

"TRENDS IN THE DEVELOPMENT OF TEACHING METHODOLOGY FOR PHYSICAL EDUCATION IN HIGHER EDUCATION INSTITUTIONS"

<https://doi.org/10.5281/zenodo.14501007>

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Annotation: *This article is dedicated to studying the trends in the development of teaching methodology for physical education in higher education institutions. As an integral part of the modern education system, physical education plays a crucial role in preserving students' health and ensuring their physical and moral development. The article examines the integration of contemporary pedagogical methods and technologies into the teaching of physical education within the higher education system, as well as the role of this process in improving students' physical condition and psychological potential.*

The study highlights how the development trends in physical education teaching methodologies, harmonized with modern requirements, innovative pedagogical approaches, and technologies, contribute to more effective physical education practices in higher education institutions. Additionally, the article presents the scientific and theoretical foundations of methodological approaches and offers new ideas and recommendations regarding their application in pedagogical practice.

This article may serve as a valuable resource for higher education institution educators, sports pedagogy and physical education teachers, as well as scientific researchers interested in the development of the education system.

Keywords: *physical education, higher education, methodology, pedagogical technologies, development trends, health, innovative approaches.*

INTRODUCTION

The development trends in the methodology of teaching physical education in higher education institutions are increasingly recognized as a vital process aimed at ensuring the integration of physical education and sports on a global scale, preserving students' health, and improving their psychophysical well-being. The role of physical education in the global education system is continuously expanding, with its integration into the educational process being implemented based on modern pedagogical technologies.

The methodological foundations of teaching physical education in higher education encompass not only the performance of physical exercises but also the establishment of a comprehensive system that contributes to students' moral, ethical, and psychological development. From this perspective, modernizing the methodology of teaching physical education, accurately evaluating its role and significance in pedagogical practice, and

developing effective methods to enhance students' health and spirituality have become pressing issues.

This article explores the trends in the development of teaching methodologies for physical education in higher education institutions, innovative approaches to integrating modern pedagogical technologies into the field of physical education, and how these methodologies influence students' physical and moral potential. The research findings enable the development of practical recommendations aimed at improving students' health through the application of innovative approaches to teaching physical education in the educational process.

This topic is of significant importance in strengthening the scientific and theoretical foundations of teaching physical education in higher education and identifying methodological changes in physical education practices.

MAIN BODY

The development trends in the methodology of teaching physical education in higher education institutions are currently serving as a vital component of the education system, aimed at preserving students' health and supporting their physical development. The methodological foundations of teaching physical education focus on creating an effective educational environment for students through the application of pedagogical technologies and new methodologies. Several factors influence the development of physical education teaching methodology in higher education, including the need to harmonize physical education and sports with modern pedagogical methods, the integration of innovative technologies, and the adoption of personalized approaches in the educational process.

Changes in Modern Teaching Methodologies for Physical Education

In the modern education system, the primary focus of teaching methodology for physical education is on the application of innovative pedagogical technologies in the learning process. For instance, the use of distance learning, interactive teaching methods, multimedia tools in physical education, and new approaches to assessing students' physical activity are being explored. The main objective of these initiatives is to equip students with knowledge about physical education both theoretically and practically. Additionally, innovative technologies strengthen communication between educators and students, making the process of learning about physical activities more effective.

Personalized Approach to Teaching Physical Education

The significance of a personalized approach to teaching physical education is growing. In higher education institutions, the teaching process is being adapted to students' individual needs, physical preparedness levels, and health conditions. This helps make physical education classes more engaging and beneficial for students. A personalized approach aims to develop students' abilities and integrate physical activities into their daily lives.

Integration of Sports and Arts in Teaching Physical Education

The process of integrating sports and arts in teaching physical education in higher education institutions is also developing. Physical education is not limited to sports activities but also incorporates elements from various fields of art, such as dance, visual arts, and music. This approach allows students to learn by combining physical activity with spirituality. In this way, the goal of physical education expands, and its role is aimed not only at preserving physical health but also at ensuring personal and social development.

Assessing and Monitoring the Results of Teaching Physical Education

The process of assessing results in teaching physical education in higher education is also of significant importance. During the educational process, students' physical skills are observed, and the outcomes they demonstrate are monitored. Educators continuously evaluate the physical condition of students and provide them with individual recommendations. Various assessment tools, such as measuring the level of physical activity, monitoring health, and evaluating psychological conditions, are used in this process.

CONCLUSION

The development trends in the methodology of teaching physical education in higher education institutions, by integrating pedagogical innovations, modern technologies, and personalized approaches, are making the educational process more effective and meaningful. Today, the modern methodology of teaching physical education focuses on preserving students' health, supporting their physical and psychological development, and adapting to both national and global education systems.

The main development trends in the methodology of teaching physical education are as follows:

Application of Innovative Pedagogical Technologies: The use of distance learning, interactive teaching, and multimedia tools is creating engaging and effective learning processes for students. These methods encourage physical activity and ensure individualized approaches for students.

Personalized Educational Approach: The educational process is organized individually, taking into account students' physical condition and health needs. This approach enhances the effectiveness of physical education classes.

Integration of Sports and Arts: The approach that integrates sports and arts in teaching physical education develops not only students' physical activity but also their spiritual and aesthetic values. Through this approach, students increase their interest in various aspects of physical education.

Assessment and Monitoring System: Regular assessment of students' achievements and skills, as well as the monitoring of their physical activity and health, increases the effectiveness of the education process. This, in turn, leads to the continuous improvement of the educational process.

Moreover, the development of the methodology for teaching physical education goes beyond just pedagogical approaches; it serves to ensure the comprehensive development of the education system. Through innovative technologies and modern pedagogical methods, the teaching of physical education brings students' physical and moral development to a new level. This process also contributes significantly to promoting a healthy lifestyle in society and ensuring the preservation of the health of young people.

Therefore, it is essential to continue conducting innovative research and studies to improve the methodology of teaching physical education and increase its effectiveness. This will not only improve the quality of the higher education system but also help raise the overall level of health in society.

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