

# METHODOLOGICAL FOUNDATIONS OF LEARNER CENTERED TEACHING TECHNOLOGIES IN PHYSICAL EDUCATION AND SPORTS TRAINING

Eshboyev Shakhriyor Furqat ogli

Jizzakh State Pedagogical University, Department of Theory and  
Methodology of Physical Culture, Lecturer

E-mail: eshboyevshaxriyor55@gmail.com Phone: +998974387766

## Abstract

This article explores the methodological foundations of learner-centered teaching technologies in physical education and sports training. The importance of organizing the educational process based on the individual characteristics of each student is substantiated. The practical effectiveness of this approach is demonstrated through international experience—advanced practices in the educational systems of the USA, Germany, and Japan. The paper outlines the ways to implement these methods in the local educational system and reveals their impact on students' socio-psychological development and the formation of sports culture through a learner-centered approach.

**Keywords:** Learner-centered approach, physical education, sports training, methodological foundations, international experience, individual development, educational technologies.

## Introduction

As one of the priorities of modern education, the learner-centered approach is increasingly penetrating pedagogical practice. It has become an urgent task to develop each student or learner based on an individual approach in the educational process, fully realizing their internal capabilities and forming them as independent thinkers with an active life position. Particularly in the field of physical education and sports training, the need for a deeper understanding and practical implementation of the methodological foundations of this approach is growing.

The essence of the learner-centered philosophy lies in placing the individual at the center of the educational process. Each student's psychophysiological condition, physical development level, interests, and needs are taken into account. Physical education classes become not only a means of improving health but also a tool for cultivating qualities such as discipline, willpower, teamwork, and sports culture. Therefore, learner-centered teaching technologies must be applied in the subject of physical education with a strong methodological basis.

**2. Material and Methods** The scientific-methodological foundation of these technologies relies on several approaches:

- **Anthropological approach:** Recognizes the unique nature and specific capabilities of every individual. The content and intensity of physical exercises are adapted according to health status, physical preparedness, and even temperament.
- **Axiological approach:** Aims to instill moral and aesthetic values such as responsibility, honesty, and sports ethics.
- **Psychological-pedagogical approach:** Takes into account the psychological state, motivation, interests, and self-awareness level of each child and creates suitable learning conditions.

To analyze the practical application, international models were examined:

- The USA's "Physical Education for Lifelong Fitness" program,
- Germany's "Bewegte Schule" (Moving School) concept,
- Japan's "undou-kai" (annual school sports festivals).

**3. Results** Global best practices confirm the effectiveness of learner-centered approaches in physical education:

- In the **USA**, individualized sport programs are developed and continuously monitored to align with a healthy lifestyle.
- In **Germany**, classroom breaks are enhanced with physical exercises, and the school environment promotes a positive attitude toward sports.
- In **Japan**, sports festivals foster willpower, teamwork, courage, and mutual support.

Despite regional differences, a shared methodological foundation connects these models—a systematic process that focuses on developing each learner as an individual.

#### 4. Discussion

The international experience provides a basis for implementing similar methods within the local educational system. Specifically:

- Organizing physical education activities according to students' individual development levels.
- Enhancing integration between sports-related subjects.
- Creating a competitive and motivational atmosphere.
- Adapting self-assessment, reflection, and student portfolios to the context of sports education.

Learner-centered physical education does not only improve health but also contributes to the development of essential life competencies in youth, such as self-awareness, self-improvement, and achieving personal success.

**5. Conclusion** The implementation of learner-centered teaching technologies in physical education is both methodologically justified and practically effective. This approach promotes not only physical development but also social and psychological growth in students. Through personalized and values-based education, students become more aware of their strengths and weaknesses, develop teamwork skills, and transform into socially active individuals.

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