



Optimization of the Process of Physical Education in a Higher Educational Institution Using Sports-Oriented Technologies

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Abstract: *The problem of determining the role of modern physical education in the formation of personality and a healthy lifestyle is becoming increasingly relevant. It is physical culture and sports activities that are given priority in the upbringing of a healthy generation of young people, since it is here that not only educational tasks are solved, but also health-improving ones.*

Keywords: *physical education, physical culture, personality, healthy lifestyle, sports activities, healthy generation, sports-oriented technologies.*

Constant updating of various aspects of public life requires new approaches in the organization of education. Education in all its forms is recognized as a priority direction in the development of personality. Therefore, the ability to self-improvement, self-education, self-development becomes especially significant. And in the process of personality formation, education in the field of physical education plays an important role.

The tendency to deterioration in the health of students, a decrease in their level of physical fitness is observed almost everywhere. One of the reasons for this situation is that the majority of students do not engage in physical education and sports anywhere except physical education lessons, which is not enough to perform the necessary daily motor activity. It is necessary to increase the motor activity of students in order to stop developing inactivity and eliminate many causes of diseases. At the same time, it is necessary to create conditions to meet the biological needs of students in physical activity, to achieve a high level of physical fitness, to form a stable motivation for a healthy lifestyle.

Thus, an important problem today is the optimization of the motor activity of the student contingent using various forms of organization of the educational process in physical education. However, the use of traditional approaches to the organization of physical education classes currently does not have a proper impact on students, on their desire for sports, for constant self-improvement and physical activity. The orientation of physical education to the assimilation of strictly regulated material makes it impossible to perceive a student as a person and does not contribute to the development of his individuality. A number of authors note that the current system of physical education is not effective enough to increase the level of physical fitness, health, professionally important psychophysiological qualities of a significant number of students.

Theoretical analysis of scientific and methodological literature has shown that in order to achieve results in improving physical fitness, increasing the level of development of psychophysical qualities of students, fundamentally new approaches, methods and technologies are needed that should correspond to individual characteristics, contribute to the most effective realization of their interests, inclinations and abilities.

Optimization of the process of physical education, created on the basis of new technologies, includes the following structural components:



- ✓ learning objectives and diagnostic set planned learning outcomes;
- ✓ training content;
- ✓ diagnostic tools and monitoring of the state of learning outcomes;
- ✓ teaching methods;
- ✓ organization of the educational process; learning tools;
- ✓ The result of the activity is the achieved level of general education and vocational training.

The introduction of innovative technologies into the process of organizing physical education motivates students to exercise, optimizes their own motor activity not only during training sessions, but also during extracurricular time, and contributes to the formation of a healthy lifestyle. The use of value-based, general cultural, cognitive, informational, personality-oriented competencies expands the range of knowledge of students.

Improving the quality of education and upbringing at the university depends on many factors: on the level of scientific and methodological training of teachers, on the valueological education of teachers, on the state of the educational and material base, on the moral and psychological climate, on the degree of interaction of teachers with students. Therefore, a systematic approach to improving all aspects of the pedagogical process is of great importance, while at the same time highlighting particularly urgent tasks for a certain period and choosing optimal solutions for them.

Optimization of physical education is not a special method or technique. This is a purposeful approach to the construction of the pedagogical process based on the laws and principles of theories and methods of physical education, a conscious scientifically grounded (and not spontaneous, not random) choice of the best options for building classes and the educational process as a whole for specific conditions, situations.

Consequently, in order to increase the effectiveness of physical education classes, the programs include not only proven practices, but also new organizational methods. In recent years, sports-oriented technologies have been increasingly introduced into the physical education of students, which contributes to increasing students' interest in physical culture in the educational space of the university.

The purpose of using this technology is to involve university students in regular and accessible classes in a certain (personally chosen) sport. The result of the introduction of sports-oriented technologies in the process of physical education is a gradual increase in the level of knowledge of students in physical culture, in a certain sport, an increase in the level of motor activity, both during school and after school hours. The sports-oriented program for students of the main department, aimed at in-depth study of individual sports and modern motor systems, allows you to get results from the type of activity in competition conditions, control tests and assess abilities and form a stable need for regular classes. It is logically justified for students of the main department who are practically healthy, but are not sufficiently prepared for classes in the department of sports improvement, where the university's national teams are trained.

Orientation to the training effect is an optimizing factor for the development of basic physical qualities, which is necessary for adolescence, when active processes of physical development occur. Therefore, the choice of a sports-oriented curriculum is the need of students of the main department, which must be taken into account when organizing the educational process and correcting the content of the work program.

A humanitarian orientation and a democratic approach in choosing a sport is more effective in the course of students' sports improvement, but it does not exclude a strict sequence of mastering the educational material. Physical education in a humane society should be valueologically oriented,



that is, adhere to the wellness principle in the organization and conduct of physical education classes. The main tasks of physical education of students in this context are to:

- ✓ to give students knowledge and to form skills of observance of a healthy lifestyle;
- ✓ to form in them a persistent habit of daily physical exercises, using different rational forms;
- ✓ conduct systematic physical training with a health or sports orientation;
- ✓ To inform students about the main values of physical culture and sports.

The implementation of the process of physical education within the framework of humanization, democratization and personal orientation of the education system should be based on the principles of pedagogy of cooperation. The use of a personality-oriented approach, as well as differentiated and individual approaches, is an indispensable condition for the effective solution of educational, health and developmental tasks of physical education. The developed personality-oriented technologies provide for the distribution of those engaged in physical exercises into typological groups for more objective consideration of individual and group characteristics of students. One of the components of a personality-oriented approach is dialogic, when a teacher and a student jointly solve problems of improving knowledge, skills and abilities. The teacher conducting this dialogue needs to have relevant information about the needs of students in the field of physical culture and sports. If students have to make a conscious choice of the form of classes and begin to think about their physical conditions, then they will become an active element of the learning system.

Thus, students are given a wider choice of various forms of physical culture and sports activities, taking into account their personal interests, inclinations and abilities. At the same time, such a system and organization of training sessions will increase the creative potential of teachers, encouraging them to continuous improvement. Motivational support in sports-oriented physical education largely depends on the correct methodological and practical construction of classes, which is determined by the adequate influence of physical exercises, natural and social factors on the body of students. For the effectiveness of physical education, it is advisable to apply a sports-oriented direction based on sports, implemented through a curriculum that implies the unity of aggregate principles:

- compliance of the program material with the basic, fundamental foundations of the science of physical culture;
- structural unity of the content of the sports-oriented physical education program, taking into account the personal development and formation of the student;
- Regulation of physical activity during training sessions in the sport plays an important role in the formation of a comprehensively developed and prepared personality provided that interest in classes remains. When planning classes, it is necessary to take into account health-saving technologies of physical education and sports training, especially in the selection and implementation of such volumes, intensities and training effects that are adequate to the operational and current state of the student. In order to further improve physical education programs using sports-oriented technologies, it is necessary to constantly study the physical culture and sports interests of students, their needs for motor activity, motivational sphere, and lifestyle. All this will allow us to determine the priorities of the choice of learning technologies.



The analysis allows us to draw the following conclusions:

- the issues of optimizing the process of physical education of students have not lost their relevance in recent years. This is evidenced by a large number of scientific studies and publications;
- the level of physical fitness and the state of health of students has been declining in recent years, which causes increased concern;
- the process of improving physical education of students, improving their physical fitness, is mainly based on the general theory of physical education, while, as a rule, the individual characteristics of the student are not taken into account.

In order to form a motive for physical and spiritual self-improvement of students, it is necessary that the proposed innovative technologies of physical education be applied in the integral educational space of the educational institution. This will allow students to realize their interests and needs for regular physical education classes.

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