



MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC  
SOLUTIONS  
INNOVATIVE APPROACHES TO TEACHING PHYSICAL  
EDUCATION IN UNIVERSITIES OF UZBEKISTAN

**Muratova Gulnara Rashitovna**

*Kokand State University, Uzbekistan*

**Davranova Maftunabonu Elyorovna**

*Kokand State University, Uzbekistan*

**Abstract.** *The article discusses modern innovative approaches to teaching physical education in universities of Uzbekistan, aimed at increasing students' interest in physical education and improving their physical fitness. In modern conditions of rapid technological progress, it is important to adapt educational methods that can be used to increase students' interest in physical education. The article emphasizes the need to implement innovative approaches, which makes it relevant to the modern educational context.*

**Key words:** *innovative approaches, physical education, students, Uzbekistan, technologies, motivation.*

**The relevance of this article** lies in the study of innovative pedagogical technologies and their impact on physical fitness, which is an important aspect of modern education. The article focuses on the formation of sustainable healthy lifestyle habits among students, which is an important task for educational institutions. This contributes not only to improving physical fitness, but also to the overall well-being of young people.

Thus, the relevance of the article lies in its ability to respond to modern challenges in the field of physical education by offering innovative solutions that can significantly improve the quality of education and the health of students in Uzbekistan.

**Objectives and tasks of the study:** The purpose of this work is to analyze and evaluate the effectiveness of the introduction of innovative technologies into the educational process in physical education and sports. The objectives of the study include studying modern digital technologies, methods of motivating students and their impact on physical training.

**The object of the study** was the methods and technologies used in the process of teaching physical education in higher educational institutions of the Republic of Uzbekistan.

To solve the set tasks, the method of analyzing information sources of leading specialists in the field of implementation of innovative pedagogical technologies was used.

By the Decree of the President of the Republic of Uzbekistan dated September 11, 2023 No. UP-158 on the "Uzbekistan - 2030 Strategy" the goals of reform in the areas of state youth policy and sports on creating decent conditions for realizing the potential of





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each person are defined. The main attention is paid to ensuring education and health of the population, youth policy issues, the social sphere, and reforms in the field of spirituality. Given the growing problems in the field of physical education and health among young people, our study aims to increase students' interest in physical exercise and sports. Modern education requires the implementation of innovative approaches. In the context of a rapidly changing world and technological progress, it is important to adapt teaching methods to meet the needs and interests of young people, as this is especially important in light of the increasing number of diseases associated with a sedentary lifestyle.

A study of the works of leading experts on the issue of introducing innovative pedagogical technologies into the educational process in physical education and sports led us to the conclusion that the use of mobile applications and online platforms, distance learning and webinars can be used to conduct lectures, seminars and master classes, and mobile training applications can offer personalized training programs that take into account the level of physical fitness of students. They can include video lessons, instructions for performing exercises and the ability to track progress.

Incorporating virtual reality (VR) into physical education for students can greatly enrich the learning process and increase student engagement. One way is through immersive learning: VR technology can create realistic training scenarios, allowing students to practice various sports in a virtual environment. This can be especially useful for teaching exercise techniques and sports skills.

Using gamification in physical education and sports among students can significantly increase their motivation and engagement. One way is through competitions and tournaments: organizing sports competitions and tournaments with gamification elements, where students can earn points, medals or other rewards for their achievements. Using mobile applications that include game elements such as quests, missions and challenges will allow students to complete tasks, earn points and compare their results with other participants. All this creates a spirit of competition and encourages students to actively participate.

Incorporating an individual approach to physical education and sports among students can significantly improve the effectiveness of learning and student satisfaction. For example, assessing the level of physical fitness will help to identify their strengths and weaknesses through tests of endurance, strength, flexibility and coordination. The use of technology, such as fitness trackers and mobile applications, which allow students to track their achievements and receive personalized recommendations.

Competitive elements in the educational process of physical education and sports among students can significantly increase their motivation, involvement and interest in classes. Organizing regular tournaments and competitions in various sports, where students can participate both individually and in teams. This creates a competitive spirit and encourages students to actively participate. Creating leagues or championships,







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where students can accumulate points for participation and achievements can be both internal competitions in the educational institution and interuniversity tournaments.

Feedback on student achievement in physical education plays a key role in increasing motivation, engagement and effectiveness of learning. Individual reports on each student's progress and achievements, as well as recommendations for improvement, can include graphs, tables and other visual elements to help better understand progress.

### Conclusions

Our research has shown that the introduction of innovative teaching methods helps improve students' physical fitness, increase their interest in physical education and the formation of a healthy lifestyle. Students who use modern technologies show better results in physical fitness tests and are more active in sports events.

Integrating mobile applications and online platforms into the educational process of physical education and sports can significantly improve the quality of education, increase student motivation and promote their physical development.

Access to unique training conditions: VR can provide students with the opportunity to train in conditions that are difficult to replicate in real life, such as extreme weather conditions or unique sports venues.

Introducing a personalized approach to physical education and sports can significantly increase student motivation, improve their physical fitness, and make the learning process more effective and engaging.

Using competitive elements in the educational process of physical education and sports can significantly improve the learning experience, increase student motivation and promote their physical development.

Implementation of feedback on students' achievements in the educational process of physical education promotes a deeper understanding of their own capabilities, increases motivation and helps students achieve their goals in physical development.

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