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PEDAGOGICAL MECHANISMS OF FORMATION OF PHYSICAL QUALITIES OF HIGH SCHOOL STUDENTS

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ABSTRACT

The article "Pedagogical mechanisms for the formation of physical qualities of high school students" examines the organization of the educational process in order to effectively form physical qualities in high school students. The authors analyze the current challenges facing the education system and propose pedagogical mechanisms that contribute to the optimal development of physical characteristics of adolescents. The article discusses methods and techniques aimed at stimulating interest in physical education, as well as practical aspects of the organization of the training process. Special attention is paid to the individualization of approaches to students, taking into account their physical abilities, as well as intra- and extracurricular control and motivation mechanisms. The results of the study provide valuable recommendations for teachers and administrators of educational institutions aimed at improving the effectiveness of the process of forming the physical qualities of high school students in a modern educational environment.

KEYWORDS

Physical development, high school students, pedagogical methods, educational process, physical culture, individualization of learning, motivation of students, training process, organization of classes, control of physical qualities, educational environment, learning effectiveness, intra-classroom mechanisms, extracurricular activities, developing environment.

INTRODUCTION

The modern school is facing challenges related to the focus on electronic entertainment and sedentary lifestyle of students. In this regard, the methods of forming the physical qualities of high school students attract the increasing attention of scientists and teachers. This article examines the pedagogical mechanisms that contribute to the optimal development of physical characteristics of adolescents in an educational environment.

Modern education is facing challenges related to the need for comprehensive personal development of students. One of the important components is the formation of physical qualities of high school students[1]. This requires not only the updating of pedagogical approaches, but also the creation of effective mechanisms that promote the versatile physical development of adolescents.

The modern lifestyle of high school students, often associated with a sedentary lifestyle and excessive use of gadgets, emphasizes the urgency of the problem of the formation of physical qualities. Lack of physical activity affects overall health and academic success.

The initial stage of the formation of physical qualities of high school students includes a detailed assessment of their current physical condition. This makes it possible to individualize learning approaches, taking into account the individual characteristics and needs of

each student. An important component of a successful strategy is the integration of physical activity into the learning process. Pedagogical methods, such as the use of interactive lessons and game formats, can make physical activity more attractive to high school students. Students have different physical abilities and interests[2]. Pedagogical mechanisms should include individualized training programs that take into account the level of training, preferences and health of each high school student.

The creation of effective motivational strategies plays a key role in the formation of physical qualities. Teachers can use incentive systems, competitions, as well as individual goals for each student to maintain a constant interest in physical education. Regular assessments of physical development and academic success create an incentive for self-improvement. Intra-school competitions and extracurricular activities such as sports festivals encourage students to achieve top results. Pedagogical mechanisms for the formation of physical qualities of high school students play an important role in promoting the comprehensive development of adolescents. The integration of these strategies into the educational process contributes not only to the physical health of students, but also to the formation of sustainable healthy lifestyle habits, which has a positive impact on their overall academic performance and well-being.

One of the key pedagogical mechanisms is the individualization of approaches. Given the differences in students' physical abilities, it is necessary to create personalized training programs. This will allow each student to develop according to their needs and abilities[3]. Effective motivation plays an important role in the formation of physical qualities. Pedagogical mechanisms should include incentive systems based not only on achievements in sports, but also on the personal progress of each student. Creating a competitive atmosphere that stimulates physical activity is an integral part of the educational process.

The formation of physical qualities should not be perceived as a separate block of training. The integration of physical education into the learning process can be achieved through the introduction of active learning methods, such as lessons outside the classroom, sports events and thematic projects. Regular monitoring and evaluation of physical progress are an integral part of effective pedagogical mechanisms. Developing assessment criteria, taking into account individual achievements and conducting regular tests will allow both students and teachers to track progress and make adjustments to the learning process.

Modern education faces the need not only to provide students with theoretical knowledge, but also to develop their physical qualities. Physical activity plays an important role in the health and overall well-being

of adolescents. This article discusses pedagogical mechanisms aimed at the formation of physical qualities of high school students, taking into account modern requirements and challenges of the educational environment.

The initial stage of the work is an analysis of the current challenges facing the high school. Sedentary lifestyle, information overload and lack of physical activity have a negative impact on the physical condition of adolescents. Teachers are faced with the task of creating an environment conducive to the development of students' health[4]. One of the key mechanisms is the individualization of learning approaches. Taking into account the variety of physical abilities of high school students, teachers should develop programs that correspond to the level of training of each student. This allows us to focus on the needs of everyone, contributing to a more effective formation of physical qualities.

Developing an interest in physical activity is an integral part of successful learning. The development of special programs, including exciting activities, competitions and team building, encourages high school students to participate in physical training. This not only increases motivation, but also contributes to the formation of physical skills. Systematic physical activity plays a key role in shaping health. Teachers should develop flexible training schedules that take into account the specifics of the educational process[5]. Using a variety

of physical activities, from games and sports to yoga and dancing, helps children develop comprehensively. The organization of the control system is important. The introduction of in-class and out-of-school mechanisms, such as regular physical tests, health monitoring and the preparation of individual programs, contributes to more effective monitoring of progress and correction of teaching methods.

The modern educational environment is facing challenges related to insufficient physical activity of high school students. The importance of taking care of the physical health of adolescents is becoming undeniable, and therefore the issue of the formation of physical qualities becomes key. In this article, we will consider pedagogical mechanisms aimed at the effective development of physical characteristics of high school students. One of the important mechanisms is the individualization of learning[6]. Given the differences in physical fitness of students, teachers should adapt programs and techniques to achieve the best results. Individual approaches contribute to more effective learning of the material and motivate high school students to participate in physical education classes.

Creating incentives and a control system is another important aspect. Pedagogical methods aimed at generating interest in physical activity include organizing competitions, games and innovative training[7]. The system of rewards and feedback helps

to maintain the constant interest and motivation of students. Taking into account the digitalization of education, pedagogical methods should integrate modern technologies. Mobile apps, virtual simulators and online resources create exciting opportunities for physical activity. This approach not only makes the learning process more attractive, but also ensures accessibility for high school students outside the classroom. The involvement of parents and specialists is a key moment in the successful formation of physical qualities of high school students. Cooperation with the parent community helps to create a supportive environment for teenagers, and consultations with physical training specialists ensure a high professional level of education.

CONCLUSION

Effective pedagogical mechanisms for the formation of physical qualities of high school students require a systematic approach. Individualization, motivation, technology and cooperation with parents are key components of success. The development of physical qualities not only promotes health, but also forms valuable self-regulation and teamwork skills among high school students, which are necessary in modern society. The article considers pedagogical mechanisms aimed at the formation of physical qualities of high school students. Individualization of approaches, stimulation of interest and systematic physical activity in combination with control mechanisms create an

optimal learning environment. The development of these strategies will help ensure that adolescents not only have a successful academic, but also a healthy physical future. The formation of physical qualities of high school students requires a comprehensive and systematic approach on the part of teachers. Individualization, motivational aspects, integration into the educational process and monitoring of progress are key mechanisms that contribute to the creation of a healthy and active lifestyle of students, which, in turn, contributes to successful learning and the formation of sustainable skills to take care of their own health.

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