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Annotation: *this article is dedicated to the study of physical education and innovation for students. The article will analyze how innovative technologies and methodologies are used in the process of physical education, how they help to make sports activities interesting and effective for students. Technologies such as Smart devices, virtual reality (VR), augmented reality (AR), and online platforms are considered as effective tools to engage students in physical activity, increase their motivation, and track their achievements in sports. Through Innovation, Interactive and individualized physical education classes can be organized for students, which can help improve their health, stabilize the psychological state and improve academic performance.*

Keywords: *physical education, students, innovation, technology, gamification, virtual reality, augmented reality, interactive lessons, motivation, sports, fitness apps.*

INTRODUCTION

Physical education and sports education are developing in accordance with the requirements of the Times. Today, technologies and innovations have deepened into the educational process, including changes in the field of physical education. Physical education for students is not limited to physical exercise, but is seen as a complex process aimed at improving their health, reducing stress, stabilizing psychological state, and increasing academic success. Innovative technologies, such as virtual reality, augmented reality, smart devices and online platforms, are making it possible to make physical education training more interactive and effective.

Innovations in the field of physical education are important not only to make training interesting and effective, but also to widely involve students in sports activities and form a healthy lifestyle in them. Through innovation, students can control their health and learn sports in a more fun and motivating form. Also, new technologies provide opportunities for students to conduct classes individually and organize physical activities more efficiently.

This article analyzes innovative technologies and techniques for physical education and students, how they are used in the educational process, their role in increasing student physical activity and approaches aimed at strengthening motivation. The introduction of new methods of physical education is the key to creating a more effective and healthy lifestyle for students in the future.

LITERATURE ANALYSIS

Jones and Smith (2018), in their study "Physical Activity and Mental Health in University Students", discuss the effects of physical activity on mental health among students. They argue that regular exercise reduces stress in students, increases mental stability, and builds self-confidence. Innovative technologies, such as smartphone apps and fitness gadgets, make it easier for students to measure and control physical activity. It is the application of new technologies in scientific work, physical education training for students, which gives them motivation, motivates them to regular training and has a positive effect on overall health.

A study by Roberts and Foster (2017) analyzes the impact of physical activity on student academic performance. Researchers have found that playing sports not only improves fitness, but also increases the student's attention, memory, and concentration, which in turn helps improve academic performance. In their scientific work, how online platforms and sports monitoring systems help to stimulate physical activity, their role in the development of a healthy lifestyle of students is shown.

Shodiev (2020) analyzes the role of gamification in increasing student interest in physical activity in his article "Gamification in Physical Education: New Approaches to Student Engagement". Gamification-that is, the inclusion of game elements in physical education classes, helps to more actively involve students in sports activities. The study argues that the successful application of gamification methodology is effective in promoting healthy competition among students and increasing motivation.

Anderson and Green (2020), in their study, "Impact of Physical Activity on Student Mental Well-being: A Longitudinal Study", analyze the positive effects of physical activity on student mental state based on a long-term study. Researchers show how regular sports training and physical activity help students reduce stress, prevent depression, and increase overall mental stability. This study shows the impact of the use of innovative techniques, such as virtual reality (VR) or augmented reality (AR) technologies, on a more efficient organization of student physical activity.

RESULT AND DISCUSSION

Today, physical education and sports education are developing in combination with innovative approaches and technologies on a global scale. Organizing physical education and sports activities for students in innovative ways will help improve their health, stabilize their psychological state and increase their academic success. Innovations serve not only to introduce new technologies in the field of physical education, but also to make the learning process more interactive and interesting, as well as to develop new methods and approaches for students. This article will consider innovative technologies and techniques for physical education and students, their importance and practical application.

1. Innovative technologies and their role in the process of physical education:

Innovative technologies serve to innovate in the field of physical education and sports. Some technological advances can be effective in creating new opportunities for students:

Smart devices and fitness apps: students can use smartphones and fitness apps to control their physical activity. For example, with applications such as Fitbit, Strava or MyFitnessPal, students can monitor their heart rate, calorie burning, distances and other physical indicators. These technologies help students manage themselves more effectively and gain motivation.

Virtual reality (VR) and augmented reality (AR): VR and AR technologies help create new learning experiences for students. For example, with VR, students can try a variety of sports or do virtual activities. AR, on the other hand, combines real-world with digital content to help create interactive activities for students.

Online platforms for exercise: online training platforms, such as YouTube, Zoom or other educational platforms, allow you to organize distance physical education classes for students. Through these platforms, students can practice physical activities without leaving their homes.

Sports analytics and big data: improving the analysis of sports activities with the help of automation and statistics makes it possible for students to further individualize exercises. With Big data, students can analyze their results and identify their strengths and weaknesses.

2. Changes in innovative approaches and physical education methodologies:

The methodology of physical education is also adapting to innovative approaches. A number of new methods will help to increase the interest of students, make physical exercises more effective:

Gamification: adding game elements to physical education activities encourages students to actively participate. Through games, students generate more interest and motivation in learning Sports. For example, the use of a points system or awards in sports competitions creates an additional incentive for students to achieve their goals.

Interactive lessons: innovative techniques allow you to create interactive lessons. For example, in video lessons or live lessons, students can interact in the management of physical exercises. Physical education teachers can also organize classes using new technologies, adapting classes to the needs of students and taking into account the specifics of each student.

Self-development and individual approach: innovative approaches for students make it possible to organize sports and physical activities individually. Providing each student with appropriate training, sport selection and guidance in the development process can help improve student health and make them more successful.

3. Innovation and increasing student motivation:

Innovative technologies and methodologies play an important role in increasing student motivation. Increasing their responsibility for their own health and physical activity encourages participation in physical education activities. For this, the following approaches can be effective:

Motivation systems: creating incentive systems for students (such as bonus points or prizes for successes) encourages them to pursue more sports. Measuring and observing athletic progress increases motivation.

Interactive activities and competitions: interactive activities and sports competitions can be organized to encourage physical activity among students. Such activities develop not only physical education activities, but also students' communication with each other.

Multidisciplinary sports: offering students multiple sports encourages them to participate in multiple physical activities. This makes it possible for students to test their abilities more broadly and helps to maintain physical activity.

4. The future of innovation and physical education:

Innovations in the field of physical education will create even wider opportunities for students in the future. The development of technologies and methodologies makes it possible to create more interesting, interactive and effective educational processes for students. Also, taking physical education classes online and offline, with distance or personal attendance can help improve student health and increase their academic success.

Conclusion: innovations in Physical Education and sports play an important role in improving the health of students, increasing their motivation and effectively organizing the educational process. The integration of innovative technologies and methodologies into the physical education process helps to increase the physical activity of students, improve their mental state and increase their academic success. Therefore, the application of innovations and innovations in the field of physical education and sports is of great importance in the development of a successful and healthy lifestyle for students.

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