

2026-yil may oyi "Sport turlari bo'yicha trenerlar" malaka oshirish yo'nalishi (Dzyudo guruhi) uchun o'quv mashg'ulotlari jadvali (01.05.2026-26.05.2026)

JADVALI

Sana	Hafta kunlari	Juftlik	Dars vaqti	Modullar nomi	O'quv mashg'ulot turi	Professor-o'qituvchilarning F.I.SH, ilmiy darajasi, unvoni	Mashg'ulot o'tkazish joyi	Sana	Hafta kunlari	Juftlik	Dars vaqti	Modullar nomi	O'quv mashg'ulot turi	Professor-o'qituvchilarning F.I.SH, ilmiy darajasi, unvoni	Mashg'ulot o'tkazish joyi
01.05.2026 y	Juma	I	09:00-10:20	3.9.Sport inshootlari.	nazariy	Dotsent v.v.b. D.Raxmonov	119-xona	16.05.2026	Shanba	I	09:00-10:20	1.3. Amaliy xorijiy tilni o'rganishning intensiv usullari.	amaliy	Dotsent. X.Xakimov	119-xona
		II	10:30-11:50	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	nazariy	Dotsent. O.A'zamxonov	119-xona			II	10:30-11:50	1.1. Yangi O'zbekiston strategiyasi.	nazariy	Dotsent. Z.Begimqulov	119-xona
		III	12:00-13:20	3.3. Sport nutritsiologiyasi.	nazariy	Dotsent. F.Botirova	119-xona			III	12:00-13:20	1.3. Amaliy xorijiy tilni o'rganishning intensiv usullari.	amaliy	Dotsent. X.Xakimov	119-xona
02.05.2026 y	Shanba	I	09:00-10:20	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	nazariy	Dotsent. O.A'zamxonov	119-xona	18.05.2026	Dushanba	IV	14:00-15:20	1.1. Yangi O'zbekiston strategiyasi.	nazariy	Dotsent. Z.Begimqulov	119-xona
		II	10:30-11:50	3.9.Sport inshootlari.	amaliy	Dotsent v.v.b. D.Raxmonov	119-xona			I	09:00-10:20	3.6.Sportda saralash.Seleksiya.	nazariy	Professor. X.Rafiyev	119-xona
		III	12:00-13:20	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	nazariy	Dotsent. O.A'zamxonov	119-xona			II	10:30-11:50	3.6.Sportda saralash.Seleksiya.	nazariy	Professor. X.Rafiyev	119-xona
04.05.2026 y	Dushanba	I	09:00-10:20	3.9.Sport inshootlari.	amaliy	Dotsent v.v.b. D.Raxmonov	119-xona	19.05.2026	Seshanba	III	12:00-13:20	3.4. Sport tibbiyoti.	nazariy	Dotsent. A.Samandarov	119-xona
		II	10:30-11:50	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	nazariy	Dotsent. O.A'zamxonov	119-xona			IV	14:00-15:20	2.2. Trenerning professional kompetentligi va mahorati.	nazariy	Dotsent. S.Yaxyayeva	119-xona
		III	12:00-13:20	3.3. Sport nutritsiologiyasi.	nazariy	Dotsent. F.Botirova	119-xona			I	09:00-10:20	1.3. Amaliy xorijiy tilni o'rganishning intensiv usullari.	amaliy	Dotsent. X.Xakimov	119-xona
05.05.2026 y	Seshanba	I	09:00-10:20	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	nazariy	Dotsent. O.A'zamxonov	119-xona	20.05.2026	Chorshanba	II	10:30-11:50	3.1. Sport psixologiyasi.	nazariy	Dotsent. F.Eshnazarova	119-xona
		II	10:30-11:50	3.1. Sport psixologiyasi.	nazariy	Dotsent. F.Eshnazarova	119-xona			III	12:00-13:20	3.1. Sport psixologiyasi.	nazariy	Dotsent. F.Eshnazarova	119-xona
		III	12:00-13:20	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	nazariy	Dotsent. O.A'zamxonov	119-xona			IV	14:00-15:20	3.4. Sport tibbiyoti.	nazariy	Dotsent. A.Samandarov	119-xona
06.05.2026 y	Chorshanba	I	09:00-10:20	3.2. Sportchi organizmining fiziologik asoslari.	nazariy	PhD. M.Norqulov	119-xona	21.05.2026	Payshanba	I	09:00-10:20	3.2. Sportchi organizmining fiziologik asoslari.	nazariy	Dotsent. F.Eshnazarova	119-xona
		II	10:30-11:50	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	nazariy	Dotsent. O.A'zamxonov	119-xona			II	10:30-11:50	3.2. Sportchi organizmining fiziologik asoslari.	amaliy	PhD. M.Norqulov	119-xona
		III	12:00-13:20	3.2. Sportchi organizmining fiziologik asoslari.	nazariy	PhD. M.Norqulov	119-xona			III	12:00-13:20	3.2. Sportchi organizmining fiziologik asoslari.	amaliy	PhD. M.Norqulov	119-xona
07.05.2026 y	Payshanba	I	09:00-10:20	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	amaliy	Dotsent. O.A'zamxonov	119-xona	22.05.2026	Juma	IV	14:00-15:20	2.1. Sportda axborot-kommunikatsiya texnologiyalari.	amaliy	Dotsent. Z.Saydullayev	119-xona
		II	10:30-11:50	3.3. Sport nutritsiologiyasi.	nazariy	Dotsent. F.Botirova	119-xona			I	09:00-10:20	3.1. Sport psixologiyasi.	amaliy	Dotsent. F.Eshnazarova	119-xona
		III	12:00-13:20	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	amaliy	Dotsent. O.A'zamxonov	119-xona			II	10:30-11:50	2.1. Sportda axborot-kommunikatsiya texnologiyalari.	amaliy	Dotsent. Z.Saydullayev	119-xona
08.05.2026 y	Juma	I	09:00-10:20	3.3. Sport nutritsiologiyasi.	amaliy	Dotsent. F.Botirova	119-xona	23.05.2026	Shanba	III	12:00-13:20	1.3. Amaliy xorijiy tilni o'rganishning intensiv usullari.	amaliy	Dotsent. X.Xakimov	119-xona
		II	10:30-11:50	3.6.Sportda saralash.Seleksiya.	nazariy	Professor. X.Rafiyev	119-xona			IV	14:00-15:20	3.4. Sport tibbiyoti.	amaliy	Dotsent. A.Samandarov	119-xona
		III	12:00-13:20	3.3. Sport nutritsiologiyasi.	amaliy	Dotsent. F.Botirova	119-xona			I	09:00-10:20	2.3. Sportda hayot faoliyati xavfsizligi.	amaliy	Dotsent v.v.b. N.Boboyorova	119-xona
11.05.2026 y	Dushanba	I	09:00-10:20	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	ko'chma mashg'ulot	Dotsent. O.A'zamxonov	YSTISM	25.05.2026	Dushanba	II	10:30-11:50	3.6.Sportda saralash.Seleksiya.	amaliy	Professor. X.Rafiyev	119-xona
		II	10:30-11:50	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	ko'chma mashg'ulot	Dotsent. O.A'zamxonov	YSTISM			III	12:00-13:20	2.2. Trenerning professional kompetentligi va mahorati.	nazariy	Dotsent. S.Yaxyayeva	119-xona
		III	12:00-13:20	3.5.Sport mashg'uloti nazariyasi va uslubiyati.	ko'chma mashg'ulot	Dotsent. O.A'zamxonov	YSTISM			IV	14:00-15:20	3.1. Sport psixologiyasi.	amaliy	Dotsent. F.Eshnazarova	119-xona
12.05.2026 y	Seshanba	I	09:00-10:20	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM	26.05.2026	Seshanba	I	09:00-10:20	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM
		II	10:30-11:50	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM			II	10:30-11:50	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM
		III	12:00-13:20	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM			III	12:00-13:20	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM
13.05.2026 y	Chorshanba	I	09:00-10:20	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM	26.05.2026	Seshanba	IV	14:00-15:20	3.1. Sport psixologiyasi.	amaliy	Dotsent. F.Eshnazarova	119-xona
		II	10:30-11:50	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM			I	09:00-10:20	3.8.Sport musobaqalari tahlili.	nazariy	DSc. F.Axmedov	119-xona
		III	12:00-13:20	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM			II	10:30-11:50	3.8.Sport musobaqalari tahlili.	nazariy	DSc. F.Axmedov	119-xona
14.05.2026 y	Payshanba	I	09:00-10:20	3.4. Sport tibbiyoti.	nazariy	Dotsent. A.Samandarov	119-xona	26.05.2026	Seshanba	III	12:00-13:20	3.8.Sport musobaqalari tahlili.	amaliy	DSc. F.Axmedov	119-xona
		II	10:30-11:50	3.6.Sportda saralash.Seleksiya.	nazariy	Professor. X.Rafiyev	119-xona			IV	14:00-15:20	2.1. Sportda axborot-kommunikatsiya texnologiyalari.	amaliy	Dotsent. Z.Saydullayev	119-xona
		III	12:00-13:20	1.2. Sport ta'limini tashkil etishning normativ-huquqiy hujjatlari.	nazariy	Dotsent. M.Mamadaliyev	119-xona			I	09:00-10:20	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM
15.05.2026 y	Juma	I	09:00-10:20	1.2. Sport ta'limini tashkil etishning normativ-huquqiy hujjatlari.	nazariy	Dotsent. M.Mamadaliyev	119-xona	26.05.2026	Seshanba	II	10:30-11:50	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM
		II	10:30-11:50	1.2. Sport ta'limini tashkil etishning normativ-huquqiy hujjatlari.	nazariy	Dotsent. M.Mamadaliyev	119-xona			III	12:00-13:20	3.7.Sport pedagogik mahoratini oshirish.	ko'chma mashg'ulot	Dotsent. F.Kulbulov	YSTISM
		III	12:00-13:20	2.3. Sportda hayot faoliyati xavfsizligi.	nazariy	Dotsent v.v.b. N.Boboyorova	119-xona			IV	14:00-15:20	4.1.Yakuniy onlayn test sinovlari			AKT xona