

IN PROMOTION OF INTEREST IN SPORTS ROLE

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Abstract

This article examines the role of educators in fostering interest in sports among young people, as well as the integration of physical education and sports into the educational process. The article outlines the educator's tasks and methodologies, including awakening interest in sports, promoting a healthy lifestyle and developing teamwork and psychological resilience. It also highlights the importance of using modern technologies and collaborating with parents in the promotion of sports. The article emphasizes the results of pedagogical work and the positive changes in students' lives related to their increased interest in sports and personal development.

Keywords: Educator, interest in sports, physical education, educational process, motivation, methodology, teamwork, psychology, modern technologies, collaboration with parents, healthy lifestyle, effectiveness of pedagogical work.

Introduction

In every country, the sphere of physical culture and sports contributes to the development of healthy youth development, increasing physical and spiritual vigilance. The issue of promoting interest in sports and stimulating the physical activity of young people is becoming one of the most pressing tasks for educators. Sport not only teaches young people to strive for a healthy lifestyle, but also forms in them discipline, teamwork, and a sense of responsibility. Therefore, it is important for educators to understand the importance of sports in the educational process and implement methods aimed at increasing interest in sports.

The sphere of sports and physical culture in Uzbekistan is a separate area of state policy is of great importance. One of the important tasks in the education system remains the formation of a healthy lifestyle for young people, their involvement in sports, and stimulation of physical activity. The implementation of a number of measures aimed at popularizing physical culture and sports in our country during the period of independence will increase interest in sports among young people. Educators, by integrating sports into the educational process, contribute to the physical and spiritual development of students. Therefore, the role of the teacher in promoting interest in sports is invaluable.

In this article, we will discuss what methods teachers in Uzbekistan use to increase interest in sports and how to improve the physical, moral, and social well-being of young people Let's consider its significance in development.

The role of the teacher in promoting interest in sports and the main ones in this process the problem of the integration of methodological approaches, pedagogy, and sports of significant importance. The following methodology plays a key role in this process:



Integration of pedagogical and sports methods

For the effective introduction of sports into the educational process, it is necessary for teachers to integrate the basic principles of sports into pedagogical methods. This includes methods aimed at performing movement and physical activity, teamwork, and increasing attention in competition. Through sports games and classes, it is possible to achieve the formation of discipline and a sense of responsibility in students.

Motivational learning style

Motivation plays an important role in promoting interest in sports. Educators should use various methods to explain the importance of sports, demonstrate the advantages of being an athlete, and encourage each student to improve their skills. Also, taking into account the personal interests of students and helping them set goals for themselves is one of the important methods of motivation.

Teamwork and psychological support

Sport is an excellent tool for developing teamwork. Teachers should use pedagogical methods aimed at forming team spirit through sports games, respectful treatment of each other, and encouraging trust and cooperation. In addition to personal development, teaching teamwork is very important. Educators also need to apply important methods to help students psychologically, suppress their negative emotions, and ensure they feel confident through sports.

Ensuring the integration of sports in the educational process

In promoting interest in sports, educators should strive to integrate sports at every stage of education. For this, it is important to choose sports in physical education classes, hold sports competitions, and teach topics related to a healthy lifestyle. In order to increase interest in sports, educators should organize lessons and events that meet the interests and needs of students and stimulate physical activity.

Social and cultural events

In promoting interest in sports, the organization of social events, sports festivals, and competitions should be an important part of the pedagogical process. These activities contribute to increasing the social activity of students, further stimulating their interest in sports, and developing their social skills. The social significance of sports, its place in society, and activities aimed at strengthening social relations play an important role in increasing interest in sports among young people.

Based on this methodology, teachers conduct their lessons and educational work active promotion of sports, encouragement of physical activity and among young people effective work to promote a healthy lifestyle is possible.

DISCUSSION AND RESULTS

The teacher is the key to the effective implementation of the tasks of sports.

Individual. Its functions are:



- awakening interest in sports among young people;
- Provide an understanding of the benefits of sports;
- Development of methods adapted for students of different ages exit;
- Be a positive example in organizing sports activities.

Methodology for forming interest in sports

Use game methods

For children and adolescents, play is the main part of the educational process. Teacher:

- Organizes sports games (football, volleyball, basketball);
- Conducts competitions and entertainment events;
- Sets rewards for wins and participation.

Be a personal example

The teacher should be an example with their physical activity:

- Regular exercise;
- Promoting a healthy lifestyle;
- Participation with students (for example, running together, in the hall) practice).

Individual approach

Taking into account the abilities and interests of each student:

- Offering sports depending on their interests;
- Providing additional assistance to inaccurate children;
- Support for those interested in the sports profession.

Use of modern technologies

- Demonstration of sports events through videos and illustrations;
- Provide stories about the life path of athletes;
- Share sports materials on social networks.

Parent collaboration

- Conducting family sports events;
- Inform parents about the role of children in physical education;

The teacher's achievements

- Increasing students' interest in sports;
- Formation of a healthy lifestyle;
- Improvement of social relations (community, friendship, discipline);
- Increase the number of professional athletes.

The role of the teacher in promoting interest in sports, physical education and through the integration of sports into the educational process, the spiritual, moral and contributes to achieving significant results in physical development. This

The main results of the work are as follows:



Improvement of physical and spiritual development

By properly integrating sports into the educational process, educators form students' interest in a healthy lifestyle. Along with the influence of sports on the physical health of young people, spiritual qualities such as moral values, responsibility, discipline, and trust are developed in them.

Improvement of teamwork and social skills

Through sports games and teamwork, students develop the ability to work in a team. When promoting interest in sports, educators focus on cooperation, mutual respect, and trust, not just individual or competition. This helps to educate active and responsible citizens in society.

Improved psychological and emotional development

Sports and physical activity contribute to increasing the stress-resistant abilities of young people, forming self-control, moderation, and emotional stability. To improve the personal psychological state of students, educators continuously promote sports and awaken their positive emotions.

Increased interest in a healthy lifestyle

As a result of promoting interest in sports, interest in a healthy lifestyle among young people has increased, and their sense of responsibility for healthy eating, regular physical activity, and maintaining health has increased.

Development of spiritual values and moral character

Through sports games, it helps develop patience and mutual respect in students through justice, fairness, and victory in competition. Educators play an important role in promoting interest in sports, as well as in the formation of humanistic and social skills.

Increased effectiveness of pedagogical work

By promoting sports, teachers have the opportunity to increase students' motivation, strengthen their desire to achieve high results, and use new forms in the educational process. Promoting interest in sports serves as an important factor in increasing the effectiveness of pedagogical work and ensuring the overall development of students. At the same time, the role of the educator in promoting interest in sports leads to more positive changes among young people and becomes an important part of a healthy lifestyle, team spirit, and personal development in their lives.

Pedagogue - in the promotion of sports and increasing the physical activity of young people is of primary importance. Its task is not only to teach sports skills, but also to awaken in students a passion for sports, to help them form a healthy lifestyle. In this case, the teacher's methodological ability, personal example, use of innovative methods, and psychological approach to working with children are of great importance.

Research and practical experience show what methods the teacher can use the stronger the student's interest in sports will be. Games, competitions, modern technologies and cooperation with parents - all these are effective ways to promote sports.



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