



## **MODERN INNOVATIVE-FITNESS METHODS IN PHYSICAL EDUCATION CLASSES IN GENERAL SECONDARY EDUCATIONAL INSTITUTIONS**

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### **Relevance**

At a time when the world is in the process of integration in the field of education, the focus is on improving the quality of education and the organization of the system in accordance with uniform standards. In the practice of developed countries, the issues of preparing students for the educational process, physical development have become the main focus of leading higher education institutions and research centers, and international experience is becoming more popular.

### **Introduction**

Currently, the main task is to use new innovative technologies in physical education classes in secondary schools, to organize interesting lessons and classes.

It serves as an important tool to increase students' interest in lessons in conjunction with improving the physical fitness of students and optimizing the quality of the educational process through the use of new innovative technologies in physical education classes.

Over the past decades, the organization of modern physical education in our country and abroad and the critical analysis of the results achieved in educational institutions are observed as a daily program practice. Today, one of the main problems is the modernization of the modern system of physical education and the theoretical processes of the field. The purpose of the study is to analyze the modern system of physical education, based on local and foreign experience, to identify key conceptual approaches to the modernization of the theory and practice of physical education, to implement new modern approaches to lesson organization.

### **Research Results and their Discussion**

Roland Naul and Christian Richter highlight three concepts of physical education that, in their view, are a priority not only for teachers in their own countries, but also for Finland, the Netherlands and the UK:





- 1) "Health education"
- 2) "movement education"
- 3) "sports education"

The same approach to the theory of physical education and its practical application applies to the United States. For example, there is an education system called "Physical Best" developed by American scientists and practitioners in recent years - a comprehensive physical education program in the process of physical education, physical activity, health interests in lifestyle are focused on shaping behaviors [3].

### **Research Methods**

literature analysis, pedagogical observation, questionnaire, anthropometry, pulsometry, pedagogical experimental methods.

Recently, the conceptual approach to physical education has become very popular in both European countries and the United States; this includes extensive use of fitness technologies and techniques. In recent years, the number of people interested in the fitness direction of physical education is growing. Much attention is paid to the system of physical education, including the introduction of appropriate fitness programs and technologies in schools, universities and other educational institutions [3, 4]. The word "fitness" translates from English ("to be fit for" to mean fit, energetic, healthy) meaning "fitness, fitness".

The term was introduced in the United States to refer to fitness in physical education activities. Sometimes it is understood in a narrow physical sense - the activity of the heart and lungs, the ability of joints to move freely, well-developed muscles, strength, flexibility, aerobic endurance, weight loss, etc.

At the same time, the semantic meaning of the word "fitness" has gradually evolved: it includes the social, mental, spiritual, and physical components that "represent a person's physical health, his or her fitness for physical activity" positive optimization of the quality of a healthy lifestyle [3, 4].

According to the definition approved by the World Health Organization, fitness (fitness) is the ability to solve daily tasks, to be energetic and fast, to work tirelessly, to actively spend free time and to solve problems calmly.

In the Oxford Encyclopedic Dictionary of Sports and Sports Medicine (2004), translated into many languages of the world, the term "fitness" refers not only to good physical condition, but also to intellectual, emotional, social, and spiritual principles. [4].

Exercise, sports, other types of games are used in the physical education of students - aerobics, dance, gymnastics, badminton, tennis, table tennis, archery, bowling,





swimming, wrestling, team games, types of yoga, fitness can be the basis of modern approaches [2].

According to many experts, the organization of pedagogical activity is based on the principles of person-centered, personality-developing pedagogy.

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