

THE ROLE OF MODERN PHYSICAL EDUCATION METHODS IN INCREASING STUDENTS' PHYSICAL ACTIVITY

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Abstract: Increasing students' physical activity is one of the important tasks of the modern educational system. In recent years, sedentary lifestyles, excessive use of digital technologies, and reduced physical activity among young people have led to various health-related problems. This article analyzes the role and importance of modern physical education methods in increasing students' physical activity. The study examines the effectiveness of interactive teaching methods, health-promoting exercises, fitness programs, sports games, and technology-based physical education approaches. The findings indicate that modern physical education methods significantly improve students' physical fitness, health status, and interest in sports activities. Furthermore, these methods contribute to the development of healthy lifestyles, physical development, and improved quality of life among students.

Keywords: Modern methods, healthy lifestyle, sports activities, fitness programs, health-promoting exercises, physical development, education.

Introduction

Physical activity is one of the most important factors influencing students' health, academic performance, and overall quality of life. In recent years, rapid technological development, increased use of digital devices, and sedentary lifestyles have contributed to a decline in physical activity among students. This situation has led to various health-related problems, including obesity, poor physical fitness, cardiovascular disorders, and psychological stress. Therefore, increasing students' physical activity has become a significant task for educational institutions and healthcare professionals. Modern physical education methods provide effective opportunities to encourage students to participate actively in sports and physical activities. Unlike traditional approaches, contemporary physical education emphasizes student-centered learning, innovative teaching strategies, individual abilities, and motivation. Various modern methods such as fitness programs, interactive sports activities, technology-assisted training, game-based learning, and health-oriented exercises contribute to improving students' engagement and interest in physical activity. Educational institutions play an important role in promoting healthy lifestyles through well-organized physical education programs. The application of modern physical education methods not only improves students' physical development but also enhances their social, emotional, and cognitive abilities. Consequently, investigating the role of modern physical education methods in increasing students' physical activity is an important scientific and practical issue.

Relevance

The relevance of this topic is determined by the growing prevalence of physical inactivity among students and its negative impact on health and academic performance. Modern physical education methods are increasingly recognized as effective tools for motivating students to participate

in regular physical activities and adopt healthy lifestyles. Studying the effectiveness of these methods is important for improving educational quality, promoting health, and preventing lifestyle-related diseases among young people.

Main part

Modern physical education methods are based on scientific principles that focus on student-centered learning, health promotion, and lifelong physical activity. Unlike traditional approaches that emphasize only physical performance, contemporary methods aim to develop students' motivation, personal interests, and active participation in physical exercises. These methods incorporate educational psychology, sports science, and pedagogical innovations to create engaging learning environments. Individualized instruction allows teachers to consider students' physical abilities and preferences when planning activities. Interactive learning strategies encourage students to participate actively rather than passively following instructions. Modern physical education also emphasizes the development of critical thinking, teamwork, and problem-solving skills through sports and movement activities. Technological tools such as fitness trackers and mobile applications support self-monitoring and performance evaluation. Furthermore, health-oriented approaches focus on improving overall well-being rather than competitive achievement alone. Scientific evidence indicates that students are more likely to maintain regular physical activity when educational programs are enjoyable and meaningful.

Modern physical education methods significantly influence students' participation in physical activities and sports programs. Innovative teaching strategies create a more engaging and motivating learning environment that encourages active involvement. Game-based learning approaches make physical activities enjoyable and reduce students' fear of failure. Fitness-oriented programs help students understand the importance of regular exercise for maintaining health and preventing diseases. Technology-assisted physical education enables students to monitor their progress and set personal fitness goals. Group activities and team sports improve social interaction and increase motivation through peer support. Modern methods also promote inclusiveness by ensuring participation opportunities for students with different abilities and interests. Research has shown that students exposed to innovative physical education programs demonstrate higher levels of physical activity than those taught through traditional methods. Increased participation contributes to better cardiovascular fitness, muscular strength, flexibility, and overall physical health. Moreover, physically active students often experience improved concentration and academic performance. The positive impact of modern teaching methods extends beyond the classroom and encourages lifelong healthy behaviors.

The future development of physical education depends largely on the continued implementation of innovative and evidence-based teaching methods. Educational institutions are increasingly integrating digital technologies into physical education programs to enhance student engagement and learning outcomes. Mobile fitness applications, wearable devices, and virtual training platforms provide new opportunities for monitoring and encouraging physical activity. Personalized physical education programs allow students to participate according to their individual needs and interests. Collaboration between educational institutions, healthcare organizations, and sports clubs can further strengthen physical activity promotion efforts. Modern educational policies emphasize the importance of creating supportive environments that encourage healthy behaviors among students. Teachers require continuous professional development to effectively implement innovative physical

education strategies. In addition, research and evaluation are essential for identifying the most effective approaches to increasing physical activity. Public awareness campaigns can also contribute to promoting the benefits of regular exercise. Future physical education programs should focus on lifelong health rather than short-term athletic performance. Consequently, the application of modern physical education methods offers significant opportunities for improving students' physical activity levels and overall well-being.

Conclusion

Modern physical education methods play a crucial role in increasing students' physical activity and promoting healthy lifestyles. These methods create engaging, student-centered learning environments that encourage regular participation in physical exercises and sports activities. The study demonstrates that innovative approaches improve students' physical fitness, health status, motivation, and overall well-being. Furthermore, modern physical education contributes not only to physical development but also to psychological, social, and academic improvement. The integration of technology, individualized instruction, and interactive learning strategies has enhanced the effectiveness of physical education programs. These innovations help students develop positive attitudes toward physical activity and adopt healthy behaviors that can continue throughout their lives. In conclusion, the implementation of modern physical education methods is essential for addressing the growing problem of physical inactivity among students. Strengthening and expanding these approaches will contribute to the development of healthier, more active, and more productive generations in the future.

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