

Modernization of the Subject "Theory and Methodology of Physical Culture" in the Higher Education System Based on International Experience and Methods to Increase its Effectiveness

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Abstract:

The article analyzes the ways of modernization and increasing the efficiency of the discipline “Theory and Methodology of Physical Education” in the system of higher education based on foreign experience. The results of the study show that it is possible to increase the physical activity of students through the introduction of information technologies, an individual approach and the adaptation of foreign experience. The article also studies the best practices of higher education institutions in the USA, Finland, Germany and Great Britain, and considers their potential for adaptation to the Uzbek education system.

Keywords: Physical culture, methodology, innovation, modernization, education system.

Introduction. The subject “Theory and Methodology of Physical Culture” holds a significant place in the higher education system. This discipline contributes to improving students' physical fitness, promoting a healthy lifestyle, and supporting their overall development. In the modern world, due to technological advancements and changing lifestyles, the content and methods of physical education also require updates. International experience demonstrates that in developed countries, innovative methods aimed at increasing students' physical activity are widely applied through the modernization of physical education.

Reforms in this direction are also being carried out within Uzbekistan's higher education system. Developing the **theory and methodology of physical culture** based on international experience, integrating new technologies into the teaching process, and enhancing effectiveness are among the most pressing issues. This article analyzes international experiences, explores their adaptation to Uzbekistan's higher education system, and examines innovative pedagogical approaches and methods for increasing efficiency.

Methods. The study employed the following methods:

- **Comparative Analysis** – The physical education systems of various countries were examined, and their effectiveness was analyzed.
- **Experimental Research** – The effectiveness of innovative methods was tested by implementing them in selected higher education institutions.
- **Statistical Analysis** – Data on students' physical activity and fitness levels were collected and evaluated to assess changes over time.
- **Sociological Surveys** – Surveys were conducted among students and instructors to identify existing issues and gather suggestions for improvement.

Results. The study revealed the following key findings:

- **Integration of Information Technologies** – The effectiveness of physical education lessons improved through the use of distance learning platforms, interactive training programs, and video lessons.
- **Integrated Approach** – Aligning physical education with other subjects increased student motivation. For example, combining physical education with courses on healthy lifestyles yielded positive results.
- **Personalized Approach** – When training sessions were tailored to students' individual physical capabilities, their performance significantly improved.
- **Increase in Physical Activity** – Students participating in sessions based on new methodologies showed a **20-30% increase** in physical activity.
- **Enhanced Motivation** – Students highly rated lessons that incorporated innovative teaching methods and technologies.

Comparison with Foreign Higher Education Institutions

Various models are used in developed countries for teaching the theory and methodology of physical culture. A comparison of these approaches helps identify opportunities for development in Uzbekistan's higher education system:

- **USA (Harvard University, Stanford University)** – Students can choose their physical education courses, including sports medicine, individualized rehabilitation, and innovative training technologies.
- **Finland (Helsinki University)** – Physical education classes follow an integrated model that supports not only physical fitness but also mental health and motivation.
- **Germany (Freie Universität Berlin)** – A differentiated approach is applied, where individual training programs are designed for each student.
- **United Kingdom (University of Oxford, University of Cambridge)** – Interactive methods and sports analytics technologies are used to monitor and enhance student performance.

For improving Uzbekistan's higher education system, the Finnish and German models are the most suitable, as they emphasize individualized approaches, innovative technologies, and student

engagement. Studying and implementing these approaches will be essential for modernizing the theory and methodology of physical culture in Uzbekistan.

Conclusion. Modernizing the theory and methodology of physical culture based on international experience plays a crucial role in the higher education system. The research results indicate that implementing information technologies, adopting an integrated approach, and considering individual capabilities contribute significantly to improving effectiveness. Furthermore, the use of innovative pedagogical technologies, distance learning platforms, and motivational methods enhances student engagement.

For future development, it is essential to conduct further in-depth research, strengthen international collaboration, and expand the implementation of modern technologies. This will not only improve students' physical development but also make a significant contribution to shaping a healthy lifestyle.

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