

MODERN INNOVATIVE TECHNOLOGIES IN PHYSICAL CULTURE AND SPORTS

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*This article presents ideas and observations on the need to use innovative technologies in teaching physical education and sports. The aspects that require attention in the development of the field are highlighted.*

**KALIT SO'ZLAR:**

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The concept of physical education originated in ancient times. Primitive people, having received food and shelter for themselves, were constantly in motion, becoming stronger, faster, and more resilient. All this happened because they performed the same physical movements - exercises - day after day. Knowledge of this process by members of the tribe formed the basis of physical education. Later, people realized that the earlier a person starts performing exercises, for example, in early childhood, the more perfect their body becomes in adulthood. The organized form of physical education originated in Ancient Greece. In ancient times, special exercises, sports, and military games were taught to help young people grow up strong and resilient. Physical culture, sports, physical education, training and excellence. All of them are closely interconnected and are part of a complex process of harmonious personality development. For the harmonious development of a child, three components are necessary: physical, cultural, and spiritual. To feel any energy flow healthy and calm, a person needs to be strong and resilient. Undoubtedly, all three components are interconnected, and the development of each of them should occur equally, not at the expense of the others. However, physical education is a necessary condition for the comprehensive development of the individual. Parents make a big mistake by emphasizing

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aesthetic, moral, and labor education, but forgetting the formation of a healthy mind in a healthy body. Thus, physical education is an educational process aimed at maintaining and strengthening health during physical activity. The goal of this process is to optimize a person's physical qualities and personal culture to realize their inherent potential, as well as to instill a healthy lifestyle in general. Physical education begins in the first days of a person's life.

Theoretical and methodological study of the problem of the strategy for the development of physical culture and sports in our country made it possible to define a number of priority tasks of modern sports science:

- activation of the activities of the state and society in the development of values of physical culture and sports;

- scientific and methodological support of the processes of organizing and modernizing the content of mass physical education of children of different ages in educational institutions;

- scientific and technical innovations in the system of training high-class athletes and sports reserves;

- scientific improvement of the mechanisms of organizational, legal, resource and information support for the sphere of physical culture and sports, as well as legal, financial and organizational support for innovative transformations in the sphere of mass physical culture and sports culture of the country;

- theoretical and technological justification of the tasks and goals of modernizing the infrastructure of physical culture, mass physical culture, and adult sports;

- development of high technologies for medical, biological, and psychological support of the training process in the systems of sports training and physical culture;

- theoretical and methodological foundations for modernizing the system of special education, improving the qualifications of personnel, taking into account promising trends in the development of knowledge-intensive technologies of physical culture and sports training. Each of the above-mentioned tasks for the development of physical culture and sports should be implemented comprehensively. Of course, the above list of tasks requires comprehensive discussion, creative thinking, and further development. Modern trends in the development of science and education constantly dictate the need for innovations in all types of human activity. In the context of the modernization and humanization of education, new approaches are required to understand the essence of physical culture, its influence on the lifestyle and behavior of students [2]. When developing innovative technologies, it is important to consider which component of the educational process they are aimed at: the goals of the educational process (health-improving, upbringing, educational), its direction (formative, developmental, training), approach (collective, differentiated, individual), organization of methods (standardized, design, creative), sports (basic, variable, voluntary)

and others. It should be taken into account that partial innovations aimed at one or more elements of the educational process do not give the expected effect. To achieve a result, complex educational innovations that ensure the implementation of the main conditions for the formation of educational activity are of great importance. [4] An important principle in the development of innovative technologies and methods is its focus on the largest possible research topics, the main ones being: physical and mental health, physical development, preparedness, the level of physical education and valeological knowledge, the content, motives, and interests of physical education needs, and finally, a healthy lifestyle.

Today, specialists in physical education pay great attention to the following innovative technologies in their practical and research work:

- personality-oriented physical education;
- sports approach;
- rating approach;
- Olympic education;
- sports and patriotic education;
- intellectualization of physical education, etc. [3].

Personality-oriented physical education includes the goals, objectives, methods, and forms of the physical education process, maximally oriented towards the interests and needs of the student's personality. This approach implies a free choice of type, volume, and intensity of physical activity, optimal physical activity, and the continuity of regulated and independent forms of physical exercises. The sports-specific approach is based on engaging in one or more sports, using scientific and methodological developments and technologies for training athletes, adapted to the university's educational process, and contributes to the realization of individual motor needs. Like the personality-oriented approach, it is aimed at identifying students' individual inclinations, abilities, personal attitudes and motivations, needs, aspirations, and interests, but the sports-specific approach also implies the formation of sports culture and personal self-development. Today, the rating approach is becoming increasingly widespread. The rating control system has a decisive influence and encourages the use of special methods, techniques, and pedagogical influence operations aimed at supporting its activities. The rating control system helps students adapt more quickly to the university environment. This allows them to achieve the highest scores in performing control exercises, "pull backward" physical qualities at the level of regulatory requirements, actively participate in mass sports and competitions, and regularly participate in physical education classes. The main goal of pedagogical activity within the framework of Olympic education is to develop students' knowledge about the Olympic Games, their history, goals, objectives and basic principles, various sports and methods of sports training, humanism, and socio-cultural potential. The main result of applying this approach is not only familiarizing students with the Olympic movement, but also creating motivation for their

high achievements in sports. Sports and patriotic education includes familiarizing students with the sports history of their country, region, city, or university, preserving and forming traditions of holding various sports events, and as a result, developing patriotism in students.

The need to increase the intellectual potential of students leads to the relevance of the issue of intellectualization of physical education, the solution of which often manifests itself in supplementing physical education lessons with games and other exercises, the implementation of which requires the renewal of intellectual abilities. However, in this case, it seems important not to lose the main goal of physical education - the development of motor potential. Moreover, physical activity itself has enormous opportunities for personality development[3]. Currently, the conceptual approach to physical education, which implies the widespread use of fitness technologies, methods, and techniques, is becoming increasingly popular. Recently, there has been a growing number of supporters of the orientation of physical education towards fitness. Active efforts are being made to introduce appropriate fitness programs and technologies into the physical education system, including schools, universities, and other educational institutions. In the implementation of this area of physical education, great importance is attached to the creation of new types of simulators and other technical means that affect the human body, automated control systems, etc. In the physical education of students of educational institutions, various forms of physical activity, a complex of sports and outdoor games are used. Firstly, these are: aerobics, dancing, gymnastics, badminton, table tennis, swimming, wrestling, and various team games[2].

Conclusion. Thus, the introduction of new forms, technologies, and methods into the process of teaching physical education and sports gives a number of advantages over regular physical education lessons. This, in turn, helps to optimize the educational process, make it more effective, predict results, and awakens students' interest in physical education.

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