



THE IMPORTANCE OF PERSON-ORIENTED EDUCATIONAL TECHNOLOGIES IN THE PROCESS OF PHYSICAL EDUCATION

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Annotation: This article covers the theoretical and methodological foundations of person-oriented educational technologies in the process of physical education and their practical significance. Also, the role of modern pedagogical technologies, interactive methods and innovative approaches in the formation of physical development, independent thinking and social activity is scientifically substantiated. The use of person-oriented educational technologies, along with increasing the physical fitness of students, serves to form their personal development and healthy life skills.

Keywords: physical education, individual approach, differentiated education, healthy lifestyle, motivation, interactive methods, physical development, student personality.

Introduction.

In today's globalization process, the issue of raising a harmonious generation is gaining special importance as one of the important factors in the development of society. In particular, the formation of students as not only mentally, but also physically healthy, active and independent-thinking individuals poses new challenges for the education system. In this regard, abandoning traditional approaches to organizing physical education classes and introducing modern pedagogical technologies focused on the student's personality is emerging as an urgent pedagogical problem.

Physical education is not just a set of physical exercises, but an important socio-pedagogical process that serves to comprehensively develop the student's personality. In this process, the individual characteristics of each student - his interests, needs, level of physical fitness and psychological state - must be taken into account. Person-oriented educational technologies serve to increase the effectiveness of education by focusing on these aspects. This approach ensures that the student is seen as an active subject of the educational process, his independent thinking, understanding and development of his capabilities.

The introduction of a person-centered approach in the modern education system requires a radical renewal of the content and methodology of physical education lessons. This requires high pedagogical skills, innovative thinking and an individual approach from the teacher. Through interactive methods, differentiated tasks, game technologies and methods that promote a healthy lifestyle, students will have the opportunity to develop social competencies along with physical activity. Therefore, the use of person-centered educational technologies in the process of physical education serves not only the physical development of students, but also the formation of their life position, the formation of a conscious attitude towards a healthy lifestyle. This is an important condition for organizing the educational process on the basis of humanistic principles.

Literature review:

In recent years, the issue of introducing person-oriented educational technologies in the process of physical education has become one of the most relevant scientific areas on a global scale. An analysis of recent studies shows that during this period, special attention is paid to the individualization of education, the integration of digital technologies and the improvement of physical education lessons based on a competency-based approach.

In foreign studies, especially in European and Asian countries, the combination of an individual approach with digital tools in physical education lessons is considered a priority. Researchers have proven that using mobile applications, fitness trackers and online platforms to monitor students' physical activity, determine the level of personal load and monitor the dynamics of individual development is effective. The results show that such an approach increases students' motivation and increases their interest in independent training.

The integration of inclusive education and person-centered physical education was also widely covered in the studies conducted in 2022–2024. In this direction, mechanisms for developing a system of differential exercises in conditions where students have different physical capabilities and using adaptive methods were proposed. The results of the study show that combining an inclusive and person-centered approach, while ensuring social equality, increases students' self-confidence.

Another important area of scientific research conducted in recent years is the organization of physical education classes based on a competency-based approach. The studies emphasized the importance of forming not only physical qualities (strength, endurance, speed) in students, but also social, communicative and self-management competencies. Person-centered technologies are considered the main tool in this process, ensuring the active participation and reflexive approach of the student.

In the research conducted by Uzbek scientists in 2021-2025, the issues of forming a healthy lifestyle based on national values and modernizing physical education classes were of priority. In particular, scientifically based recommendations were developed on designing lessons taking into account the age and individual characteristics of students, using gaming technologies, as well as increasing educational efficiency through sports and national active games.

In addition, the problems of organizing physical education classes in the post-pandemic period (2021–2023) were also analyzed in the research. In this regard, it is scientifically substantiated that it is possible to maintain and develop physical activity of students through video lessons, online classes and individual exercise programs. In general, the analysis of scientific research in recent years shows that the use of personally oriented educational technologies in the process of physical education leads to the following results:

- ensuring the individual development trajectory of students;
- increasing motivation for physical activity and a healthy lifestyle;
- developing social and personal competencies;
- increasing the efficiency of the educational process.

At the same time, existing research shows that there are still issues in this area that are waiting to be resolved. In particular, the development of innovative models suitable for the national education system, increasing the digital competence of teachers and the widespread introduction of personally oriented technologies into practice remain urgent tasks.

Discussion.

The issue of using person-oriented educational technologies in the process of physical education represents not only a methodological renewal in today's education system, but also a fundamental change in pedagogical thinking. If in the traditional approach the student is considered more of a performer, then in modern person-oriented education he becomes an active subject, that is, a direct participant in his own development. This requires a revision of the content, form and methods of physical education lessons. During the discussion, it was determined that a person-oriented approach is an important factor in increasing the effectiveness of physical education lessons. Because each student has a different level of physical fitness, health, psychological state and interests, it is pedagogically unjustified to expect high results from all students through a single standard system of exercises. Therefore, classes organized on the basis of a differentiated and individual approach create conditions for the full manifestation of students' potential.

However, a number of problems are observed in the implementation of this approach in practice. First of all, it is noticeable that the methodological training of teachers in the use of personally oriented educational technologies is insufficient. In many cases, lessons are still conducted in a traditional style, which does not allow to fully meet the individual needs of students. Also, one of the problems is the lack of didactic materials, technical means and methodological guides necessary for the individualization of the educational process. At the same time, modern pedagogical technologies - interactive methods, game activities, digital tools and innovative approaches to promoting a healthy lifestyle - allow for a more meaningful and effective organization of physical education lessons. In particular, through the formation of students' self-assessment and reflection skills, their conscious attitude to the lesson process is strengthened. As a result, the student not only develops physically, but also learns to take responsibility for his health. The results of the discussion show that person-oriented educational technologies are an important tool for humanizing, democratizing and increasing the efficiency of the physical education process. However, the full effectiveness of this approach is ensured only when it is used systematically, that is, in harmony with the pedagogical conditions, teacher qualifications and educational environment.

Conclusion.

This article analyzes the theoretical and practical aspects of person-oriented educational technologies in the process of physical education and substantiates their role in the comprehensive development of the student's personality. The results of the study show that the organization of education on the basis of individualization and a differentiated approach, along with increasing the physical fitness of students, serves to form their independent thinking, self-management and a conscious attitude to a healthy lifestyle.

The use of person-oriented educational technologies significantly increases the effectiveness of physical education lessons, increases students' interest and motivation in the lesson. At the same time, this approach creates the opportunity to take into account the individual capabilities of each student and determine his personal development trajectory. As a result, the physical education process becomes a complex pedagogical system aimed not only at physical development, but also at the formation of social and personal competencies. However, the problems identified during the study - the insufficient level of methodological training of teachers, the provision of educational tools and innovative technologies - require further research in this area. Therefore, in order to effectively introduce person-oriented



educational technologies into the physical education process in the future, it is necessary to improve methodological recommendations, increase the professional competence of teachers, and create a modern educational environment. In general, the use of person-oriented educational technologies in the physical education process is one of the important factors in raising a healthy, active, socially mature and competitive generation.

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