



PROBLEMS OF IMPROVING STUDENTS PHYSICAL EDUCATION AND SUGGESTIONS FOR THEIR SOLUTIONS

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ABSTRACT

The article presents ideas and comments on the problems of improving the physical education of students in the training of future specialists in higher educational institutions and proposals for their solutions, pedagogical conditions of education, and the use of innovative technologies in teaching physical education and sports to students.

In the maturation of a harmonious personality, it is important to make decisions on political, ideological, moral, aesthetic and other issues that are ready to successfully realize the possibilities of satisfying their socio-professional functions and needs, interests and inclinations, and consciously. The condition for achieving this is a positive state of human health and a sufficiently high level of physical fitness, the formation of the desire and desire of future specialists to lead a healthy lifestyle. The implementation of this condition is based on the correct Organization of work on the physical education of students.

After the independence of our country, normative legal acts "on physical education and sports" are adopted by our government, in which the development of physical education and sports is considered as the most important component of the state Social Policy [1].

Another document providing the legal framework for reforms in the field of physical education and sports carried out in our republic is the decree of the president of the Republic of Uzbekistan "on measures to further improve and popularize physical education and sports in the Republic of Uzbekistan", adopted on January 24, 2020. The decree sets out urgent tasks on the introduction into practice of specific programs that promote the strengthening of the health of the population in the field of physical education and sports, the wide involvement of young people in sports and sorting out talented athletes from among them, the formation of national teams with skilled athletes who provide high results in sports and the need

In the educational system, the physical culture of the future specialist cannot be assessed only on the basis of his physical development, physical fitness and mastery of motor skills. It is necessary to take into account the components relevant to the spiritual sphere, such as the content of thoughts and feelings, value orientations, interests, needs and the level of development of their beliefs. In this regard, Physical Education established at the educational institution should not be official. Its purpose is to effectively help students

improve their health and successfully assimilate the material and spiritual values achieved by humanity.

In such conditions, the direct solution of the problems of physical education and wellness of modern youth, especially their ideological, moral, medical and practical aspects, meets social requirements.

The results of the scientific search for the most optimal forms and methods of teaching physical education in the higher education system, the identification of psychological and pedagogical conditions that help improve the health of students, the involvement of students in various physical education and sports activities are reflected in the work of teachers of higher educational institutions.

At the same time, an analysis of the literature showed that, despite the presence in pedagogical universities of a number of studies on various aspects of the teaching and functioning of Physical Culture, some issues of physical education of students of the physical education faculties of pedagogical universities were not adequately covered. Thus, such an aspect of the problem as determining the role and role of students of physical education faculties of pedagogical universities in the system of professional training remains poorly studied.

In modern higher education, the pedagogical foundations of the physical education of future specialists study their various opinions about the essence of physical culture as a separate and independent sphere, namely:

- culture-the first type of human culture;

- physical, bodily ability of a person;

- a wide area of creative activity to create physical fitness is the attitude of people to life;

- forms of personal self-expression through socially active positive activity;

- preparation for any type of activity as a source and basis of pedagogy;

- the physical culture of the individual, etc.

Based on modern ideas about physical culture, its main components are the methods and means of physical improvement of a person, knowledge of the skills and abilities of their practical application, forming a stable need for systematic physical activity as a mandatory element of a lifestyle.

In determining the leading concepts of the theory and methodology of physical education, as the most general concept, "physical culture" stands out, and "physical education and sports" are its components.

As for students of pedagogical universities, scientists emphasize the need to acquire such skills in the process of physical education as the ability to use constructive, organizational, communicative, cognitive, pedagogical and physical education tools both in their personal life and in their future professional activities.

Physical education of students as an educational discipline and social phenomenon is characterized by the functions of Physical Culture (educational, recreational, educational), which allows us to determine its priority importance in the activities of physical culture itself. Physical education has always been and remains the need of society. In this regard, physical education further enhances the goal of Physical Culture in society and the task of forming a rational understanding of the motivational and valuable attitude towards it among future

specialists of the educational system. Physical education in higher education institutions as a science and scientific direction should be improved and revised, taking into account the modern requirements of society and the theory of Physical Culture.

The socio-economic changes that have been taking place in our country in recent years and the modernization of the educational system make high demands not only on the professional training of a person, but also on his health and ability to work. In this regard, the physical education of young people is gaining importance as an integral part of the general education system.

Currently, the following are defined as the powers of the Ministry of Higher Education, Science and innovation in the field of physical education and sports:

- realization that the educational process will be focused on wellness, ensuring the conditions for the introduction of healthy lifestyle norms;

- Organization of mass physical education and sports activities between students of secondary special, professional educational organizations and students of higher education organizations;

- participation in the training of specialists in the field of physical education and sports;

- participation in the development of educational and methodological literature in the field of physical education and sports;

- participation in the organization of sports competitions among students of secondary special, professional educational organizations ("perfect generation") and students of higher education organizations ("Universiade);

- ensuring the maintenance and development of the material and technical and resource base of sports facilities of higher and secondary special education organizations;

- implementation of a set of measures to instill in students and students the concept of a healthy lifestyle, the importance of playing sports, striving for physical and spiritual perfection, protecting them from negative influences and getting rid of harmful habits;

- participation in the development and implementation of regulatory legal acts in the field of physical education and sports;

- organizes the development and implementation of modern forms and methods of physical education of students and students, scientifically based systems of assimilation of sports skills into them based on gender and age [3].

Currently, specialists in the field of Physical Culture continue to theoretically substantiate the types, forms, methods and means of physical education and sports activities with young people, determine their peculiarities, explain the essence of differences and correlations, and justify ways of implementation taking into account modern conditions. The main criteria for determining the structure, essence, content, functions and types of Physical Culture are considered by scientists as objective (social demand) and subjective (personal desire of young people, their needs for various types of physical education and sports activities) factors. In their opinion, it is necessary to develop its own technology for each type of Physical Culture (Organization, tasks, forms, tools and methods, contacts with other types of physical culture, etc.). Such an approach, aimed at directly satisfying the needs, motives and personal orientations of each age in the activities of physical education, significantly increases, in our opinion, the reputation of physical education and sports in society.

In research on the problems of higher education in recent years, the physical education of students has been considered on the basis of the theory of social needs. As a result of these studies, the main forms of activity of the physical culture of students in higher educational institutions without physical education, such as non-social physical education, sports, physical recreation and physical rehabilitation, were identified.

According to experts, the non-social physical education of young people, which is the main form of Physical Culture activity in higher education institutions, is of particular interest to our research. Its tasks include equipping students with knowledge in the field of physical education as a result of in-depth study and mastering, forming skills for the use of the acquired knowledge throughout life, as well as training them in the need for physical education and sports, strengthening a healthy lifestyle, health and managing them.

An important feature of the physical education system of future specialists is its professional orientation, understood as a comprehensive organizational, pedagogical and psychological-pedagogical influence on the individual, providing, first of all, the formation of a healthy lifestyle, intellectual culture of work, physical qualities and motor abilities necessary and sufficient for the successful performance of pedagogical activity. Secondly, the active and competent use of physical education and sports in educational work with students ensures the strengthening of their health, the organization of interesting rest and active recreation.

In our opinion, the latter is a fundamental difference between the physical education system of students studying and the physical education system of students of other higher educational institutions.

Thus, increasing the level of readiness of future specialists for professional activities and creating a socio-cultural space through the use of physical education and sports in secondary schools are based on the requirements of society for higher professional education, established by the state educational standard and other regulatory documents.

The physical education of students has two main possibilities to solve this important problem in society.

The first is to activate the student regime on the basis of self - guided physical education and sports activities, and the second-a student who is engaged in physical education at the University and has a sufficiently large amount of special knowledge and skills, helps to ensure the most normal physical culture and movement.

Literature:

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