

CURRICULUM VITAE

(PhD)Senior Lecturer: Aripova Vasila Bakhtiyarovna

Tashkent University of Architecture and Civil

Engineering

Faculty of Management

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EDUCATION (Tahsil olganligi)		
Degree (daraja)	Institution	Date
PhD	Uzbek State University of Physical Education and Sport Thesis title: Development of physical abilities of preschool children through outdoor games	2020-2022
M.Sc. (Degree of Higher education)	Department of Adaptive Physical Education Dissertation title: Scientific and methodological directions of the conceptual sphere of adaptive physical education	2010-2012
B.Sc	Department of Physical Education and Sports Theory and Methodology	2000-2005
ACADEMIC AND PROFESSIONAL EXPERIENCES (pedagogik va kasbiy faoliyati)		
Senior Lecturer,(PhD) Physical Education and Sport, Tashkent University of Architecture and Civil Engineering		2023 - Present
Senior Lecturer Physical Culture and sport, Tashkent Medical Academy		2019-2023
Teacher physical education, Special Preschool № 604		2012-2019
Teacher healer physical education, Special Preschool № 538		2012-2012
ADMINISTRATM EXPERIENCES (rahbarlik lavozimlari)		
RESEARCH AREAS (ilmiv izlanish sohalari)		
Teory and methodology of physical education and sports training		
PUBLICATIONS (chop ettirgan ilmiy. uslubiy ishlari)		
A. Peer-Reviewed Journal Articles (SCI / Scopus monitored) (Scopus bazasiga kiruvchi jurnallardagi maqolalari)		

B. Peer-Reviewed Conference Articles (monitored by Scopus)

(scopus bazasiga kiruvchi chuqur tahrirlangan konferensiya tezislari)

C. PEER-REVIEWED OTHER INTERNATIONAL JOURNAL ARTICLES

(Chuqur tahrirlanadigan boshqa xalqaro jurnallardagi maqolalari)

C9. Aripova V. B. “Correction and Health Complex Rehabilitation Program Based on Innovative Technologies” European Journal of Innovation in Nonformal Education (EJINE) Volume 3 | Issue 9 | Sep - 2023 ISSN: 2795-8612

C8. Aripova Vasila Bakhtiyarovna, Muminiva Nilufar Xusanovna “Rehabilitation with the Application of Therapeutic Physical Culture for Patients after Coronavirus Infection at the Outpatient Stage”. EUROPEAN JOURNAL OF MEDICAL GENETICS AND CLINICAL BIOLOGY. VOLUME 1 ISSUE 2 JUNE 2023.

C7. Aripova Vasila Bakhtiyarovna, “Correctional-Rehabilitation Complex Program” CENTRAL ASIAN OF MEDICAL AND NATURAL SCIENCE VOLUME 04/ ISSUE 03/ JUNE 2023, ISSN: 2660-4159 <http://cajmns.centralasianstudies>.

C6. Aripova Vasila Bakhtiyarovna, Usmanhodzhaeva Adibaxon Amirsaidovna “The Possibility of Physical Rehabilitation in Patients with Pneumonia”, INTERNATIONAL BULLETIN OF MEDICAL SCIENS AND CLINICAL RESEARCH. VOLUME 3/ ISSUE 3/ MARCH 2023. UIF 8,2 ISSN: 2750-3399.

C5. V.Aripova “The Significance of Physical Education of Medical Students in the Professional Training of a Physician”. European Journal of Innovation in Nonformal Education. Volume 3/ Issue 2/ Februry 2023. ISSN:2795-8612.

C4. V.Aripova “Meaning of Motor Skills in the Formation of Motor Skills in Preschool Children. International Bulletin of Medical Sciens and Clinical Research. Volume 2/ Issue 12/ December 2022. UIF 8.2 ISSN:2750-3399.

C3. V. Aripova “The Important of Outdoor Games in the Formation of Motor Skills in Preshchool children”. Eurasion Journal of Sport Sciences. Volume 1/ Issue 1/ Februry 2021.

C2. V.Aripova “Development Factor of Explosive Power in Wresting National Sport”. International Journal of Research Volume 07/ Issue 02/ Februry 2020, UIF 8.2 | ISSN: 2348-6848.

C1. V. Aripova “Concept of Technology of Physicaleducation of Children of Senior Preschool age 5-6 years by Means of National and Outdoors Games of Sport. International Scientific Journal/ Theoretical and Applied Sciense. Volume 91/ Issue 11/ November 2020. ISSN:2409-0085.

D. PEER REVIEWED NATIONAL JOURNAL ARTICLES

(Chuqur tahrirlanadigan respublika jurnallardagi maqolalari)

D5. V.Aripova “Activity of preschool children with peers and adults as a factor social, communicative and physical devolpment”. Analytical Journal of Education and Devolpment February 2023. ISSN:2181-2624. www.sciencebox.uz.

D4. V.Aripova “Innovative technologies fo increasing the activity of children of preschool age. Science to Sports Scientific Theoretical Journal. N6 November 2022. ISSN:2181-7804

D3. V.Aripova, Y.Yepifanova, U.Nuralieva. “Devolpment of Physical Abilities of Preschool children

Through Mobile Games. Science to Sports Scientific Theoretical Journal. N8 2021. ISSN:2181-7804.
D2. V.Aripova “The Role of Mobile Games in the Development of Basic Movements and Education”.
Pedagogy Sports Scientific Theoretical and Methodological Journal. N1 January 2021.
D1. V.Aripova “Development of Basic Movement types and Abilities in Preschool children. Science
to Sports Scientific Theoretical Journal. N1 January 2021 ISSN:2181-7804.

E. PEER-REVIEWED OTHER INTERNATIONAL CONFERENCE ARTICLES

(Chuqur tahrirlanadigan boshqa xalqaro konferensiyalardagi maqolalari)

E10. V.Aripova “The main forms of national healthy lifestyle”. “Improving the Professional
Theoretical and Practical Training of Physical Culture Specialists in the Higher Education system of
our Country” International scientific and practical technical conference materials. 4 March, 2023.

E9. V.Aripova “Attracting and promoting a healthy lifestyle”. “Healthy Lifestyle” International
scientific and practical technical conference materials. 17 February, 2023

E8. V.Aripova “Development of Movement Coordination Skills Through Aerobics Exercises in
children”. “The Role of Gymnastics in Modern Conditions in a Healthy Lifestyle and Mass Sports
Development” International scientific and practical technical conference materials. 17-18 December,
2021.

E7. V.Aripova “In Physical Education of Preschool children the Place of the Family”. Innovative
Directions of Mass Development of Physical Culture and Sport in Modern Conditions International
scientific and practical technical conference materials. 27-28 May, 2023 Nukus.

E6. V.Aripova “The Significance of Outdoor in the Formation of Motor Skills in Preschool children”.
“Actual Problems of the Theory and Practice of Physical Culture, Sport and Tourism” IX All-Russian
scientific and practical conference with international participation. 23 April, 2021 Kazan.

E5. V.Aripova “Physical Education and Health of Students”. International XVI-conference on the
topic: “Distance Education and Medicine” the collection of the materials. 19-21 February, 2021
Tashkent.

E4. V.Aripova “Use of Body Fitness Tools for Correction of Physical Development of Students of
Tashkent Medical Academy in Physical Education”. Wellness physical culture of youth: actual
problems and prospects materials IV International and Practical conference. 28 May, 2020 Minsk.

E3. V.Aripova “Improving the Motor Potential of Students with the Application of Means of Special
Improvement”. Innovative technologies in the sports and physical upbringing of the younger
generations. Materials of the X scientific practical conference with international participation. 14-15
May, 2020 Moscow.

E2. V.Aripova “Improvement of Motor Activity of Older school girls by means of Ropeskipping”.
Women’s sport at the present stage: problems and prospects international online scientific practical
conference. 6 May, 2020 Bukhara.

E1. V.Aripova “Requirements for Aesthetic Education of Preschool children Activity Games”.
Improving the quality of modern continuous education: innovation and prospects. International
scientific and practical remote conference. 24 April, 2020.

F. PEER-REVIEWED NATIONAL CONFERENCE ARTICLES

(Chuqur tahrirlanadigan respublika konferensiyalardagi maqolalari)

F5. V.Aripova “Development of physical abilities of preschool children through outdoor games”. Problems, solutions and prospects in the field of physical education, sports of the republic scientific and practical conference. 24 October 2022, Chirchik.

F4. V.Aripova “The main forms of national healthy lifestyle”. Republic scientific and practical conference “Education, Upbringing and Application of Innovative Technologies Physical Education and Sport: Problems and Solutions. 5-6 November, 2022.

F3. V. Aripova. “Ways of conducting national action games in preschool education”. “Problems of organization of physical education health and mass sports events in institutions” Republican scientific-practical online conference collection. 24-26 November, 2020 Chirchik.

F2. V. Aripova. Republican scientific conference “Prospects for Further Development of Physical Education and Public Sports in Uzbekistan”. 12 December, 2019 Chirchik.

F1. V. Aripova “The importance of doctors’s supervision in rhythmic gymnastics. “Medical Education Reforms, Problems and Their Solution” XVI – convention. October 2019, Tashkent.

G. BOOKS / TEXT BOOKS / (darslik / o‘quv qo‘llanma)

G3. V.Aripova. “**Healthy gymnastics**” Study-methodical manual. 2023.-50 p.

G2. V.Aripova “**Physical education and sport**” (Gymnastics) Study guide. 2022.-164 p.

G1. V.Aripova “**Respiratory Rehabilitation in Covid-19**” Methodical manual. 2019.-44p

I. BOOK CHAPTERS (dars boblari)

I1.

J. MONOGRAPHS / RESEARCH REPORTS

(monografiyalar / ilmiy tadqiqot hisobotlari)

J1. V.Aripova “**Development of physical abilities of preschool children through outdoor games**” Monograph. 2023.-129p.

CITATIONS		h-index
Scopus:		
Google Scholar:	-14	-2

FUNDED RESEARCH PROJECTS

(ilmiy loyihalarda ishtiroki (maosh olganligi))

GRADUATE RESEARCH SUPERVISIONS / ADVISING

(Ilmiy rahbar / maslahatchi bo‘lganligi)

DOCTORAL (Ph.D.) sohasi
(doktorantlarga rahbarligi, fan sohasi)

MASTER'S (M.Sc.) sohasi
(Magistrlarga rahbarlik, fan sohasi)

COURSES TAUGHT (o'qitadigan darslari)

UNDERGRADUATE (bakalavr talabalariga)

Physical Culture and sport

GRADUATE (magistr talabalariga)

PROFESSIONAL SERVICES (malakali xizmatlar)

EDITORSHIP AND EDITORIAL BOARD MEMBERSHIP IN INTERNATIONAL REFEREED JOURNALS (Xalqaro retsenziyalanadigan jurnallarda tahririyat a'zoliqi)

1.International Journal of Formal Education

REFEREE IN INTERNATIONAL JOURNALS (Xalqaro jurnalarda taqrizchiligi)

SCIENTIFIC COMMITTEE MEMBERSHIP IN NATIONAL AND INTERNATIONAL CONFERENCES

(Respublika va xalqaro miqyosidagi konferensiyalarda tahrir hay'ati a'zoliqi)

PROFESSIONAL HONORS, PRIZES AND FELLOWSHIPS

(Mukofotlari, davlat stipendiyalari va boshqa ilmiy yutuqlari)

1. In 2022, winner of the gymnasium sports competition held at the Tashkent Medical Academy on the occasion of International Women's Day.
2. In 2021, winner of the most active sportswoman of the year competition at the Tashkent Medical Academy.
3. In 2021, the best pedagogue of the among the CIS
4. In 2020, connection with International Women's Day, the nomination of the most tenacious team was won in the sports competition held among employees working in ministries, enterprises, agencies and organizations.
5. In 2019, he won the 1st place in the sports competition called "Sport is a source of health" held on the occasion of Medical Worker's Day.

ASSOCIATIONS/AFFILIATIONS (Ilmiy jamiyatlarga a'zoligi)