



INTEGRATION OF INNOVATIVE APPROACHES IN TRACK AND FIELD TEACHING AS A FACTOR IN INCREASING PHYSICAL ACTIVITY OF STUDENTS OF UNIVERSITIES IN UZBEKISTAN

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Abstract: The article examines the possibility of increasing the physical activity of students of higher education institutions of Uzbekistan by introducing innovative approaches to teaching athletics. The use of gamification, functional training, personalized approach and biofeedback is analyzed, which indicate a high interest of students in increasing the effectiveness of physical education and the formation of a healthy lifestyle.

Keywords: physical activity of students, innovative approaches in athletics, student motivation, healthy lifestyle.

The relevance of the topic of increasing the physical activity of students in the modern world is undeniable. Hypodynamia, caused by a lifestyle saturated with mental activity and limited movement, leads to deterioration in health, decreased performance and the development of chronic diseases (Abdullaev A. A., 2020).

Track and field, due to its accessibility, diversity and the possibility of individualization of the training process, is an effective tool for increasing the physical activity of students. However, traditional teaching methods often do not generate sufficient interest among young people. The purpose of this work is to analyze the possibilities of integrating innovative approaches to teaching track and field to increase the physical activity of students in universities in Uzbekistan.

Studies of physical activity of students in Uzbekistan have revealed a low level of physical activity and the prevalence of a sedentary lifestyle (Rakhimov B.R., 2018). The works of foreign authors (Tremblay M.S., 2011) show the effectiveness of various innovative approaches, such as gamification, functional training and the use of mobile applications, to increase motivation and involvement in sports. An analysis of the literature indicates that the possibilities of using innovative methods in teaching athletics in the context of universities in Uzbekistan have not been sufficiently studied.

Innovative approaches to athletics training

1. Gamification in athletics: from training to the game – maximum motivation!

Gamification is a modern approach that enlivens routine athletics and turns it into an exciting adventure. The idea is to use game elements: competitions, achievements, awards and ranking tables. Instead of monotonous repetitions, students are immersed in a world of excitement and challenges.

Imagine: relay races with points awarded for speed and technique, virtual races using mobile apps where you can compete with friends, track your progress and get “virtual medals” for your achievements. Fitness trackers become personal trainers and motivators, rewarding you for covering distances, burning calories and exercising regularly.



This approach not only increases interest in athletics, but also creates a positive atmosphere, strengthens team spirit and develops healthy competition skills. Gamification turns training into an exciting hobby where everyone can feel like a winner and enjoy the process.

2. Functional Training in Athletics: Strength, Endurance and Movement for Life.

Functional training combines elements of athletics and exercises that imitate everyday movements to develop strength, endurance, coordination and flexibility. Instead of isolated exercises, it involves the entire body in natural loads. Workouts include exercises with your own weight, weights and shock absorbers, as well as running, jumping and throwing. This improves not only athletic performance, but also posture, reduces the risk of injury and forms a harmoniously developed body ready for any challenge.

3. Personalized approach:

Personalized training in athletics is an approach that puts the individual characteristics of each student at the forefront. Everything is taken into account: level of physical fitness, health, personal interests and goals.

Before starting training, students are tested to determine their strengths and weaknesses in running, jumping and throwing. The questionnaire helps identify preferences and goals: some dream of a marathon, while others simply want to improve their overall well-being.

Based on this data, an individual training program is developed, taking into account all the nuances. Online platforms allow students to enter information about their condition, receive recommendations and track their progress.

This approach not only increases the effectiveness of training, but also reduces the risk of overtraining and injury. Students feel that the training is created specifically for them, which increases motivation and forms a positive attitude towards athletics for many years.

4. Biofeedback technologies (BFB):

Biofeedback technology tracks heart rate, breathing, and muscle activity in real time, helping students understand how their bodies are responding to exercise. Use a heart rate monitor to monitor running intensity, a breathing sensor to improve technique, and an electromyograph to assess muscle performance.

This article used methods of analyzing scientific literature, summarizing practical experience, as well as methods of pedagogical observation and questionnaires. 120 students from various faculties of one of the universities in Tashkent took part in the questionnaire.

The survey results showed that the majority of students (75%) are dissatisfied with the existing physical education system and consider classes monotonous and uninteresting. At the same time, 85% of students expressed interest in using innovative approaches, such as gamification and personalized training. An analysis of scientific literature and a summary of practical experience made it possible to identify the most promising innovative approaches for implementation in the educational process.

Assessment of students' satisfaction with the existing physical education system (n=120)

Table 1

Answer option	Number of students	Percent (%)
Completely satisfied	10	8.3
Rather satisfied	20	16.7
Rather dissatisfied	50	41.7
Not completely satisfied	40	33.3

Students' interest in using innovative approaches in physical education

The survey results indicate a high interest among students in using innovative approaches in physical education classes, particularly athletics. Most respondents expressed a desire to try new methods, such as



gamification, functional training, personalized programs, and biofeedback technologies. Students note that traditional classes often seem monotonous and uninteresting, while innovative approaches, in their opinion, can make training more exciting, motivating, and effective. This interest is an important factor to consider when developing and implementing new physical education programs in universities.

Students' preferences in choosing innovative approaches to physical education

Table 2

Innovative approach	Percent (%)
Gamification	60
Functional training	50
Personalized training	70
BOS technologies	40
(Note: Students could choose multiple answers)	

The results of the study confirm the need to modernize the physical education system in universities of Uzbekistan using innovative approaches. The introduction of gamification, functional training, a personalized approach and biofeedback technologies will increase students' interest in athletics, improve their physical activity and develop healthy lifestyle skills. The high percentage of students' interest in a personalized approach indicates the importance of taking into account individual characteristics when organizing the training process.

Integration of innovative approaches to athletics training is a promising direction for increasing the physical activity of students at universities in Uzbekistan. It is necessary to develop and implement modern educational programs and methodological materials based on the principles of gamification, functional training, personalization and the use of biofeedback technologies. The implementation of these measures will create conditions for the formation of a healthy generation and improve the quality of life of students.

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