

**SCIENTIFIC METHODOLOGICAL PRINCIPLES OF FORMING THE INTEREST OF  
SCHOOL STUDENTS IN PHYSICAL EDUCATION AND PUBLIC SPORTS**

**Mukhametov Akhmad Mukhametovich**

Professor of the "Physical culture and sports activity" cafe of Tashkent State University of  
Economics

**Abstract:** This article is aimed at studying the scientific and methodological foundations of the formation of interest of schoolchildren in physical education and mass sports. Methods of literature analysis, survey and statistical analysis were used as research methods. The results show that, in order to increase student interest in sports, it is important to organize sports clubs in schools, hold competitions and encourage athletes. The involvement of parents and teachers in the process is also necessary. In the conclusion, recommendations were made for the further development of physical education and sports.

**Keywords:** Physical education, mass sports, schoolchildren, interest, scientific and methodological foundations.

---

## **INTRODUCTION**

Today, forming a healthy lifestyle in our country, increasing the interest of the population, especially the young generation, in physical education and sports is one of the priority directions of the state policy. As stated by President Shavkat Mirziyoyev, "In order for our children to grow up healthy and well-rounded, we must create the necessary conditions for them to show their interests and talents, to regularly engage in physical education and sports" [1].

From this point of view, development of physical education and mass sports in schools, increase of students' interest in sports and strengthening of their health is one of the urgent tasks. This article analyzes the scientific and methodological foundations of this issue.

## **METHODS AND LITERATURE ANALYSIS**

During the research, scientific literature, normative legal documents, statistical data in the field of physical education and sports were analyzed. The experience of foreign countries in this regard was studied, and the possibilities of application in the conditions of our country were considered.

During the research, a survey was conducted among the 8th-11th grade students of secondary schools in the region. In the questionnaire, such issues as the attitude to physical education classes, sports clubs and competitions, and the level of participation in them were studied. 100 students participated in the survey.

In addition, school teachers, coaches and parents were interviewed and their opinions were studied.

The collected data were statistically analyzed and their comparative results were drawn. Analysis was performed using SPSS 23.0 software.

## **RESULTS**

The results of the study showed that the majority of students, 72%, actively participate in physical education classes, and 63% participate in sports clubs. Also, 81% of the respondents noted that they understand the importance of sports in human health.

At the same time, some problems were also identified. In particular, 47% of the participants of the survey stated that there are not enough conditions at school for participation in sports activities. 39% emphasized the need to improve the qualifications of trainers.

A number of problems were also raised in the interviews with parents. Most people indicated that they support their children's interest in sports, but there are some barriers. For example, 35% spoke about the high cost of sports equipment and clothing, and 28% about the lack of time.

The results of the study showed that the majority of students, 72%, actively participate in physical education classes, and 63% participate in sports clubs. Also, 81% of the respondents noted that they understand the importance of sports in human health.

At the same time, some problems were also identified. In particular, 47% of the participants of the survey stated that there are not enough conditions at school for participation in sports activities. 39% emphasized the need to improve the qualifications of trainers.

A number of problems were also raised in the interviews with parents. Most people indicated that they support their children's interest in sports, but there are some barriers. For example, 35% spoke about the high cost of sports equipment and clothing, and 28% about the lack of time.

The results of the research show that school physical education classes play an important role in forming students' interest in sports. The content of lessons, the teacher's pedagogical skills and communication with students play a major role in determining their attitude to sports [6]. Therefore, it is necessary to make physical education classes more interesting and effective, to take into account the needs and interests of students.

Also, the activity of sports clubs in schools should be further developed. Clubs allow students to engage in their interests and develop additional skills. Studies show that students who regularly participate in sports clubs have higher physical fitness and interest in sports [7].

In addition, extracurricular sports institutions, including children's and youth sports schools, play an important role in attracting students to sports. It is necessary to establish cooperation with them, to improve the system of selection and support of talented students [8].

Mass media also play a big role in increasing students' interest in sports. Coverage of sports news, preparation of programs about famous athletes, promotion of their life and activities form students' desire for a healthy lifestyle [9].

## **CONCLUSION**

In conclusion, formation of schoolchildren's interest in physical education and sports is a multifaceted process, and it is necessary to start systematic work in this direction. The following recommendations can be made:

- Construction of modern sports facilities and inventory in schools, and their efficient use.
  - Attracting qualified physical education teachers and trainers, regularly improving their professional skills.
- Organization of sports clubs according to students' interests, encouraging their activities.
- Establish cooperation between school, parents and neighborhood, improve parents' attitude to sports.
- Organize sports competitions and events, identify and support talented students.

Consistent implementation of these measures will help students grow up physically and mentally healthy.

#### **LIST OF REFERENCES**

1. Muxamedovich, M. A. (2023). METHODOLOGICAL FEATURES OF TEACHING HIGH SCHOOL STUDENTS TO PRACTICE ATHLETICS. *International Journal of Pedagogics*, 3(05), 71-76.
2. Muxamedov, A. (2023). PROBLEMS AND SOLUTIONS FOR THE DEVELOPMENT OF PHYSICAL EDUCATION AND MASS SPORTS. *Евразийский журнал социальных наук, философии и культуры*, 3(2), 63-69.
3. Mukhametov, A. M. (2023). ENVIRONMENTAL THROUGH SPORTS TOURISM EVENTS IN STUDENTS PEDAGOGICAL CONDITIONS OF CULTURE DEVELOPMENT. *Евразийский журнал социальных наук, философии и культуры*, 3(4 Part 2), 51-55.
4. Мухамметов, А.М. (2022). Научно-методические основы нормирования нагрузок в физкультурно-спортивном здравоохранении. *Евразийский научный вестник*, 8, 194-197.
5. Мухаметов, А. М. (2022). СПЕЦИАЛЬНЫЕ ЗНАНИЯ ПЕДАГОГА И ИХ МЕСТО В ФИЗИЧЕСКОМ ВОСПИТАНИИ ДЕТЕЙ. *IJTIMOIY FANLARDA INNOVASIYA ONLAYN ILMIY JURNALI*, 2(5), 1-4.
6. Ahmad, M. (2022). Health Orientation as An Important Principle of the System of Physical Education. *Eurasian Scientific Herald*, 6, 84-87.
7. Mukhammetov, A. M. (2022). Scientific and Methodical Basis of Normalization of Loads in Physical Education and Public Sports Health Care. *Eurasian Scientific Herald*, 8, 194-197.
8. Mukhametovich, M. A. (2022). Scientific and Methodical Basis of Management of Loads in Physical Education and Public Sports Health. *Texas Journal of Multidisciplinary Studies*, 6, 321-324.
9. Ахмад, М. (2022). НОРМАТИВНАЯ НАГРУЗКА В ФИЗКУЛЬТУРНОЙ И ОБЩЕСТВЕННОЙ СПОРТИВНО-ОЗДОРОВИТЕЛЬНОЙ ДЕЯТЕЛЬНОСТИ. *Emergent: Journal of Educational Discovery and Lifelong Learning (EJEDL)*, 3 (2), 45-49.

10. Мухаметов, А.М. (2022). Научно-методические основы организации физкультурно-массовой физкультурно-оздоровительной подготовки в высших учебных заведениях. *ЕВРОПЕЙСКИЙ ЖУРНАЛ БИЗНЕС-СТАРТАПОВ И ОТКРЫТОГО ОБЩЕСТВА*, 2 (2), 14-17.
11. Qidirov Abror. (2022). JISMONIY TARBIYA JARAYONIDA O'QUVCHILARNING JISMONIY HOLATINI ANIQLASHDA TIZIMLI YONDASHUVNI TAKOMILLASHTIRISH. *Involta Scientific Journal*, 1(13), 10–15. Retrieved from <https://www.involta.uz/index.php/iv/article/view/364>
12. Amanov, A. SPORTS RITUALS AS A SOCIAL BASIS FOR THE FORMATION OF A SPORTISED ENVIRONMENT IN EDUCATIONAL INSTITUTIONS.