Pedagogical Technologies For Forming And Developing Students' Interest In Physical Culture And Sports

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Abstract: This article examines pedagogical technologies for developing students' interest and motivation in physical education and sports, as well as key aspects of fostering a value-based attitude toward physical activity and a healthy lifestyle among students. The importance of implementing innovative sports-psychological games and interactive methods of physical education for the younger generation is highlighted.

Keywords: Physical culture, motivation, interest, teacher, student, pedagogical technologies, game-based and competitive technologies, interactive methods.

Introduction: Physical education and sport play a vital role in the harmonious development of individuals, the formation of a healthy lifestyle, and the fostering of sustainable motivation for physical activity. However, today's schoolchildren often lack interest in physical education, due to the influence of digital technologies, low physical activity, and a lack of motivation. Therefore, the implementation of effective pedagogical technologies that foster students' sustained interest in physical education and sport is a pressing issue.

METHOD

Developing interest in physical education and sports is an important goal of the educational process, as regular physical activity promotes health, develops physical fitness, and fosters discipline. However, the declining motivation of students to participate in physical education in schools requires studying the factors influencing their interest.

The main pedagogical technologies for the formation

and development of students' interest in physical education and sports are the following:

Gaming technologies. Gaming-based activities increase motivation for physical activity, promote socialization, and foster team spirit. The use of competitive elements, quests, and role-playing games makes activities more engaging [1].

Information and communications technology (ICT). The use of digital technologies, such as interactive exercise equipment, fitness apps, and virtual simulators, can make training more varied and engaging. Video exercise analysis and online platforms for progress tracking can also be used [2].

Student-centered technologies. An individualized approach to students, taking into account their physical abilities and preferences, helps increase motivation for learning. For example, offering a choice of sports activities (football, yoga, dance, etc.) makes the learning process more engaging [3].

Project activities. Creating mini-projects on a healthy lifestyle and participating in school sports events and competitions contributes to the development of a conscious attitude toward physical education [4].

Collaboration technology. Incorporating elements of teamwork, paired and group exercises into classes develops communication skills and increases interest in sports [5].

The main factors in developing students' interest in physical education are the following:

Psychological factors: intrinsic motivation (enjoyment from activities, desire for self-improvement); extrinsic motivation (encouragement from teachers, parents, classmates); self-esteem and confidence in one's physical abilities.

Social factors: Family and community support: active parental involvement in sports activities promotes interest in children; peer influence: team activities or group training increases engagement; promotion of a healthy lifestyle through the media and social media.

Pedagogical factors: the competence of the physical education teacher, his ability to motivate students; the use of modern teaching methods (game technologies, interactive forms of classes); the variety of activities offered (sports, fitness, dancing, martial arts).

Logistical factors: the availability of modern sports infrastructure and equipment in educational institutions; the availability of sports sections and clubs at school and beyond; information technology (online training, fitness applications, interactive programs).

Developing students' interest in physical education and sports requires a comprehensive approach, including psychological support, social interaction, pedagogical strategies, and improved facilities. Only a combination of these factors will create sustainable motivation for an active lifestyle.

CONCLUSION

Developing students' lasting interest in physical education requires the use of modern pedagogical technologies. The use of games, ICT, student-centered, and project-based technologies makes classes more engaging and effective, thereby promoting physical activity and a healthy lifestyle among the younger generation.

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