



## ORGANIZATION OF THE EDUCATIONAL PROCESS IN PHYSICAL EDUCATION CLASSES AT THE UNIVERSITY

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### **Abstract:**

Physical activity plays an important role not only in maintaining physical fitness but also in improving mental well-being. Testing students through the performance of physical activities is a way to assess their individual capabilities and tailor physical programs to their needs. Regular tests can determine students' fitness levels, including strength, endurance, flexibility and coordination. based on the results of the tests, instructors can develop personalized exercise programs that are tailored to students' individual abilities and goals.

**Keywords:** Physical training, effectiveness, departments, students, self-monitoring, research.

### **Introduction**

Physical education in the system of general education does have unique features that distinguish it from other academic subjects, it has several key aspects. For example, a comprehensive approach - Physical education covers not only physical development but also the development of personal qualities such as discipline, will, team spirit. Next, health and prevention - One of the main aspects of the subject is the impact on students' health. Physical education helps to build skills for healthy living and disease prevention. Motor and coordination development - physical activity improves motor skills, coordination and flexibility, which is important not only for sport but also for everyday life. Social skills - team sports develop interaction, cooperation and communication skills, which are important for social adaptation and the development of healthy relationships. Emotional state - Physical activity has a positive effect on mental health, reducing the level of stress and anxiety, which is especially relevant in the conditions of modern society. Methods and forms of training - the use of various methods and forms of organizing classes (game, competitive, recreational) makes the learning process more diverse and interesting for students.

The methodology of teaching physical education as an independent educational subject continues to develop and adapt to modern requirements. In the historical context, physical exercise was originally an important element in the transmission of





social experience. They contributed to the formation of personal qualities such as responsibility, discipline and team spirit, which remained relevant throughout the centuries. In the social environment, physical education not only develops physical abilities but also plays a role in socialization. Through sport and physical activity, students learn to interact and work in teams. In modern approaches, the methodology of teaching physical education has undergone changes in recent decades, emphasizing the individual needs of students, their health and mental state. This includes the introduction of new technologies, adaptive physical education and diverse forms of teaching. Physical education is increasingly being integrated with other disciplines, emphasizing the importance of an interdisciplinary approach. For example, health and physical activity can be linked to lessons in biology, ecology and even psychology. The formation of scientific and methodological basis of the subject “Physical Culture” at the present stage requires a deep analysis of socio-biological and psychological-pedagogical aspects.

Socio-biological aspects have several factors, e.g. physical activity is directly related to health improvement and disease prevention. It is important to take into account the biological characteristics of students, such as age-related changes and genetic predispositions, in order to adapt physical education programs. The social environment in which children grow up and learn influences their attitudes towards physical activity. Cultural and social backgrounds should be taken into account so that activities can be adapted accordingly. And outdoor activities can help promote not only physical but also mental health. This emphasizes the importance of developing environmental awareness through physical culture.

### **Goals and Objectives**

Psycho-pedagogical aspects, given the diversity of students, it is important to design programs that meet their individual needs and interests. This includes adapting teaching methods and choosing activities. Understanding the factors that contribute to student motivation helps to create more effective programs. It is necessary to develop not only physical skills but also a positive attitude towards physical activity as an important part of life. Physical education contributes to the development of leadership and social skills. This is necessary for the formation of a harmonious personality capable of interacting in society.

### **Research Methods**

The method of analysis and generalization of scientific and methodological literature allows to study existing theories, approaches and practices in the field of physical





education. Literature analysis helps to identify the main trends and problems, as well as best practices that can be adapted to modern conditions. The study of curricula, programs, methodological recommendations and other documents allows assessing the current state of physical education teaching and identifying shortcomings that require correction. Collecting and analyzing successful practices from different educational institutions helps to identify effective methods and approaches that can be introduced into their practice. It also facilitates the dissemination of innovative ideas and methods among educators. Observation of the learning process and students' interaction during the lessons will provide valuable information on how the methods are implemented in practice. The results showed that an individualized approach to students increases their engagement and motivation. Given the diversity of interests and needs, it is important to develop programs that address these facets. Physical education helps students develop teamwork and group skills, which are essential for successful socialization in society. This is particularly relevant in the context of globalization and multiculturalism. Regular physical education helps to improve the general health of students and increase their psycho-emotional well-being. It is important for the formation of a stable personality capable of coping with life's challenges.

In a dynamically changing world, educational institutions must constantly review and update their approaches and methodologies. This requires the active participation of educators, scientists and community representatives in the process of developing new programs. Establishing partnerships between educational institutions and the community will allow for a better understanding of the demands and needs of society. This, in turn, contributes to the creation of more relevant and up-to-date training programs. The introduction of new technologies, such as distance learning and interactive platforms, opens new horizons for physical education teaching.

The way to achieve human harmony is through systematic physical exercise. Regular physical training will help to strengthen the cardiovascular, respiratory and muscular systems. Reduces the risk of developing various diseases and contributes to the overall well-being. Physical activity helps improve blood circulation, which in turn increases the flow of oxygen and nutrients to the brain. Helps lead to improved cognitive function, memory and concentration. Studies show that physical activity increases productivity in the workplace. Employees who exercise are more energetic and less stressed.

There are differences between physical exercise and ordinary motor activity, as physical exercise is designed with a specific purpose - to improve physical fitness, develop certain qualities (strength, endurance, flexibility) or correct the figure. In



contrast, everyday movements (e.g., housework or walking) do not always have this focus. Physical exercises usually include pre-planned complexes that take into account the fitness level and goals of the exerciser. It includes a warm-up, a main part and a warm-down to avoid injuries and achieve the desired results. Physical exercises are designed to affect different organs and systems of the body, which allows you to achieve a complex effect. For example, strength training strengthens muscles and joints, while cardio exercises improve heart and lung function.

In the process of studying, students are expected to have a sedentary lifestyle, resulting in a whole set of undesirable changes: the activity of the central nervous system, hormonal and other vital systems of the body deteriorates.

Maintaining an active lifestyle and a healthy lifestyle is critical to preventing the negative consequences of a sedentary lifestyle. Organize your daily routine, establish a regular schedule that includes time for study, rest and physical activity. It will help to organize the day and reduce stress levels. Regular exercise or physical activity will help strengthen the cardiovascular system, improve metabolism and increase overall energy levels. At least 30 minutes of moderate physical activity every day is recommended. Getting rid of bad habits, smoking, excessive alcohol consumption and other negative habits can significantly worsen your health. It is important to strive for a healthy lifestyle and avoid such factors. Providing the body with all the necessary nutrients is important for maintaining energy and health. It is advisable to include more vegetables, fruits, whole grain products, protein and healthy fats in your diet. When studying for long periods of time, you should take breaks to stretch and rest. This will help improve concentration and reduce fatigue.

## Conclusions

This system not only provides physical development of students, but also forms their skills of self-regulation, independence and responsibility. An important value is the integration of theoretical knowledge with practical skills, which allows students to better realize the importance of physical activity for health and professional growth.

In addition, the use of modern technologies, such as online learning and training platforms, as well as interactive applications, makes the process of physical education more accessible and engaging, and helps to increase students' motivation and interest in physical education.

The introduction of various forms of training, such as group and individual classes, seminars and master classes, allows to take into account the individual needs and interests of students. Thus, each of them can choose the most suitable format of work, which also has a positive impact on their involvement in the learning process.





Ultimately, an integrated approach to the organization of the educational process in physical education not only contributes to the formation of physical education, but also helps students to develop personal qualities necessary for successful professional activity, such as teamwork, leadership and the ability to make decisions under conditions of uncertainty.

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