	80%
Athletes’ international results	10 medals (2024)	15 medals (2028)
Budget efficiency	70%	85%

3. International Practices

The sports management models of Germany and China were analyzed. Germany relies on self-financing sports clubs, while China employs centralized state management. Uzbekistan adopts a hybrid model (public-private partnership).

4. Figure 1: Sports hall utilization rates



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5. Innovative Technologies

Using Big Data and IoT devices, a pilot project monitored the physical conditions of 10 athletes, resulting in a 15% increase in training efficiency.

CONCLUSION

The study analyzed the current state of the management system in physical education and sports and proposed scientifically grounded approaches for its improvement. Key conclusions are as follows:

- The existing management system faces issues such as inefficient resource allocation and a lack of modern methods.
- System efficiency can be improved by adopting international practices and innovative technologies.
- Public-private partnerships and transparent reporting systems are critical.

Recommendations

1. Modernize Infrastructure: Upgrade sports halls and increase utilization rates to 80%.

2. Enhance Personnel Training: Establish internationally standardized courses for coaches and managers.
3. Introduce Technologies: Expand the use of Big Data and IoT devices.
4. Strengthen Regulatory Framework: Enhance monitoring mechanisms for Presidential Decree No. PQ-392.

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