

## **IMPROVING PHYSICAL EDUCATION AND MASS SPORTS EVENTS AMONG STUDENTS**

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### **Abstract**

This article analyzes modern approaches to organizing physical education classes and mass sports events in higher education institutions. The study focuses on promoting a healthy lifestyle among students, increasing their physical activity, and developing sports culture from both scientific-theoretical and methodological perspectives. The research proposes methods for effectively organizing physical education classes, conducting mass sports events using innovative approaches, and integrating digital technologies into sports activities. The results indicate that systematically organized sports events significantly enhance students' physical fitness, health, and social activity.

**Keywords:** Physical education, mass sports, students, healthy lifestyle, sports activity, physical activity, sports events, pedagogical technologies.

### **Introduction**

Today, ensuring that the younger generation grows up physically healthy and mentally well-rounded is one of the priority areas of state policy. In Uzbekistan, comprehensive reforms are being implemented to develop physical education and sports, particularly to involve young people in mass sports activities. These state initiatives have been reflected in a series of decrees and resolutions by the President of the Republic of Uzbekistan, Shavkat Mirziyoyev.

In particular, the Presidential Decree No. PQ-3031 dated June 3, 2017, "On measures to further develop physical education and sports" aimed to fundamentally improve the country's sports system. The decree prioritizes involving young people in regular sports activities, improving the quality of physical education classes, and developing sports infrastructure.

Furthermore, the Presidential Decree No. PF-5924 dated January 24, 2020, "On measures to further improve and popularize physical education and sports in the

Republic of Uzbekistan" has advanced the sector to a new level. This decree emphasizes promoting a healthy lifestyle among youth, developing sports activities in educational institutions, and systematically organizing mass sports events.

Effectively organizing physical education classes and promoting mass sports events in higher education institutions is essential for enhancing students' physical fitness, encouraging a healthy lifestyle, and shaping their social activity and teamwork skills. Therefore, developing effective mechanisms for organizing physical education and mass sports, using modern pedagogical technologies, and popularizing sports among students are urgent scientific and pedagogical tasks.

## **Main Part**

### **Improving the Organization of Physical Education Classes**

Effectively organized physical education classes are crucial for increasing students' physical fitness. Classes should consider students' age, physical fitness levels, and individual abilities.

Modern pedagogical technologies enhance students' interest in sports. Interactive teaching methods, incorporation of sports games, and competition-style exercises improve the efficiency of physical education.

Physical education should include a variety of sports activities, such as:

- Track and field exercises;
- Team sports (football, volleyball, basketball, rugby);
- Gymnastics;
- Wellness-oriented running and active games.

These activities develop students' physical qualities, including strength, speed, endurance, agility, and flexibility.

### **Organizing Mass Sports Events Among Students**

Mass sports events play a key role in increasing students' physical activity. Regularly held events attract young people to sports, organize their free time meaningfully, and promote a healthy lifestyle.

Recommended events include:

- University-level Spartakiads;
- Inter-faculty sports competitions;
- Sports festivals;

- Wellness marathons;
- Various student sports tournaments.

Such events foster teamwork, sportsmanship, and competitive spirit among students.

### **Using Innovative Technologies in Sports Activities**

Digital technologies significantly enhance the organization of physical education and sports. They allow effective monitoring of students' physical activity and improve class management. Examples include:

- Recording sports activity results electronically;
- Monitoring physical activity via mobile applications;
- Video analysis of sports classes;
- Online sports platforms.

These technologies make physical education more efficient and data-driven.

### **Developing Students' Sports Motivation**

Motivation is essential for engaging students in sports activities. Strategies to enhance motivation include:

- Rewarding winners of sports competitions;
- Promoting sports achievements in media;
- Organizing student sports clubs;
- Supporting active athletes.

Developing sports infrastructure, including modern gyms, stadiums, training halls, and outdoor sports grounds, also encourages regular participation in sports.

### **Pedagogical Effectiveness of Mass Sports Events**

Research results indicate that systematically organized sports events significantly improve students' physical fitness. Other benefits include:

- Strengthening students' health;
- Developing teamwork and leadership skills;
- Promoting a healthy lifestyle;
- Increasing social activity among students.

Integrating physical education classes with mass sports events is therefore a vital component of the educational process.

## **Research Methodology**

The study employed the following scientific methods:

- Analysis of scientific and pedagogical literature;
- Observation;
- Surveys;
- Pedagogical experiments;
- Statistical analysis.

The research assessed the effectiveness of physical education classes and sports events in higher education institutions.

## **Research Results**

The study highlighted the following areas for improving students' sports engagement:

### **1.Organizing physical education classes using modern pedagogical technologies**

- Interactive game technologies;
- Team sports classes;
- Individual training programs.

### **2.Systematic organization of mass sports events**

- University Spartakiads;
- Inter-faculty competitions;
- Sports festivals;
- Wellness marathons.

### **3.Use of digital technologies**

- Monitoring physical activity;
- Online supervision of classes;
- Recording sports results electronically.

### **4.Developing students' sports motivation**

- Incentive systems;
- Developing sports clubs;
- Promoting sports achievements publicly.

## Discussion

The results show that effectively organizing physical education and sports activities improves students' health while enhancing their social engagement. Mass sports events foster teamwork, competitiveness, and a healthy lifestyle. The use of innovative pedagogical technologies further increases the efficiency of classes and events.

**Table 1. MEASURES TO IMPROVE PHYSICAL EDUCATION AND MASS SPORTS EVENTS AMONG STUDENTS**

No	Area of Activity	Specific Measures	Expected Outcomes	Implementation Tools / Technologies
1	Physical Education Classes	Organize interactive classes; use team sports; individual training programs	Increased physical fitness; improved strength, speed, endurance	Sports equipment, interactive methods, video analysis
2	Mass Sports Events	University Spartakiads, inter-faculty competitions, sports festivals, wellness marathons	Enhanced student participation; teamwork and leadership skills; social activity	Event schedules, digital registration, reward systems
3	Digital Technologies	Monitor physical activity via mobile apps; record results electronically; online sports platforms	Efficient management of sports activities; data-driven analysis; increased engagement	Mobile apps, online platforms, e-databases
4	Motivation	Introduce rewards, sports clubs, publicize achievements	Increased student interest in sports; sustainable sports habits	Incentive programs, media coverage, club management
5	Infrastructure	Develop modern gyms, training halls, stadiums, outdoor sports grounds	Improved access to sports; regular engagement	Construction of facilities, maintenance, scheduling

## Conclusion

Improving physical education and mass sports events in higher education institutions plays a crucial role in enhancing students' physical development and promoting a healthy lifestyle. Key conclusions include:

- Physical education classes should use modern pedagogical technologies;
- Mass sports events should be organized regularly to increase student engagement;



- Digital technologies facilitate effective management of sports activities;
- Sports motivation is essential for increasing students' physical activity.

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