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ATTRACTING STUDENTS TO PHYSICAL EDUCATION AND PUBLIC SPORTS ON THE BASIS OF FOREIGN EXPERIENCES

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Abstract: This article presents ideas for improving innovative mechanisms based on foreign experience in attracting students of higher educational institutions to physical education and sports. Methods for developing the physical abilities of students and involving them in sports based on the use of mobile applications and educational technologies (“coaching, Bloom’s taxonomy”) in extracurricular activities are shown.

Key words: physical education, sports, mass sports, physical culture, innovation, healthy lifestyle, coaching, Blum's taxonomy, fitness technologies.

INTRODUCTION

Its occurrence in the world and its consequences have shown that the health, physical health and healthy lifestyle of the peoples of the countries of the world are weak. From this point of view, special attention abroad is paid to the health of humanity, creating a future through a healthy lifestyle.

Today, the concept “Development of physical education and sports in the Republic of Uzbekistan until 2025”, developed by our government in order to build a new Uzbekistan, PQ-201 dated April 11, 2022 “Involving youth in mass sports in neighborhoods to a new level In the Resolution dated November 3, 2022 of the year PK-414 “On measures to further improve the system of education and scientific research”, the population and youth need to increase the effectiveness of the physical education system and participation in sports.

Many studies devoted to the problems of organizing physical education in higher educational institutions show the need to search for new technologies that will help students have a high level of health. This depends on the development of personal motivation, special knowledge and behavior, as well as on the result of the joint activities of the teacher and the student. In a higher educational institution, the

quality of physical education, in particular fitness, is of great importance, since the future graduate must be a highly educated specialist with an appropriate level of physical fitness.

The demands on human intellectual and adaptive abilities have also increased. However, the influence of such subjective factors as personal significance, satisfaction, spiritual enrichment on the formation of motives that encourage students to engage in independent physical exercise, sports and active physical education and sports activities continuously decreases from younger to older age.

Modern sport is divided into mass and elite sport. It is the universality of modern sport that forced the introduction of these additional concepts, revealing the essence of its individual areas and their fundamental differences.

Mass sport is an integral part of sports and is the practice of individual sports or systems of physical exercise for the purpose of recreation, recovery, increased performance and physical fitness. This is the rational use of human physical activity as a factor in preparing for life, optimizing physical condition and development.

The most powerful sports countries in the world, in particular Great Britain, Germany, Australia, USA, Canada, France, China, Korea, Japan, South Africa and many other countries, have invested enormous financial and human resources in the development of sports. scientific research on identifying and training sports and sports talents, expenditure of resources. The main component of the programs used in all these countries is the formation of national sports institutes and sports training centers, where all aspects of the theory and practice of sports training are studied, as well as scientific and methodological support for the training of highly qualified athletes. . In these centers, athletes regularly undergo modern pedagogical, biomechanical, physiological tests and medical examinations, which allow them to gain new scientific knowledge, adjust and improve training programs in a timely manner.

METHODOLOGY.

The USA has advanced developments in this area, so it is appropriate to analyze and summarize the features and current trends in the development of physical education in the field of education in this country. American experts consider physical activity a priority for human development, a means of the process of social adaptation. In their opinion, physical education allows students to take responsibility for their health, maintain and improve it, control their psycho-emotional sphere, and behave adequately in society. Physical education programs in higher education in the United States are required in approximately 60 percent of vocational schools, and are elective in approximately 30 percent.

III. RESULTS AND ITS DISCUSSION

Purposeful adjustment of physical education ensures that a physically healthy schoolchild acquires the necessary motor skills and abilities, reliably and correctly performs exercises using various forms of physical activity and health improvement, promotes health and personal well-being, and ensures that he understands the benefits of physical exercise. and filling.

A student's physical culture should be understood not only as the sum of a person's physical qualities, but also as a certain way of life. The decisive factor in promoting health is the student himself, his attitude towards social, psychological and physical health. This is the essence of the concept of the formation of value-motivational relations of the individual as a healthy lifestyle, which has become the basis of modern society. The development of innovative means of physical education has created a certain sociocultural demand, since a certain motivation has already developed for one or another type of physical education and sports training.

Currently, the majority of university students cannot engage in some physical exercises due to certain reasons caused by the developing structure of the world and increasing modern social demands. As a result, the health of modern students is not at an optimal level due to a lack of effort and motivation to form healthy habits, the predominance of passive rest in their lives, and an increase in busyness during educational activities. Therefore, at present it can be assumed that the comprehensive physical preparedness of many students is relatively weak.

Methodology. In the course of research, scientists have found that physical education classes in an educational institution affect the functioning of the internal organs and mental processes of a person associated with emotions, the speed of thought processes, volitional qualities, etc. The result of training with the help of physical exercises increases the body's endurance, speed and precision of movements.

It can be seen that in the formation of a person's physical culture, his character, temperament, and personal qualities are important: determination, will, hard work, responsibility, discipline. Considering a person as a subject of social relations and conscious activity, as well as a representative of society who freely and responsibly determines his position among people, we assume that when forming a person's physical culture, the following factors must be taken into account:

- individual mental characteristics;
- interests;
- level of culture;

- activity;
- orientation (system of motives);
- level of awareness of relations with the world;
- development of self-awareness;
- self-esteem;
- stability of mental qualities;
- human self-awareness, etc.

In addition, knowing the type of temperament makes it possible to actualize the formation of a person's physical culture and introduce him to physical education and health activities. It should be noted that sports and physical education for students not only help to improve their all-round qualities, but also create a good foundation for their future education and life. At the same time, they rely more on mobile applications and electronic resources, so it is appropriate to conduct physical education and sports training by introducing fitness technologies.

The analysis of the genesis of the development of the problem of the formation of physical culture shows that the complexity manifested in the transition from the medical and biological aspects of its study to the pedagogical, psychological, philosophical aspects and, at the last stage, trends such as sociological, professional-integrative and cultural studies is available.

Based on the use of mobile applications and educational technologies (coaching and Blum's taxonomy) in extracurricular activities, we will consider the stages of improvement of methods of adaptation to innovative activities in the development of physical abilities of students and involvement in sports.

"Coaching" method is an effective method of advising the client to achieve his goals by revealing inner resources for solving life problems. Coaching tools stimulate self-awareness in life, society, family, education and sports.

Coaching and psychological counseling have a lot in common. The main difference is that psychological counseling is used more often. In coaching, the person has to work more. In this process, the main activity is performed by the client himself (sets a goal, looks for the means of implementation), the coach consultant only supports him.

Professional coaching is a professional relationship that leads clients to effective development in their personal and professional areas. The coaching process allows clients to deepen their knowledge, increase their efficiency and improve their quality of life.

In our study, the use of the "Coaching" method based on mobile applications was highly effective in improving the innovative mechanisms of attracting students

to physical education and public sports. In this case, the content of the mobile application includes the following steps:

- methodical - combining psychological motivational approaches based on Adams' theory in the formation of the motivational component of the student's physical culture (Healthy life, physical maturity, self-confidence);

- theoretical - defining a set of concepts and laws expressed in the principles of forming the physical culture of students (Physical education and healthy lifestyle, National sports and folk games, Theory of sports training);

- providing the development of methods of physical culture formation through the integration of independent activities of students based on practical - mobile technologies (author's practical program for various specialties, fitness technologies, media resources).

A systematic analysis of the context of students' physical culture competence made it possible to identify its three main components: motivational (spiritual), activity-based (physical) and cognitive (intellectual).

Indicators and criteria of the motivational component of student physical culture:

- physical culture-oriented motivation: the existence of a need for physical culture, the level of physical culture and healthy thinking, an indicator of the formation of sports-healthy ideas;

- motivational-value attitude to physical culture: formation of motivation for physical activity, indicator of interest in physical activity;

- emotional-emotional indicator: emotional readiness for physical activity, level of development of emotional state during physical activity, emotional comfort indicator.

Indicators and criteria of the active component of student physical culture:

- mental indicator: optimal level of neuropsychic preparation for professional activity, expressed by self-esteem, resistance to emotional-emotional fatigue and stress as a condition for professional improvement;

- physical indicator: strength, speed, level of development of endurance, functional indicator of dexterity, level of development of flexibility;

- health (functional) indicator: the level of somatic health based on the assessment of adaptive potential as a quantitative indicator of health.

Indicators and criteria of the cognitive component of student physical culture:

- process indicator: knowledge of physical education and health, understanding and assimilation of knowledge of physical education and health, ability to apply knowledge of physical education and health in practical activities;

reflexive-evaluation indicator: ability to analyze physical education and wellness skills, acquisition and creative use of physical education and wellness skills, ability to systematically evaluate and adapt the results of creative use of physical education skills;

behavioral indicator: level of physical education lifestyle, level of healthy lifestyle of students.

A number of scientific methods were used to organize an experimental study, including the method of pedagogical observation, which was used to control the formation of the motivational component of physical culture of students. In particular, to obtain additional scientific information about the various aspects of students' activities in the field of physical culture, to themselves as a subject of activity and the characteristics of their relationship to physical culture as a specific type of activity; pedagogical tests were used to measure the cognitive component of the formation of physical culture of students.

When developing test tasks, we took into account the system of readiness levels (knowledge, understanding, application) and the levels of identification of practical and mental processes (analysis, synthesis, evaluation) according to Bloom's taxonomy. Their authenticity was checked and preliminary tests were carried out, and as a result, the content of individual assignments was determined. Functional diagnostic methods were used to assess the level of formation of the physical culture (health indicator) activity component of students by monitoring the potential of physical development and health carried out according to various functional indicators; psycho-physiological diagnostic methods were used to study psychophysical indicators (mental and physical indicators) of students' physical culture formation.

Questionnaires were used to obtain information about the knowledge, motives, attitudes, value orientations and other subjective factors that determine the behavior and activities of students in the field of physical education. We used self-developed questionnaires. Combining all the options of the questions ensured the completeness and reliability of the obtained data. When developing the content of the

questionnaires, we took into account the methodological requirements presented in the sociological literature.

CONCLUSION:

During the research, sufficient conclusions were obtained through the analysis of choral scientific research and physical education programs. It is of decisive importance that the various aspects of the formation of physical culture are related to very integrated theoretical and integrative concepts based on the interdisciplinary interdependence of various fields of knowledge with an individual understanding apparatus. In this regard, the use of interdependence between the foundations of the general theory of culture and physical culture, in which the main focus of physical education of young people is evident as an integral part of the general professional culture aimed at making them healthy, involving them in sports activities, and forming physical culture and education in them.

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