

2026/2027 O'QUV YILI UCHUN **VELOSPORT** IXTISOSLIGIDAN KASBIY (IJODIY) IMTITHONLARINING ME'YORIY TALABLARI VA  
BAHOLASH MEZONLARI  
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar va ayollar uchun

1	Erkaklar											
	Ayollar						Ayollar					
	7 ball	11 ball	15 ball	19 ball	23 ball	27 ball	31 ball	35 ball	39 ball	43 ball	47 ball	51 ball
Velostanokda 1 daqiqa davomida pedallashirish (Erkaklar 50*14) (Ayollar 42*17)	21-30	31-40	41-50	51-60	61-70	71-80	81-90	91-100	101-110	111-120	121-130	131-140
	7 ball	11 ball	15 ball	19 ball	23 ball	27 ball	31 ball	35 ball	39 ball	43 ball	47 ball	51 ball
	21-30	31-40	41-50	51-60	61-70	71-80	81-90	91-100	101-110	111-120	121-130	131-140

*Izoh: - keltirilgan velostanok mashqi velosiped sportidagi barcha bosqichlarida mashg'ulot jarayoniga kirgani uchun ijodiy imtithon talablari hisobida belgilangan. - (Belgilangan mashqlardagi ko'rsatkichlarni to'liq erishilmagan hollarda past bo'lgan natijaning ballvoki 0 ball bilan baholanadi.) har bir abiturient imtihonga shaxsiy velosipeda va maxsus kiyimda qatnashishi talab etiladi.*

## 2. VELOSTANOK MASHQI

### XATOLIKLARI

1. Velostanokga velosipedni tog'ri qo'yish;
2. Velostanokda turgan velosipedni noto'g'ri minish;
3. Velosiped mingga holda rulini yuqori holatida noto'g'ri ushlash;
4. Velosiped mingga holda rulini o'rta holatida noto'g'ri ushlash;
5. Velosiped mingga holda rulini pastki holatida noto'g'ri ushlash;
6. Velosiped mingga holda pedallarga noto'g'ri bosish;
7. Velosiped mingga holda boshni noto'g'ri holati;
8. Velosiped 39\*17 charxlar nisbati yordamida ushlash va turgan holda aylantirishni (pedalashirishni) amalga oshira olmasligi;
9. Yuqorida bajarilayotgan barcha mashqlar jarayonida velosipedni silkitmaslik;
10. Velosipedni noto'g'ri to'xtatish va vaqt meyoridan chiqib ketish;

**Izoh:** - keltirilgan velostanok mashqi velosiped sportidagi barcha turarida mashg'ulot jarayoniga kirgani uchun ijodiy imtithon talablari hisobida belgilangan.

- har bir abiturient imtihonga shaxsiy velosipeda qatnashishi talab etiladi

- erkaklar velostanok mashqini 3 daqiqa 30 soniyada, ayollar 4 daqiqa vaqt oraligida bajarishi belgilangan.

- texnik tayyorgarlik jihatdan to'g'ri bajarilsa, maksimal **50 ball** belgilanadi. Har bir texnik xatolikka yo'1 qo'yilgani uchun **5 jarima ball** belgilanadi (ballar ketma-ketligi: 0-5; -10; -15; -20; -25; -30; -35; -40; -45; -50.).

2026/2027 O'QUV YILI UCHUN **VELOSPORT** IXTISOSLIGIDAN KASBIY (JODIY) IMTITHONLARINING ME'YORIY TALABLARI VA  
BAHOLASH MEZONLARI  
(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

Ertaklar uchun

1	Velosportchining maxsus mashqi "pistolet" (marta)	0 ball	2,1 ball	4,2 ball	6,3 ball	8,4 ball	10,5 ball	12,6 ball	14,7 ball	16,8 ball	18,9 ball	21 ball
		0-20	21-22	23-24	25-26	27-28	29-30	31-32	33-34	35-36	37-38	39-40
2	Joydan uzunlikka sakrash (sm)	0 ball	2,1 ball	4,2 ball	6,3 ball	8,4 ball	10,5 ball	12,6 ball	14,7 ball	16,8 ball	18,9 ball	21 ball
		0-209	210-215	216-220	221-225	226-230	231-235	236-240	241-245	246-250	251-255	256-260
3	40 kg shtangani yelkaga qo'yib o'tirib turish (marta)	0 ball	2,1 ball	4,2 ball	6,3 ball	8,4 ball	10,5 ball	12,6 ball	14,7 ball	16,8 ball	18,9 ball	21 ball
		0-6	7-8	9-10	11-12	13-14	15-16	17-18	19-20	21-22	23-24	25

Ayollar uchun

1	Velosportchining mahsus mashqi "pistolet" (marta)	0 ball	2,1 ball	4,2 ball	6,3 ball	8,4 ball	10,5 ball	12,6 ball	14,7 ball	16,8 ball	18,9 ball	21 ball
		0-8	9-10	11-12	13-14	15-16	17-18	19-20	21-22	23-24	25-26	27-28
2	Joydan uzunlikka sakrash (sm)	0 ball	2,1 ball	4,2 ball	6,3 ball	8,4 ball	10,5 ball	12,6 ball	14,7 ball	16,8 ball	18,9 ball	21 ball
		0-175	176-178	179-180	181-182	183-184	185-186	187-188	189-190	191-192	193-194	195-196
3	Shtanga 20 kg yelkaga qo'yib o'tirib turish (marta)	0 ball	2,1 ball	4,2 ball	6,3 ball	8,4 ball	10,5 ball	12,6 ball	14,7 ball	16,8 ball	18,9 ball	21 ball
		0-1	2-3	4-5	6-7	7-8	9-10	11-12	13-14	15-16	17-18	19-20

*Izoh: Velosportchilarning maxsus "pistolet" mashqi faqat bir oyog'da bajariladi va bir marta imkoniyat beriladi, joyidan uzunlikka sakrash mashqida uch marta urinish beriladi va yaxshi natija inobatga olinadi.*

Kafedra mudiri

  
F.I.Sh