

APPLICATION OF INNOVATIVE TECHNOLOGIES FOR THE DEVELOPMENT OF STUDENTS' MOTOR ACTIVITY AT THE INSTITUTE

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Annotation. *Scientific and technological progress is accelerating, new technologies are penetrating into all aspects of our lives, opening up new horizons, allowing us to achieve positive results. The article reveals that during the organization of the educational process in physical education for applicants for higher education during classroom lessons, video clips are partially used to solve educational problems. It is noted that innovative technologies for the development of students' motor activity by means of sports games in the educational environment of the university are an important aspect of their health.*

Key words: *innovative technologies, development, motor activity, students, physical education, educational environment of the institute.*

Introduction. In the context of the implementation of the National Strategy for Health-improving Physical Activity in the Republic of Uzbekistan for the period up to 2030 "Physical Activity - Healthy Lifestyle - Healthy Nation", educational institutions have developed sets of general development exercises for students in the academic discipline "Physical Education" by types of sports activities. Physical education develops the skills, knowledge, values and attitudes necessary for the formation and maintenance of an active and healthy lifestyle, as well as the formation of students' confidence and competence in solving problems both as individuals and in groups or teams through a wide range of educational activities [1, 2, 4]. Scientists (Ya. M. Abdullaev, D. Yu. Turdymuradov) focused on innovative technologies in the context of the modern paradigm of higher education [3, 4, 7]. They point out that "scientific and technological progress is accelerating more and more, new technologies are penetrating into all aspects of our lives, opening up new horizons, allowing us to achieve positive results, conquer new heights, offering high-tech equipment and gear" [5, 6]. Scientists emphasize that "the use of innovative technologies that are introduced in the training of future athletes contributes to the formation of sustainable motivation to maintain health, physical development and physical fitness, expands motor experience, forms practical skills for independent physical exercise and active recreation. The use of innovative technologies will ensure the effective formation of positive motivation for a healthy lifestyle in young people" [6, 8, 9].

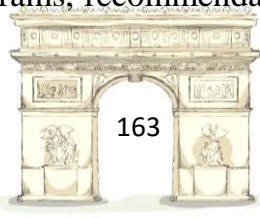
By innovative technologies D. Yu. Turdimuradov and his co-authors understand those that "change the essence and instrumentally significant properties, the most important of which are the target orientation of the educational process, the form, content, pedagogical conditions and methods of the educational process, the interaction of the teacher and the

student during the training, which acquires the character of creative cooperation." Scientists believe that "in the normative and legal aspect, the possibility of innovation is ensured by the ever-increasing degree of independence of higher education institutions in developing content, choosing teaching methods and technologies, joint responsibility of students and teachers for the quality of education, which imposes on students not only obligations, but also the right to freely choose a significant part of the disciplines, and thereby the presentation. In particular, in such a form of physical education as choosing a sport or physical activity and the possibility of changing a teacher who does not provide knowledge of the appropriate level or with whom the student does not have a good relationship" [10, 12]. According to Ya. M. Abdullaev, "technology in physical education is a system of biological, medical, technical, pedagogical and other methods and means of changing the state of motor function and qualities of the body in the process of physical exercise, based on knowledge of the methods and techniques of implementing corrective and preventive, kinesiotherapeutic, educational and upbringing work [1, 2, 11]. He believes that "in order for physical education of students to become an effective method of strengthening personal health and increasing the level of physical condition, physical performance, it is necessary to adhere to general principles, that is, regularity of classes and their variability, an individual approach, taking into account interests and preferences. Innovations in physical education not only give students the opportunity to develop physically, but also form their physical culture, worldview, the ability to direct their own educational trajectory and life program as a whole" [5].

Innovative technologies in the field of physical education can significantly enrich the educational process and make it more interesting and effective: development of mobile applications that provide interactive training programs, track progress in exercise performance and give useful tips on physical activity. The use of sensor devices and motion trackers allows tracking students' body movements during physical exercises and provides feedback on their performance. Providing access to online resources and video lessons on physical education allows students to learn and improve their skills at any time convenient for them. The use of modern devices such as smart watches or fitness bracelets allows you to track students' physical activity and health in real time. These innovative technologies can significantly improve the effectiveness of physical education, make it more interesting and accessible to students, and contribute to their health and well-being.

Health-promoting technologies in physical education of students are aimed at maintaining and improving physical, mental and emotional health. Here are some examples of the use of such technologies:

- Physical activity monitoring: Using devices such as fitness trackers or smart watches to track the physical activity level of students. This allows tracking the number of steps, calories consumed, quality of sleep and other metrics that help maintain health.
- Mobile applications for fitness and health: Developing mobile applications that provide personalized training programs, recommendations for healthy eating and tips for psychological well-being.



MODERN EDUCATIONAL SYSTEM AND INNOVATIVE TEACHING SOLUTIONS

- Video tutorials and online resources: Providing access to video tutorials on yoga, Pilates, aerobics and other forms of physical exercise that promote health and relaxation.

- Virtual reality (VR) technologies: Using VR to create interactive training environments where students can engage in physical exercises and games that promote health.

- Electronic resources for psychological health: Development of electronic resources that provide information and practical advice on psychological health, stress management and psychological self-knowledge.

These technologies help students not only maintain their physical health, but also focus on overall well-being and self-knowledge. They can be effective tools for maintaining a healthy lifestyle in the university environment.

Researchers note that “in recent years, the introduction of computer technologies in physical education of schoolchildren and students has become very important for both health diagnostics, physical development, motor indicators and pedagogical control. Since students spend more and more time not in gyms, libraries, theaters, etc., but on computers, tablets and other gadgets, there is an opportunity to use them with benefit in the educational process” [10, 12].

Conclusions. Innovative technologies for developing students' motor activity through sports games in the university educational environment are an important aspect of their health and overall well-being.

Innovative technologies can significantly facilitate this process, making it more exciting and effective, especially considering the use of sports games in the educational process. We will point out ideas and methods that can be implemented:

1. Using virtual reality (VR): Virtual reality can create an environment for physical exercise and sports games, which will attract students to active motor activity. For example, virtual fitness or sports games can become part of the institute's training programs.

2. Mobile applications for motor activity (bracelets): The development of mobile applications that motivate students to physical activity can be a useful tool. Applications can offer interactive workouts, challenging tasks, and the opportunity to compete with other students.

3. Experimental sports events: Organizing experimental sports events, such as sports tournaments, marathons, or relay races, can become an incentive for students to actively participate in motor activity.

4. Online sports games: Developing online sports game platforms where students can compete with each other even without being present in the same location can increase the interest in physical exercise.

5. Interactive exercise machines and gaming systems: Using interactive exercise machines and gaming systems that track body movements can make physical exercise more interesting and effective.



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