

DEVELOPING STUDENTS' PHYSICAL QUALITIES THROUGH SPORTS GAMES

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Annotatsiya: Mazkur maqolada sport o‘yinlarining oliy ta’lim muassasalarida tahsil olayotgan talabalar jismoniy sifatlarini rivojlantirishdagi ahamiyati yoritilgan. Sport o‘yinlari orqali kuch, tezkorlik, chidamlilik, epchillik va harakatchanlik kabi jismoniy sifatlarni shakllantirish imkoniyatlari tahlil qilingan. Shuningdek, sport o‘yinlarining tarbiyaviy va sog‘lomlashtiruvchi jihatlari olib berilgan.

Kalit so‘zlar: sport o‘yinlari, jismoniy sifatlar, talabalar, jismoniy tarbiya, sog‘lom turmush tarzi.

Annotation: This article highlights the importance of sports games in developing the physical qualities of students studying at higher education institutions. The possibilities of forming such physical qualities as strength, speed, endurance, agility, and mobility through sports games are analyzed. In addition, the educational and health-promoting aspects of sports games are revealed.

Keywords: sports games, physical qualities, students, physical education, healthy lifestyle

Аннотация: В данной статье подчеркивается важность спортивных игр в развитии физических качеств студентов высших учебных заведений. Анализируются возможности формирования таких физических качеств, как сила, скорость, выносливость, ловкость и подвижность, посредством спортивных игр. Кроме того, раскрываются образовательные и оздоровительные аспекты спортивных игр.

Ключевые слова: спортивные игры, физические качества, студенты, физическое воспитание, здоровый образ жизни.е.

Introduction

Today, strengthening students' health and improving their physical fitness in higher education institutions is considered one of the important tasks. In the modern educational process, increased mental workload, a sedentary lifestyle, and excessive use of technology negatively affect students' physical condition.

Therefore, the effective use of sports games in physical education classes plays an important role in developing students' physical qualities. Sports games have a positive impact not only on students' physical development but also on their psychological and social development.

Main Part The Concept of Physical Qualities and Their Importance

Physical qualities are the main indicators manifested in human motor activity and include strength, speed, endurance, agility, and mobility. The development of these qualities increases the functional capabilities of the body and ensures high efficiency in labor and educational activities. The student period is considered the most favorable stage for developing physical qualities; therefore, the purposeful use of sports games yields significant results.

The Role of Sports Games in Physical Education

Sports games such as football, volleyball, basketball, handball, and table tennis are among the



most popular types of physical activities among students. During these games, exercises such as running, jumping, stopping, turning, and rapid movement are performed. As a result, students' bodies develop comprehensively. For example, football and basketball improve speed and endurance, while volleyball develops jumping ability and agility.

Methods of Developing Physical Qualities through Sports Games

Training sessions organized on the basis of sports games are engaging and effective. Gradually increasing the complexity of exercises and using game elements encourage students to participate actively. Applying an individual approach during training sessions is of great importance. Team sports games form cooperation, mutual respect, and teamwork skills among students, which increases their social activity.

Educational and Psychological Importance of Sports Games

Sports games have a positive effect on students' psychological state. During gameplay, stress is reduced and positive emotions emerge. Qualities such as striving for victory, correctly accepting defeat, willpower, and determination are developed. In addition, sports games foster discipline, responsibility, and self-control.

Conclusion

In conclusion, developing students' physical qualities through sports games is one of the important directions of the physical education system. Sports games serve to strengthen students' health and ensure their physical and psychological well-being. Therefore, it is necessary to widely introduce and popularize sports games in higher education institutions.

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