

MEANS OF ENSURING CONTINUITY IN FORMING STUDENTS' INTEREST IN SPORTS CLUBS

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Abstract

This article is dedicated to the effective use of integrated educational technologies in developing students' interests in sports clubs. The study analyzes the essence, main principles, and practical application possibilities of integrated educational technologies in sports sessions. In addition, the article examines modern pedagogical approaches as important tools for enhancing students' activity, motivation, and individual abilities. The results indicate that integrated educational technologies serve as an effective mechanism for the sustainable development of students' interests in sports clubs and for shaping their physical as well as moral and ethical qualities.

Keywords: Sports club, student interest, integrated educational technologies, motivation, physical education, form, method.

Introduction

Nowadays, the main goal of social, economic, and moral reforms being implemented worldwide is to improve the standard of living, create a healthy and safe environment for all segments of the population, and strengthen the health of the younger generation. From this perspective, physical education and sports policy is considered a priority task for many countries.

Sport is not only a means of ensuring physical and moral well-being, but also an effective instrument for protecting young people from harmful ideas and negative habits, as well as for providing opportunities to fully realize their abilities and talents. In particular, the development of social-pedagogical mechanisms for meaningful organization of students' free time, and the strategic guidance of sports clubs and circles, play a crucial role in fostering physical culture among the youth.

Integrated educational technologies are a systematic pedagogical process in physical education and sports training that combines various pedagogical approaches, methods, and training techniques. This process is aimed at developing students' motor skills, sports proficiency, and healthy lifestyle in accordance with their individual abilities, physical readiness, and interests.

Key characteristics:

Integrated approach – harmonizing various teaching methods, technologies, and game techniques in sports training.

Individualization – organizing sessions based on each student's physical abilities, interests, and level of preparedness.

Activity and creativity – engaging students in independent practice, as well as in developing tactics and strategies.

Result-orientation – conducting sessions with clear objectives: enhancing physical fitness, developing sports skills, and promoting a healthy lifestyle.

Flexibility – the ability to adjust sessions according to students' level, interests, and sports preparedness.

Research Methodology

The main goal of this study is to determine the effectiveness of integrated educational technologies in developing students' interests in sports clubs and to implement them in practical activities. The research is carried out based on the following methodological foundations and approaches:

Theoretical and methodological foundations:

Theories of health-promoting and integrated educational technologies;

Scientific studies on valeological culture and the development of physical qualities in students;

Pedagogical, psycho-pedagogical, and didactic approaches.

Practical research methods:

Experimental method – observing students' activity and interest by introducing innovative approaches and interactive models in sports club sessions;

Observation and monitoring – systematically tracking students' individual physical abilities, interest levels, and performance during sessions;

Survey and questionnaire methods – assessing students' interest in sports, motivation, and level of valeological culture;

Statistical analysis – quantitatively and qualitatively analyzing and comparing collected data to evaluate effectiveness.

Organizational and methodological approaches:

Organizing sports clubs based on cluster and gender-based approaches;

Applying interactive and constructive models in designing and planning sessions;

Integrating competency-based and cultural approaches in developing students' physical culture.

Use of information and educational technologies:

Continuous and detailed collection of information related to students' and athletes' activities;

Optimizing sessions by taking into account individual needs, physical capabilities, and development levels.

According to the research results, applying integrated educational technologies in sports club sessions creates the opportunity to sustainably develop students' interests, foster physical and valeological culture, and enhance the effectiveness of the pedagogical process.

Literature review

Analyzing and processing such information, in turn, provides the opportunity to identify the main and critical directions of training sessions, select the necessary effective tools, and plan, program, and implement preparatory work efficiently.[1, 4]

Engaging in sports helps strengthen health, promotes physical development, and enables one to become stronger, faster, more agile, and more resilient. Sports teach discipline in daily routines,

harden the body, and also positively influence the development of an athlete's moral and volitional qualities, as well as their psychological preparedness. [2, 19]

In our country, great attention is being paid to fundamentally improving the state system in the field of physical education and sports, widely promoting a healthy lifestyle, further developing mass sports, and enhancing the social-pedagogical system for increasing students' interest in physical education and sports. This, in turn, necessitates clarifying the pedagogical-psychological characteristics of developing physical culture in students, identifying the factors, criteria, and indicators for fostering students' physical culture through sports clubs, and improving the pedagogical model.

Reforms aimed at thoroughly updating physical education lessons, training sessions, sports schools, and clubs, introducing effective pedagogical technologies into the educational process, and creating the necessary conditions for pedagogical activity serve to expand the content and scope of future physical education teachers' professional activities.[3, 272]

The distinctive feature of physical education as a social phenomenon lies in the fact that it primarily serves as a means of developing human physical abilities in society, while at the same time exerting a strong influence on a person's moral and spiritual development. [4, 15]

The Law of the Republic of Uzbekistan No. O'RQ-394 dated September 4, 2015, "On Physical Education and Sports"; the Decree of the President of the Republic of Uzbekistan No. PF-4947 dated February 7, 2017, "On the Strategy of Actions for the Further Development of the Republic of Uzbekistan"; No. PF-5368 dated March 5, 2018, "On Measures for the Fundamental Improvement of the State System in the Field of Physical Education and Sports"; No. PF-6099 dated October 30, 2020, "On Measures to Widely Promote a Healthy Lifestyle and Further Develop Mass Sports"; No. PF-5924 dated January 24, 2020, "On Measures to Further Improve and Popularize Physical Education and Sports in the Republic of Uzbekistan"; the Resolution No. PQ-3031 dated June 3, 2017, "On Measures to Further Develop Physical Education and Mass Sports"; as well as the decisions of the Cabinet of Ministers of the Republic of Uzbekistan No. 65 dated January 29, 2019, "On Widely Promoting a Healthy Lifestyle and Involving the Population in Physical Education and Mass Sports," No. 118 dated February 13, 2019, "On Approval of the Concept for the Development of Physical Education and Mass Sports in the Republic of Uzbekistan for 2019–2023," and the "Concept for the Development of Physical Education and Sports in the Republic of Uzbekistan until 2025," along with other relevant normative-legal documents, to a certain extent serve to implement the tasks set for this area of activity.[5, 4]

Analysis and Results

After gaining independence, measures were implemented in Uzbekistan aimed at establishing a legal-democratic state, developing civil society, and ensuring a prosperous life based on a free-market economy. At the same time, creating a mentally and physically healthy environment across all segments of the population, strengthening youth health, and ensuring their physical development became a priority direction of state policy.

The activities of sports clubs are an effective means of achieving these objectives. They contribute to shaping students' physical culture, promoting a healthy lifestyle, and developing their moral, ethical, and aesthetic competencies. Research shows that integrated educational technologies—which combine pedagogical, psycho-pedagogical, modular, and interactive approaches—allow for the continuous development of students' interest in sports clubs.

With the help of these technologies, sports sessions are aimed at increasing students' intrinsic motivation, strengthening their physical capacity, and developing their moral and ethical core competencies. At the same time, cluster- and gender-based approaches, differentiated sessions, and components of guided, variable, and independent activities enhance the effectiveness of the pedagogical process in sports clubs.

During the study, regular sports sessions and anthropometric and functional tests demonstrated an increase in students' physical capacity and the development of competencies related to a healthy lifestyle. In this process, students develop not only physically but also mentally and morally, acquiring core competencies such as stress resilience, willpower, courage, and diligence.

Additionally, based on Cabinet of Ministers' decisions and Presidential decrees, measures such as organizing sports clubs and circles in higher education institutions, involving qualified coaches, holding sports competitions, and identifying talented youth create opportunities for the continuous development of students' physical culture and interest in sports.

As a result, the application of integrated educational technologies in sports clubs yields high outcomes in shaping students' physical culture, promoting a healthy lifestyle, and enhancing the effectiveness of the pedagogical process.

Conclusion/Recommendations

The results of this study show that integrated educational technologies are an effective means of continuously developing students' interest in sports clubs, as well as shaping their physical culture and promoting a healthy lifestyle. Innovative, interactive, and module-based approaches in sports sessions help increase students' motivation, strengthen their physical capacity, and develop their moral and ethical competencies.

In conclusion:

The formation of students' physical culture and healthy lifestyle is a continuous and systematic process, the effectiveness of which is significantly enhanced through integrated educational technologies.

Cluster-, gender-, and differentiated-based approaches contribute to increasing the effectiveness of the pedagogical process in sports clubs.

Using anthropometric tests, functional trials, and physical fitness assessments to evaluate student activity improves the control and monitoring of the pedagogical process.

Recommendations:

Regularly modernize the activities of sports clubs in higher education institutions and introduce innovative and interactive methods;

Develop module- and variable-based sessions that take into account students' individual needs and abilities;

Involve qualified coaches and educators, and systematically implement best practices;

Establish a continuous monitoring and evaluation system in sports clubs to increase students' interest, and regularly record indicators of physical and moral development;

Develop university-level educational modules aimed at promoting a healthy lifestyle, physical activity, and interest in sports among students.

Activities carried out in these directions serve to strengthen students' physical and moral development, enhance their interest in sports, and significantly improve the effectiveness of the pedagogical process.

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