
FORMATION OF STUDENTS' PERSONAL COMPETENCES IN PHYSICAL EDUCATION

Nurmatov Eldor Ziyat o'g'li

Teacher, Jizzakh State Pedagogical University.

Elektron pochta: eldornurmatov17@gmail.com

Tel: +998935612594

ARTICLE INFORMATION

ABSTRACT:

ARTICLE HISTORY:

Received: 21.01.2026

Revised: 22.01.2026

Accepted: 23.01.2026

KEYWORDS:

*physical education,
sports, mass sports,
physical culture,
innovation, healthy
lifestyle, fitness
technologies.*

This article examines the methodology for using innovative technologies to attract students of higher educational institutions to physical education and sports. In the current conditions of rapid development of science and technology, the issue of promoting a healthy lifestyle among students has become even more urgent. The conditions for the formation of motivations that encourage students to independently engage in active physical education and sports are scientifically analyzed.

In the world's leading scientific research centers (the Federal Institute of Sport Sciences in Bonn, the South African Institute of Sport Sciences in Newlands, the center at Loughborough University), scientific research is being conducted to identify effective methods and means of developing students' physical education. In this regard, special attention is being paid abroad to this activity in order to improve the health of humanity and create the future through a healthy lifestyle.

The problem of increasing the interest of young people in physical education and sports in our country is the most urgent due to the social need to raise a healthy generation. The Resolution of the President of the Republic of Uzbekistan No. PQ-201 dated April 11, 2022 "On measures to bring youth to a new level of mass sports in neighborhoods" specifically

addresses the issues of promoting a healthy lifestyle and bringing their mass sports involvement to a new level through the systematic organization of mass sports competitions among young people in neighborhoods¹.

Numerous studies devoted to the problems of developing physical culture in higher educational institutions indicate the need to search for new technologies that will help form the desire of students to have a high level of health. This depends on personal motivation, the development of special knowledge and behavior, and is also the result of the joint activities of the teacher and the student. Improving the health of students is important, since the future graduate must be a specialist with higher education who has the appropriate level of physical training.

Today, the demands on a person's intellectual and adaptive abilities are also increasing. However, the influence of subjective factors such as personal significance, satisfaction, and spiritual enrichment on the formation of motives that encourage students to independently engage in physical exercises, sports, and active physical education and sports activities is decreasing².

A person's certain knowledge in the field of physical fitness and a healthy lifestyle indicates his attitude to life, motivation, and physical and mental health, which indicates his readiness to serve the state and society adequately. S.N. Chernyakova noted that social factors affecting the physical fitness of young people, problems that are harmful to their health and slow down their physical development should be scientifically studied, and educational activities organized in educational institutions should often have an effective impact on the formation of physical fitness, health, and physical stability skills of students³. For this, the following can be cited as a number of aggravating factors: the fact that the stages of introducing young people to education in higher education institutions are not based on psychological adaptation (adaptation) factors; antipathy towards education and the educational institution associated with the acquisition of knowledge in educational institutions; the lack of systematic work in educational institutions to encourage, promote and make a habit of physical exercise and a healthy lifestyle.

The countries with the world's strongest athletes are investing significant financial and human resources in the development of scientific research to identify and nurture sports talents. The main component of the programs used in all these countries is the formation of

¹ O'zbekiston Respublikasi Prezidentining 2022-yil 11-apreldagi "Mahallalarda yoshlarni ommaviy sportga jalb qilishni yangi bosqichga olib chiqish chora-tadbirlari to'g'risida"gi PQ-201- son qarori. Manba: <https://lex.uz/docs/-5950242>

=====

national sports institutes and sports training centers, where all aspects of the theory and practice of sports training are studied, as well as scientific and methodological support for training for highly qualified athletes. In these centers, athletes regularly undergo modern pedagogical, biomechanical, physiological tests and medical examinations, which allow them to obtain new scientific knowledge, timely adjust and improve training programs⁴.

The theoretical and methodological basis of the methodology developed during the study is a model that expresses the essence of the process of forming students' physical culture in the educational system of a pedagogical higher educational institution. The model reflects a unique system of organizing the organizational process of involving students in physical education and sports, the central link of which is the principles, methodological approaches and author's methodology, which ensures the gradual formation of their physical culture from a low level to a high one.

The target component of the model is the formation of physical culture of students and their involvement in sports on the basis of innovative technologies. The methodological components of the model include the process of forming physical culture by identifying a system of theoretical aspects of physical culture; medical-biological, psychological, pedagogical, philosophical, sociological, professional-integrative principles; cultural, systemic-activity, innovative-technological, competence-based and person-oriented methods of implementing methodological approaches to research; self-formation of students based on resolving internal contradictions of the individual, individualization of physical education activities, development of integrative content, creativity. physical education competence, intensive self-improvement using mobile devices; a complex of pedagogical influences consisting of a system of interrelated organizational, pedagogical, methodological, technological and individual specific conditions for the effective formation of physical culture of students. As a structural component of the model, the foundations of professional training were established by integrating the content of such classes as "Physical education and sports involvement", "Analysis of chronobiological processes". The indicators of the formation of the student's physical culture were expressed in low, medium, and high levels based on motivational, activity, and cognitive criteria.

⁴ Ozolin E.S., Shustin B.N. Xorijiy mamlakatlardagi tadqiqot muassasalari va sportchilar markazlari. Elita sportlari nazariyasi va metodologiyasi. "Sog'liqni saqlash fanlari" ixtisosligi bo'yicha ilmiy maqola matni. Jurnal: Sport fanlari xabarnomasi. 2022-yil.

The social order of training graduates with a high level of physical culture - the methodology determines the methodological support of the process of forming students' physical culture. A special site providing web content information developed during the research is integrated with the platform of Jizzakh State Pedagogical University www.main.jdpu.uz and is presented 24/7 - in the section "Clubs and circles" on the page of the online sports club "Physical education and mass sports". In this case, the methodology for forming students' physical culture using the "Post" content is implemented on the basis of mobile educational ideas, which represent the algorithm of interaction between the teacher and the student via the Internet and mobile devices, and also introduces the national-regional component of the training content, various health programs and non-traditional systems of physical exercises. The web content "Physical Education and Healthy Lifestyle" consists of blocks of theoretical, methodological and practical stages, and consists of exercises and media information designed according to the gender of the students.

In the practical stage block, the skills of future teachers to perform physical exercises were formed using the Coaching method, taking into account the professional activity of future teachers. In the first stage of the study, the student learns to use mobile content in cognitive activity and chooses an individual way of engaging in it for himself. In the second stage, the student understands the need and role of using mobile technologies in the process of developing physical culture. For these purposes, the content includes questions for self-testing, the purpose of which is to check the student's level of perception and assimilation of the independently studied material. The result of this monitoring is the level of use of mobile content. In the third stage, the formation of appropriate skills in working with mobile content requires not only individual, but also group activities in its use. In the fourth stage, the monitoring and testing process is carried out, which allows you to quickly obtain information about the demand for mobile content and its content. The result of this period is the development of conclusions about the effectiveness of the content.

Thus, it can be concluded that the above-identified experimental programs constitute the content of the author's methodology for the formation of physical culture of students of a pedagogical higher educational institution. Based on the identification of stages, their purposeful setting and determination of the result, the content of the methodology for the formation of physical culture of students was developed.

During the study, the technology for implementing a specific approach to physical education and sports consisted of the following sequential stages:

=====

Stage 1 (the first stage of the formation of physical education and sports culture) - September-December (1st semester), during which the student's need for physical education and sports, its physiological and psychological aspects, is determined;

Stage 2 (generalizing stage) - February-May (2nd semester) generalizing specific goals and objectives that are implemented on the basis of the preliminary formation of physical education and sports culture of students, that is, strengthening their health by engaging in the chosen type of sport;

Stage 3 (independence stage) – in the second year of study at a higher educational institution, students independently develop physical education and sports culture, regularly engage in sports.

The level of formation of the motivational component in students was determined using the following diagnostic methods:

- 1) The author's methodology for determining the worldview of physical education through Google forms questionnaires;
- 2) The author's methodology for selecting a group of motivations for physical education and sports;
- 3) Methodology for assessing the emotional state.
- 4) SFK (Health, Activity, Mood) test.
- 5) Differential measurement of emotions according to the K. Izard method.

Tajriba uchun talabalar jinsidan qat'i nazar ikki guruhga bo'lindi: tajriba guruh (80 talaba) va nazorat guruhi (81 talaba). Ikkala guruhdagi respondentlarning har biriga yuqorida tavsiflangan usullardan foydalangan holda tashxis qo'yilgan, operativ va refleksiv-baholash ko'rsatkichlari bo'yicha monitoring bundan mustasno.

To organize an experimental study, the method of mathematical statistics used in the quantitative analysis of experimental data was used. In the context of mathematical and statistical processing of the results of pedagogical research, we used X^2 (Xi square) to compare the distribution of subjects in the experimental (TG) and control (NG) groups. It allows you to transfer the scores obtained as a result of the diagnostics of the formation of physical culture to levels (high, medium, low) by components and indicators, to draw up tables of the distribution of scores to determine the number of students at this level, and also to prove whether the number of students at one of the levels is really more or less.

References

1. O‘zbekiston Respublikasi Prezidentining 2022-yil 11-apreldagi “Mahallalarda yoshlarni ommaviy sportga jalb qilishni yangi bosqichga olib chiqish chora-tadbirlari to‘g‘risida”gi PQ-201- son qarori. Manba: <https://lex.uz/docs/-5950242>
2. Abels K. W., Bridges J. M. Teaching movement education: foundations for active lifestyles. Champaign, IL: Human Kinetics, 2010. XVI, 264 p.
3. Chernyakova, S.N. Universitetning axborot-ta'lim muhitida bakalavrlarning jismoniy tarbiya kompetensiyasini shakllantirish: dissertatsiya avtoreferati. dis. ...kand. ped. Fanlar / S.N. Chernyakova. - Tyumen, 2016 yil.
4. Abrahamyan A.M. Training of bachelors of physical education in the direction of using information and communication technologies in educational and coaching activities: Dissertation abstract... cand. pedagogical sciences Moscow. 2012. – 22 p.
5. Amirov A.J., Ashimbekova A.M., Temirova A.E. The role of modern mobile applications in the university educational process//Young scientist. 2017. Issue 1. P.13-15
6. Akhunjonov M. A. Technology of teaching chess in primary grades of general secondary educational institutions. “Digital didactics and culture: modern trends, approaches, solutions”/ Republican scientific and practical conference, April 17, 2024
7. Koshelev V.F., Malozyomov O.Yu., Berdnikova Yu.G., Minaev A.V., Filimonova S.I. Texnik universitet talabalarining jismoniy tarbiyasi: Darslik / Ed. O.Yu. Malozemova. – Ekaterinburg: UGFLTU; AMB nashriyoti, 2015. –464 b.