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# BRIDGE TO SCIENCE: RESEARCH WORKS

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**CONTENTS****JURISPRUDENCE**

- The role of the un in the development of entrepreneurship  
and attracting investment in the Republic of Uzbekistan 5  
*Iskhakova Dilafruz*
- Cybercrime legislation: overview of international and regional instruments 10  
*Sobirov Shokhrukhbek*

**MEDICAL SCIENCES**

- Modern concepts of hemodynamics in an open arterial duct 13  
*Kurilyak Maria*
- Analysis of the structure of risk factors, therapy and dynamics of the incidence  
of hemorrhagic and ischemic stroke 16  
*Samedova Ofelia*
- Medical case: transcatheter aortic valve implantation (TAVI) as a tretment for  
severe aortic stenosis in a high-risk patient 18  
*Timofeeva Ekaterina*
- The course of chronic pancreatitis at the present stage 20  
*Trapeznikova Alena, Udina Elena, Kurilyak Maria*
- Comorbidity in benign prostatic hyperplasia 22  
*Udin Danil, Murasheva Natalia, Kurilyak Maria*
- Comorbid background of surgical Department patients 25  
*Udin Danil, Smirnov Timofei*
- The impact of tobacco smoking on health 28  
*Udina Elena, Halfieva Tatiyana, Shestakov Pavel*
- Influence of music on indicators of the cardiovascular system 31  
*Udina Elena, Kurilyak Maria*
- Analysis of risk factors of early premature birth 33  
*Ophelia Samedova, Anastasia Sannikova*
- Characteristics of functional condition of bite analizators  
who work in tabaccomaking 36  
*Nazarova Nodira, Norbutayev Alisher*

**PHILOLOGY**

- The confession of nicolai stavrogin as evidence of a destroyed soul and a self-  
aggradizement in the novel by F.M. Dostoevsky «Devils» 42  
*Umurzakova Albina, Rad Elza*
- The principle of antonymy and contrast in the context of the 46  
philosophy of Berdakh's poem  
*Koblanova Zhibek*

**PEDAGOGY AND SOCIAL PROTECTION OF CHILDREN**

- Social-professional self-determination of high-school students in the sphere of  
ecology 50  
*Evgeny Cherkashin*
- Diagnostic instrument “abilities in activities” as a means of psychological-ped-  
agogical support in socio-professional self-determination 55  
*Svetlana Kropivnyanskaya, Valery Bondarev*
- Innovative activity of primary school teachers 59  
*Eliboeva Lola*

Information and educational environment as a factor of improving the quality of education <i>Norova Fazilat</i>	62
The formation of algorithmic thinking of schoolchildren at computer science lessons <i>Xaitova Nafisa</i>	65
Professional orientation of students in mathematics lessons <i>Salimov Ruzibek</i>	68
Methods of organizing and conducting military sports holidays <i>Abdullaev Amrillo, Turaeva Zarina</i>	71
The concept of the perfect man in Navoi’s mystical views and its portance in the upbringing of young people <i>Gulova Anorgul</i>	74
Using the method of educational projects in biology classes <i>Arxipov Baxtiyor, Kudratova Shaxloxon</i>	78
The content and means of physical education of preschool children <i>Nizomova Shoxista</i>	81
Five translation techniques to facilitate your work <i>Absamadova Munira</i>	83
 <b>HISTORICAL SCIENCES AND PHILOSOPHY</b>	
Tourism - the road to intercultural relationship on the example of Azerbaijan (historiographic review and current challenges) <i>Tamarashvili Tamar, Mamulashvili Gela</i>	86
Sovietization of Georgia and the uprising of Georgian patriots against the government of the bolsheviks (social transformation and collectivization) <i>Madonna Keadze, Tamar Lekaidze</i>	91
Philosophical bases of confessional views of Saifiddin Bokharzi <i>Norova Malika</i>	96
 <b>NATURAL SCIENCES AND TECHNICAL SCIENCES</b>	
Studying the features of vinegar made from table seedless grapes varieties <i>Zuroshvili Lamara, NinoVepkhishvili</i>	100
Features of the structure of animal organisms <i>Togaeva Muxayo, Bozorov Shaxzod</i>	106

THE CONTENT AND MEANS OF PHYSICAL  
EDUCATION OF PRESCHOOL CHILDREN

*Nizomova Shoxista*<sup>1</sup>

*Abstract*

This article discusses the content and means of physical education of preschool children.

*Key words:* agility, speed, endurance, motor skills, basic movements, general developmental exercises, sports exercises.

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Jismoniy tarbiya mazmuni ijtimoiy-tarixiy tajribaning shunday qismiki, u odam salomatligini saqlashni va mustahkamlashni, harakat madaniyatini ta'minlovchi bilimlar, malakalar, ko'nikmalarni o'z ichiga oladi. Shuningdek, sanitariya-gigiyena madaniyati va normalari, qoidalarini bilishni va ularni bajara olishni o'z ichiga oladi. Harakat madaniyati turli harakatlarning ishlab chiqilgan normativlarini egallashni va shu asosda chaqqonlik, tezlik, chidamlilik kabi sifatlarni rivojlantirishni nazarda tutadi. Bolalar harakat ko'nikmalari va malakalarini egallaydigan jismoniy mashqlar ham belgilangan:

a) asosiy harakatlar (yurish, yugurish, sakrash, tirmashib chiqish, uloqtirish, muvozanatni saqlash mashqlari);

b) umumiy rivojlantiruvchi mashqlar, safga turish va qayta safga turish;

d) sport mashqlari (suzish, chang'ida yurish, konki uchish va h.k.).

Harakatli o'yinlar (mazmunli, mazmunsiz, sportning tarkibiy qismlari bo'lgan o'yinlar va boshq.), yozgi va qishki davrda uchastkadan tashqariga qilinadigan uzoq sayrlar ko'zda tutilgan. Jismoniy tarbiya bolalarni izchil harakat malakalari va ko'nikmalariga o'rgatish imkonini beradi, harakatlarning muvofiqliligini rivojlantiradi, jismoniy sifatlar (chaqqonlik, tezlik, chidamlilik)ni tarbiyalaydi. Jismoniy tarbiya tizimidagi ishlar xilma-xil yo'llar yordamida amalga oshiriladi, masalan, gigiyenik omillar (to'g'ri rejim, maqsadga muvofiq ovqatlanish, gigiyenik vaziyat, madaniy-gigiyenik ko'nikmalarni shakllantirish, mustahkamlash uchun) jismoniy mashqlar shular jumlasidandir.

*Rejim (tartib).* Bolalar hayotining tartibi, bu – bedor yurish, uxlash, ovqatlanish, faoliyat xilma-xil turlarining har kuni muayyan izchillikda takrorlanib, oqilona almashinib turishidir. Tartib uchun qulay sharoit ta'minlash kerak, shuning uchun u bolaning yoshi, uning salomatligi, kattalar mehnatining xususiyatlari, bola tarbiyalanayotgan oila turmushi va muassasaga bogliq tarzda o'zgaradi. Muayyan vaqt ichida rejimning asosiy tarkibiy qismlari bir maromda va doimiy bo'lishi uning ajralmas xususiyatlaridir. Tartibning bir maromdaligi

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tabiat hodisalarining maromi, organizm faoliyatining maromiga asoslanadi. Bu bedor yurish va uxlashning, tana haroratining o'zgarishi, nafas olish, yurak urishining qisqarish maromida, ovqat hazm qilish traktining ish maromida namoyon bo'ladi va hokazo. Oqilona tartib bedor yurish va uxlashning eng maqbul nisbati asosida quriladi, bu vaqtda bosh miya qobig'i uchastkalari o'rtasidagi vazifalar qayta taqsimlanadi, olingan axborot qayta ishlanadi, aqliy va jismoniy ishlarning nisbati, ovqat hazm qilish maromini hisobga olish asosida quriladi. Tartibdan chetga chiqish darhol bolaning kayfiyatida, shu bilan birga uning xulq-atvorida namoyon boiadi. Tartibni tuzishda quyidagilarni hisobga olish zarur:

1. Oliy asab faoliyatining yosh xususiyatlarini.
2. Ovqat hazm qilish sistemasi ishidagi yosh xususiyatlarini.
3. Alohida xususiyatlar: asabiy bolalar va asab tizimi zaif bo'lgan bolalar ko'proq uxlashlari kerak.
4. Yil fasli, iqlim sharoitlarini bolalar uyqusini tashkil etishda hisobga olish lozim.

*Ovqatlanish.* To'g'ri tashkil etilgan ovqatlanish bolalarni to'laqonli jismoniy tarbiyalashning muhim jihati hisoblanadi. Ovqatlanish o'sib borayotgan organizm uchun g'oyat muhimdir, chunki u barcha to'qimalarning normal o'sishi va rivojlanishini ta'minlaydi.

*Chiniqtirish* deganda organizmning atrof-muhitdagi turli tabiiy ta'sirlar (harorat, namlik, quyosh nuri darajasining o'zgarishi)ga eng ko'p chidamliligi, moslashishini tarbiyalash tushuniladi. Bolada faqat harorat, iqlim o'zgarishlariga tez ta'sir bildirishgina tarkib topmasdan shu bilan birga gemoglobin miqdori oshadi, ularning immun tizimi yaxshilanadi. Bolalar turli kasalliklarga kamroq chalinadilar va ularning organizmlari kasalliklarni tezda yengadi. Chiniqtirishni tashkil etishda quyidagilarga e'tibor qaratish lozim:

1. Chiniqtirishni butun yil davomida mavsumiy holatlarni hisobga olib, muntazam o'tkazish kerak.
2. Ta'sir etuvchi vositalarning kuchini asta-sekin kuchaytirish zarur.
3. Bolaning salomatligini, yosh xususiyatini, hissiy holatini, uy va maktabgacha ta'lim muassasasining sharoitini hisobga olish zarur.

Kundalik hayotda chiniqtirish tadbirlarini jismoniy mashqlar, bolaning xilma-xil faoliyati bilan bog'liq holda olib borish chiniqtirish uchun ham, organizmni mustahkamlash uchun ham yaxshi natija beradi.

Bolalar bog'chasi kun tartibida xilma-xil o'yinlarga alohida o'rin beriladi. Vaqtdan to'laqonli foydalanish uchun tarbiyachi o'yinchoqlar va qo'lanmalarni oldindan tanlab qo'yishi, bolalarda bajarish ko'nikmalarini tarbiyalashi zarur.

Sayr qilish har tomonlama tarbiyaviy ishlar uchun keng imkoniyatlar beradi. Sayr chog'ida, tabiat va ijtimoiy hodisalar kuzatiladi, bolalarning mehnat va o'yin faoliyati, sport mashqlari uyushtiriladi.

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