



INNOVATIVE METHODS AND TECHNOLOGIES OF PHYSICAL EDUCATION OF STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS

Abdikamalov Xojabay Ismamutovich

Interfaculty Department of Physical Culture and Sports
Karakalpak State University named after Berdakh

Najimov Paraxat Ibraymovich

Interfaculty Department of Physical Culture and Sports
Karakalpak State University named after Berdakh

Abstract. The use of innovative technologies in the system of physical education at the university increases the efficiency and quality of physical education classes in modern conditions. Mastering the content of innovative technologies provides the specifics of a high degree of readiness for social and professional activities of the teacher and student. The introduction of the theoretical and methodological foundations of educational technologies in the pedagogical activity of the teacher, the change in the forms, methods and content of training forms the corresponding motivations and interests in physical culture and sports activity.

Keywords: Physical culture, students, innovative pedagogical technologies, modular rating system, educational and methodological complex.

Physical culture, as an academic discipline in higher education, is an essential component of the holistic development of personality, and manifests itself through the harmonization of spiritual and physical strength, psychological well-being and physical improvement.

Modern technologies in physical education are aimed at searching for the optima of physical activity and physical culture knowledge of a person. They should provide a systematic approach to training specialists based on modern achievements in the theory and methodology of physical education and sports training, corresponding to the current level of knowledge development, the real educational tasks of students, and the developing needs of society. The process of implementing these technologies primarily involves improving pedagogical professionalism in the field of physical education, which is impossible without teachers mastering various types and types of educational technologies.

The creation of new types of physical culture, the improvement of technologies are priority areas of the scientific and technical process, which ensures the medical base and safety of those involved. The most important role is played by innovative methods of personnel training and information support of educational institutions related to physical culture. The topic of innovations in the pedagogical activity of physical education teachers is very relevant at the moment. In this regard, it is advisable to talk about building a model of innovative development of physical education, which builds the relationship between subject knowledge and professional technologies and forms innovative thinking. New knowledge and skills affect the improvement of the quality of education with its subsequent application in practice. Pedagogical technology is understood as a project of the educational process as a model of this process, as patterns and principles of its organization. The project as a system of educational process is a set of methods, tools, operations, techniques, conditions, forms of its organization. The purpose of physical education of students is the



formation of a cultural personality. It is aimed at increasing their level of physical qualities and morphofunctional indicators.

The main objectives of physical education are:

- motivation of interest in classes;
- improving the quality of the educational process;
- improving the conditions of physical education classes;
- obtaining a volume of special knowledge to form the need for physical education.

Materials and methods.

The following innovative technologies are recommended in the classroom:

Health-saving technologies form the necessary knowledge, skills and abilities for a healthy lifestyle and teach how to use the knowledge gained in everyday life. They are based on the cognitive activity of students, the optimal combination of motor and static loads, the use of special exercises for the prevention and correction of posture, eyes, the use of visibility and a combination of various forms of information provision. Of particular importance in the development of spiritual and moral foundations and a healthy lifestyle of students is the optimization of their physical condition, preparation for life practice, which are considered as a significant contribution to the development of society's culture and as a means of educating a comprehensively developed personality of young people in an environment where exclusively material values are becoming increasingly widespread.

Psychological and pedagogical technologies are a system of methods of influencing a person through the mechanism of psychological and pedagogical regulation of his social well-being and behavior.

Personality-oriented technology develops practical skills that are necessary in different physical situations, conscious and active attitude of students to physical education, explains the importance of regular and systematic physical exercises.

Information and communication technologies make it possible to organize the educational process at a new, higher level, and provide a more complete assimilation of educational material. Physical education classes include a large amount of theoretical material, which is allocated a minimum number of hours, so the use of electronic presentations allows you to effectively solve this problem. Explanations of the technique of performing the learned movements, historical documents and events, the biography of athletes, coverage of theoretical issues of various directions.

The technology of differentiated physical education is the purposeful physical development of individual abilities of students, through a system of means, methods and organizational forms, ensuring the effective achievement of the educational goal. The content of the TDFD is a set of pedagogical technologies for differentiated training in motor actions, the development of physical qualities, the formation of knowledge, methodological skills, and educational process management technologies that ensure the achievement of physical perfection. The essence of the TDFO is to teach by a holistic method with subsequent differentiation (highlighting the details of the technique and dividing them by complexity) and then integrating these parts in different ways, depending on the level of technical preparedness of the students, in order to perform the exercise better.

It is very important to pay constant attention to the use of innovative technologies, author's programs on physical education for the improvement of students by means of physical culture and various motor activity. But it is equally important to master the methodology of monitoring health indicators on tests of physical development, physical and functional fitness in order to assess the effectiveness of innovations introduced into the educational process. A properly organized system of control and evaluation of students can fulfill a motivational and stimulating mission, will allow timely correction of educational activities. An analysis of the



results of the use of the rating control system showed that students' attendance increased, and the number of medical certificates submitted decreased. 93% of students passed the test on time against 84% of the previous set, students participated more actively in competitions. The average rating increased for 30.4% of students, and the fulfillment of control standards for physical fitness improved by 7.8%. An improvement in attendance from 63% to 84% at the end of the school year contributed to an increase in the results of passing control standards from 35% to 67%. Consequently, the use of a rating control system has made it possible to raise the level of OFP of students, and especially those who had it according to the results of testing at the beginning of the academic year below the average.

Conclusions:

1. The modular-rating organization of the educational process makes it possible to modernize traditional teaching methods: it involves level differentiation, an adaptive learning system, and collective learning methods. An essential characteristic of the modular approach as a modern pedagogical technology is a comprehensive analysis of the learning process in a certain type of educational institution. The educational process in the discipline of the course is divided into modules, which usually make up a topic or a set of topics that form a complete section. The content of the modules should not only correspond to the standard program, but also take into account the specifics of the conditions of study at this university

2. The best solution to the problem of methodological and didactic provision of independent guided work of students in various forms of education is the creation of educational and methodological complexes. By now, certain requirements have been formed that distinguish the qualitative complex and determine its content and design, methodological and other requirements for its components. The introduction of the UMK allows for a transition from traditional to modular training, which requires teachers to organize a new management of active cognitive activity of students and build parity positive interaction with them, change the ratio of information, control, corrective and advisory functions, cooperation with other teachers to achieve the overall result of specialist training

3. The learning process is a multi-level educational system, integral and unified both in structure, content and organization. This process should be presented as a set of all parts and modernized in a timely manner in accordance with changing environmental and social processes. The modular rating system of training allowed us to use the technology of modular block learning in our study as a system-forming factor in building the educational process on a cyclical basis.

4. The rating control system made it possible to carry out continuous comparative differentiated monitoring of student learning success in dynamics and integrate the results at individual stages into the total indicators of learning success. The rating control system has a decisive influence on the educational process as a whole, stimulating the use of special methods of pedagogical influence aimed at supporting its functioning. This creates prerequisites for differentiation and individualization, for the implementation of a developing principle and an active approach, for the activation of controlled independent work of students.

The process of implementing these technologies primarily involves improving pedagogical professionalism in the field of physical education, which is impossible without teachers mastering various types and types of educational technologies. The creation of new types of physical culture, the improvement of technologies are priority areas of the scientific and technical process, which ensures the medical base and safety of those involved. The most important role is played by innovative methods of personnel training and information support of educational institutions related to physical culture.

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