

**“INNOVATSION YONDASHUVLAR ASOSIDA JISMONIY TARBIYA VA SPORTNI
TA’LIM JARAYONIGA INTEGRATSIYA QILISH”****“ИНТЕГРАЦИЯ ФИЗИЧЕСКОГО ВОСПИТАНИЯ И СПОРТА В УЧЕБНЫЙ
ПРОЦЕСС НА ОСНОВЕ ИННОВАЦИОННЫХ ПОДХОДОВ”****“INTEGRATING PHYSICAL EDUCATION AND SPORTS INTO THE
EDUCATIONAL PROCESS THROUGH INNOVATIVE APPROACHES”****Omonov Jahongir Orzumurod ugli**Termez State Pedagogical Institute
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Annotatsiya: mazkur maqola ta’lim muassasalarida jismoniy tarbiya, sport va sog’lomlashtirish tadbirlarini tashkil etish masalalarini ilmiy jihatdan tahlil qiladi. Unda jismoniy tarbiya va sportning yosh avlodning har tomonlama rivojlanishi hamda ularning jismoniy va ruhiy salomatligini mustahkamlashdagi o’rni yoritilgan. Shuningdek, sog’lom turmush tarzini shakllantirish, sport mashg’ulotlarini samarali tashkil etish, innovatsion yondashuvlar va zamonaviy pedagogik texnologiyalarni qo’llash imkoniyatlari ko’rib chiqilgan. Tadqiqot ilmiy-analitik, empirik va statistik usullar asosida olib borilgan bo’lib, natijalari jismoniy faollikni ta’lim jarayonining ajralmas qismi sifatida yo’lga qo’yishning o’quvchilarning sog’lig’i, ijtimoiy ko’nikmalari va motivatsiyasiga ijobiy ta’sirini ko’rsatadi.

Kalit so’zlar: Jismoniy tarbiya, sport, sog’lom turmush tarzi, pedagogik texnologiyalar, innovatsion yondashuvlar, ta’lim tizimi, yoshlar rivojlanishi.

Аннотация: В данной статье проводится научный анализ вопросов организации физического воспитания, спорта и оздоровительных мероприятий в образовательных учреждениях. Рассматривается роль физического воспитания и спорта в всестороннем развитии молодого поколения и укреплении их физического и психического здоровья. Также изучаются процессы формирования здорового образа жизни, эффективная организация спортивных занятий, возможности применения инновационных подходов и современных педагогических технологий. Исследование проведено с использованием научно-аналитических, эмпирических и статистических методов, а его результаты показывают положительное влияние внедрения физической активности как неотъемлемой части учебного процесса на здоровье, социальные навыки и мотивацию учащихся.

Ключевые слова: Физическое воспитание, спорт, здоровый образ жизни, педагогические технологии, инновационные подходы, образовательная система, развитие молодежи.

Abstract: This article provides a scientific analysis of the organization of physical education, sports, and health-promoting activities within educational institutions. It highlights the crucial role of physical education and sports in fostering the comprehensive development of the younger generation and strengthening their physical and mental well-being. In addition, the paper examines the processes of promoting a healthy lifestyle, the effective organization of sports training, and the opportunities for applying innovative approaches and modern pedagogical technologies. The study employed scientific-analytical, empirical, and statistical

methods, and its findings demonstrate that embedding physical activity as an integral part of the educational process positively influences students' health, social skills, and motivation.

Keywords (English): Physical education, sports, healthy lifestyle, pedagogical technologies, innovative approaches, education system, youth development.

Introduction: This article analyzes the issues of organizing physical education, sports, and health-improving activities within educational institutions. It highlights the crucial role of physical education and sports in fostering the all-round development of the younger generation and in strengthening their physical and mental well-being.

In addition, the paper examines the processes of promoting a healthy lifestyle during the educational process, the effective organization of sports training, and the opportunities for applying innovative approaches and modern pedagogical technologies[3].

Purpose: The purpose of this article is to conduct a scientific analysis of the significance of organizing physical education, sports, and health-promoting activities in educational institutions. It aims to identify existing challenges in this area and to propose evidence-based solutions for their elimination. Another key objective is to determine the role of physical education and sports in the physical and psychological development of students, while also exploring the opportunities for introducing innovative pedagogical technologies into the educational system. In doing so, the paper seeks not only to clarify the current situation but also to provide practical recommendations for improving the effectiveness and sustainability of physical education and sports programs within schools and other learning environments.

Materials and Methods: Examining the role and importance of physical education and sports within the educational process requires a comprehensive and systematic approach. Within the scope of this study, an analysis was conducted using scientific-analytical, empirical, and statistical methods to obtain reliable data and draw evidence-based conclusions. This multi-method approach made it possible to examine both qualitative and quantitative aspects of the problem in depth.

Discussion and Results The analyses carried out during this research reveal that promoting physical activity within the education system significantly contributes to strengthening students' health, developing their social skills, and enhancing their motivation toward the learning process. Furthermore, the findings indicate that well-designed physical education and sports programs can foster positive behavioral changes, increase participation, and support the overall effectiveness of educational outcomes.

Conclusion In conclusion, physical education and sports represent vital tools for ensuring the healthy and intellectual development of students. Effectively integrating these components into the educational process can secure the physical and psychological well-being of future generations while creating the foundation for an active, resilient, and socially responsible life. Such integration also serves as an important driver for promoting a culture of health and lifelong learning within society.

In modern society, human life and health are among the most essential values. In particular, raising the younger generation to be healthy, well-rounded, and capable individuals is regarded as one of the key priorities of state policy. Within this process, the role of physical education and sports in educational institutions is invaluable. It is precisely in schools and higher education settings that students' habits of physical activity are formed, their interest in sports is nurtured, and the principles of a healthy lifestyle are firmly established. Furthermore, the educational environment serves as a critical platform for promoting lifelong physical activity,

encouraging social engagement through sport, and developing the foundations of physical and mental well-being that extend into adulthood.

Physical education is not only a means of strengthening human health but also an effective tool for cultivating qualities such as willpower, discipline, and teamwork. Today, on a global scale, innovative approaches, modern pedagogical technologies, and comprehensive wellness programs are increasingly being introduced into the field of sports and physical education. Uzbekistan is also keeping pace with these trends by creating wide-ranging opportunities for young people to engage in sports, promoting active participation, and fostering a culture of healthy living. These initiatives not only support the physical and psychological development of the younger generation but also contribute to building a more resilient and socially responsible society.

However, the current level of development of physical education and sports within educational institutions remains an issue that requires continued discussion and critical analysis. In some settings, the quality of physical education classes is still insufficient, sports infrastructure does not meet modern standards, and students' levels of physical activity are declining. These shortcomings not only lead to potential health-related problems but may also negatively affect the social and psychological development of young people. Addressing these challenges is therefore essential to ensuring that physical education and sports fulfill their intended role in fostering the well-being and holistic growth of the younger generation.

Therefore, transforming physical education and sports into an integral part of the educational process and developing them on the basis of modern methods and technologies is one of the most pressing tasks of today. This article specifically analyzes ongoing research, advanced practices, and recommendations aimed at improving the physical education system in this direction. By highlighting evidence-based strategies and innovative approaches, it seeks to provide a comprehensive perspective on how physical education and sports can be more effectively embedded within educational institutions to support the holistic development of students.

Studying the role and significance of physical education and sports within the educational process requires a broad and systematic approach. Within the scope of this study, analyses were carried out using scientific-analytical, empirical, and statistical methods to ensure the reliability and validity of the findings. In particular, existing scientific literature, pedagogical practices, and international experiences were thoroughly reviewed to identify patterns, gaps, and best practices. Furthermore, research on how physical education and sports activities are organized in educational institutions was examined, allowing for the identification of effective models and approaches that could serve as a basis for improving current practices.

In addition, the practical state of physical education activities in educational institutions was examined using empirical research methods. Surveys and interviews were conducted among teachers, coaches, and students to gather their perspectives on physical activity, the existing conditions, and the opportunities available to them. This methodological approach made it possible to identify both the strengths and weaknesses of the physical education system within educational institutions and to analyze the key problems that hinder its development. Furthermore, statistical data were employed to assess students' levels of physical development, their rates of participation in sports activities, and the overall effectiveness of physical education classes. Through this combination of qualitative and quantitative analysis, the study was able to reveal the real state of physical education and sports integration into the educational process and provide an evidence-based picture of its current challenges and potential improvements.

Studying the role of physical education, sports, and health-promotion activities in educational institutions requires scientifically comprehensive research. Various sources offer different approaches to this issue, and their systematic analysis helps to deepen the understanding of the pedagogical and psychological foundations of physical education. By examining these perspectives, researchers can identify the theoretical underpinnings and practical implications of physical education programs, thereby informing more effective policies and teaching methods within the education system.

Initially, the importance of physical education and sports in the educational process was emphasized in classical pedagogical works. In the global education system, prominent pedagogues such as J. Rousseau, J. H. Pestalozzi [2], and F. Froebel [4] highlighted the role of physical education in children's intellectual and physical development. In particular, Pestalozzi stressed in his writings that physical education should be conducted in harmony with the natural developmental processes of children. These early pedagogical perspectives laid the foundation for understanding physical education not merely as a set of exercises but as an essential element of holistic child development, combining cognitive, social, and physical growth.

In Uzbekistan as well, scientific research in the field of physical education and sports is noteworthy. Local scholars such as A. Abduganiyev and S. Ibragimov have examined the positive impact of physical education on students' intellectual development [1] and developed recommendations for enhancing the organization of sports clubs within educational institutions. In addition, Uzbekistan's legislative framework—particularly the adopted “Law on Physical Education and Sports”—is aimed at further promoting health-oriented activities in schools and other learning environments. These efforts collectively demonstrate the country's commitment to integrating physical education and sports into the broader educational agenda and ensuring the well-being and holistic development of its younger generation.

In conclusion, research on the role of physical education and sports in the educational process encompasses a wide range of approaches. From classical pedagogical theories to methods based on modern innovative technologies, these approaches provide opportunities for a deeper understanding of the place of physical education within the education system [5]. The analyses conducted in this study demonstrate that physical education and sports influence not only students' physical development but also have a substantial impact on their social and psychological growth. Such findings underscore the need to view physical education as a multifaceted component of learning that supports the holistic development of the younger generation.

The effective organization of physical education and sports in educational institutions directly influences not only students' physical development but also their intellectual and psychological growth. The analyses carried out in the course of this study reveal that promoting physical activity within the education system strengthens students' health, enhances their social skills, and increases their motivation toward the learning process. These findings highlight the multifaceted benefits of well-structured physical education programs, demonstrating their potential to contribute to a more dynamic, engaging, and holistic educational environment.

Today, physical education is no longer limited to traditional sports activities; it must be organized more effectively by integrating modern teaching methods and technologies. International experience shows that using digital technologies to make sports activities interactive and engaging significantly increases students' participation and enthusiasm [6]. At the same time, to enhance the importance of physical education within the education system, it is crucial to adopt innovative pedagogical approaches, promote healthy lifestyle values, and develop sports infrastructure.

The findings of this study indicate that several key factors are essential for effectively organizing physical education and sports activities in educational institutions, including:

1. Organizing physical education programs based on innovative approaches – The use of interactive sessions, digital sports technologies, and gamification methods increases students' interest and engagement. By incorporating such tools into physical education, lessons become more dynamic, personalized, and motivating, which not only fosters active participation but also supports the development of essential skills such as collaboration, problem-solving, and self-discipline.

2. Promoting healthy lifestyle habits – Comprehensive awareness-raising activities should be conducted among students and their parents to make physical activity a natural part of everyday life. Such campaigns help instill long-term habits, encourage family support for sports participation, and reinforce the social value of an active lifestyle.

3. Improving sports infrastructure – Adequate provision of sports halls, outdoor facilities, and essential equipment significantly enhances the quality and effectiveness of physical education. Well-maintained and modern infrastructure creates an environment that motivates students and facilitates a variety of physical activities.

4. Enhancing the professional competence of physical education teachers – Training specialists capable of applying modern methodologies improves the quality and efficiency of the educational process. Continuous professional development ensures that teachers remain up to date with innovative teaching practices and can deliver engaging, student-centered lessons.

5. Regular organization of sports and wellness events – Holding sports competitions, physical activity campaigns, marathons, and other health-oriented events on a consistent basis increases students' interest in sports and fosters a culture of active participation. Such events also provide opportunities for teamwork, leadership, and the development of social skills.

Effectively organizing physical education and sports within educational institutions is a crucial factor in shaping the younger generation into healthy, intellectually capable, and socially well-rounded individuals. Physical education and sports not only strengthen health but also help develop essential life skills in students such as discipline, dedication, teamwork, and goal-setting. For this reason, the continuous improvement of the education system in this field, the enhancement of sports infrastructure, and the widespread introduction of innovative approaches represent a vital investment in the future of the younger generation.

Effectively organizing physical education, sports, and health-promoting activities within educational institutions is one of the most pressing issues of today. The findings of this study show that embedding physical activity as an integral part of the educational process not only strengthens students' physical health but also has a positive impact on their social, intellectual, and psychological development.

At present, physical education should not be limited to sports training alone; it must be conducted in harmony with pedagogical innovations, modern technologies, and health-promotion campaigns aimed at cultivating a healthy lifestyle. To ensure the effective organization of physical education and sports activities in educational institutions, it is necessary to implement the following measures:

1. Improving physical education classes – Increase student participation by incorporating interactive and innovative teaching approaches, making lessons more engaging, varied, and tailored to students' needs.

2. Enhancing sports infrastructure – Ensure the adequate provision of sports fields, equipment, and modern facilities in schools and higher education institutions to create a motivating environment for physical activity.

3. Upgrading teachers' qualifications – Train instructors to effectively use modern pedagogical technologies and physical education methodologies, thereby raising the overall quality and efficiency of the teaching process.

4. Promoting healthy lifestyles – Widely advocate the benefits of sports and physical activity among students, while also engaging parents to foster a supportive environment for active living.

5. Organizing regular sports events – Systematically introduce sports festivals, marathons, team games, and wellness activities in schools and higher education institutions to encourage consistent participation, nurture students' enthusiasm for physical activity, and promote a culture of active living.

Conclusion In conclusion, physical education and sports are essential tools for supporting students' healthy and intellectual development. By effectively integrating them into the educational process, it is possible to ensure the physical and mental well-being of future generations and to create the foundation for their active and stable participation in society. Therefore, the development of physical education in educational institutions must remain a constant priority and be systematically improved to meet the evolving needs of students and modern educational standards.

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