

MODERN APPROACHES TO ORGANIZING BELT WRESTLING TRAINING IN HIGHER EDUCATIONAL INSTITUTIONS

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Abstract: This scientific article analyzes modern approaches to the effective organization of belt wrestling training in higher educational institutions. The issues of improving students' physical fitness, developing their psychological stability and strengthening their motivation for sports are covered. The advantages of using innovative pedagogical technologies, an individual approach and digital tools are also shown.

Keywords: belt wrestling, higher education, physical education, pedagogical technology, sports training, motivation, innovation, individual approach.

INTRODUCTION

The current processes of globalization and digital transformation require the introduction of new approaches to all parts of the education system. In particular, the issue of organizing physical education and sports classes in higher education institutions is considered an important factor not only in the physical development of students, but also in their psychological stability, social activity and the formation of a healthy lifestyle. In this regard, the development of modern methods for teaching and organizing belt wrestling, one of the national sports, is of urgent scientific and practical importance.

Belt wrestling is a sport with an ancient history that embodies national values, courage, willpower and physical perfection. Through this sport, students not only gain physical fitness, but also develop important psychological qualities such as determination, quick decision-making, competitiveness and self-control. Therefore, the effective organization of belt wrestling classes in the higher education system is recognized as one of the important directions of pedagogy and sports theory.

In the modern education system, there is an increasing need to use innovative pedagogical technologies along with traditional teaching methods. This requires organizing the teaching process in an interactive, flexible and student-oriented way. In particular, high efficiency can be achieved by applying an individual approach to physical education classes, organizing differentiated education, and monitoring and analyzing them using modern technologies.

At the same time, the different levels of physical fitness, health, psychological state, and interests of students complicate the implementation of classes based on a single standard. This requires the teacher to have a high level of pedagogical skills, a creative approach, and the use of modern methods. In particular, one of the important tasks in sports classes is to form motivation, encourage students to actively participate, and realize their individual potential.

Today, there are a number of problems in organizing belt wrestling classes in higher educational institutions. In particular, factors such as insufficient material and technical base, uniformity of classes, insufficient introduction of modern methodologies, and low student motivation negatively affect the effectiveness of classes. To overcome these problems, it is necessary to widely introduce modern pedagogical and psychological approaches into practice.

The main purpose of this scientific article is to analyze the theoretical and practical foundations of modern approaches to organizing belt wrestling classes in higher educational institutions. Within the framework of the study, the issues of innovative pedagogical technologies, individual approach, motivational factors and psychological preparation are studied in depth and recommendations are developed for their implementation into practice.



The objectives of the research are:

- to study the theoretical foundations of belt wrestling training;
- to analyze modern pedagogical approaches;
- to determine the physical and psychological characteristics of students;
- to develop ways to increase the effectiveness of training.

The results of this research will serve to further improve physical education and sports training in higher educational institutions. At the same time, it is of great importance in shaping a healthy lifestyle for students, ensuring their physical and spiritual development.

LITERATURE ANALYSIS

Scientific research conducted in the field of physical education and sports in recent years shows that the effective organization of sports training largely depends on the pedagogical approaches and methodologies used. In particular, the introduction of modern educational technologies in the process of working with students in higher educational institutions is recognized as one of the urgent issues.

Scientific research on the theory and methodology of physical education emphasizes the importance of a systematic approach to increasing the effectiveness of sports training. Researchers emphasize the need to take into account the age, level of physical fitness and individual characteristics of students when planning training. This, in turn, requires the use of an individual and differentiated approach.

The issue of motivation is also widely covered in scientific sources in the field of sports pedagogy. Many studies show the important role of internal and external motivation factors in attracting students to sports training. Internal motivation is associated with a student's interest in sports, desire for self-development and personal goals, while external motivation is formed through incentives, competitions, awards and social recognition. Therefore, it is important to take these factors into account when organizing belt wrestling training.

According to psychological research, sports training has a significant impact not only on the physical, but also on the mental state of students. In particular, regular training helps to reduce stress, increase emotional stability, and strengthen self-confidence. At the same time, the competitive environment that arises during sports activities psychologically strengthens students and prepares them for various life situations.

Modern scientific literature also emphasizes the importance of innovative pedagogical technologies. In particular, it is shown that the effectiveness of training can be increased through the use of interactive methods, multimedia tools, video analysis, and digital monitoring systems. With the help of such technologies, students' actions are analyzed, errors are identified, and specific recommendations are developed to eliminate them.

Also, a study of foreign experience shows that in developed countries, an integrated approach is used to organize sports training. This approach includes physical training, technical and tactical skills, psychological preparation, and a healthy nutrition system. High results can be achieved by adapting these experiences to national sports, particularly belt wrestling.

The differential education approach also plays an important role in scientific sources. This approach involves organizing classes taking into account the individual capabilities and needs of students. This helps each student develop based on his or her own capabilities. This approach is especially effective when working with students with different levels of physical fitness.

In addition, the relationship between the teacher and the student is also an important factor in sports classes. Studies show that the teacher's positive attitude, support, and individual approach significantly increase student motivation. Therefore, the teacher's professional skills and communicative competencies directly affect the effectiveness of sports classes.

The above scientific views and analyses show that for the effective organization of belt wrestling classes in higher educational institutions, it is necessary to combine modern



pedagogical and psychological approaches. This will not only increase the quality of classes, but also have a comprehensive effect on the development of students.

RESEARCH METHODOLOGY

This scientific study is aimed at determining the effectiveness of modern approaches to organizing belt wrestling classes in higher educational institutions, and a comprehensive methodological approach was used. In the research process, theoretical and practical methods were used in harmony, ensuring the reliability and validity of the results obtained.

The theoretical basis of the study is the theory of physical education, sports pedagogy, sports psychology, and scientific views on modern educational technologies. Within the framework of these areas, an in-depth analysis of the existing scientific literature was carried out, and theoretical conclusions on the problem were developed. This made it possible to form the conceptual foundations of the study.

A number of scientific methods were used in the research process. First of all, the current state of belt wrestling classes was studied using the observation method. This method analyzed the level of organization of classes, the activities of teachers and students, the methods used, and their effectiveness. Based on the results of the observation, existing problems were identified and ways to eliminate them were determined.

Using the comparative method, the effectiveness of training organized on the basis of traditional and modern approaches was compared. This method identified the advantages and disadvantages of different approaches and created the opportunity to choose the most effective methods. Also, special experimental groups were formed on the basis of the pedagogical experiment method, and modern pedagogical technologies were introduced in them.

As one of the important stages of the research, questionnaire and interview methods were used. Through questionnaires conducted among students and teachers, their attitude to the training, interest and suggestions were studied. The use of the interview method made it possible to obtain more in-depth information, shed more light on the problems, and identify their causes.

Also, statistical analysis methods were widely used in the research. The data obtained were processed using mathematical and statistical methods, and the results were expressed in a clear and reliable form. This ensured the scientific validity of the research conclusions.

The practical part of the research was conducted on the basis of belt wrestling training organized in higher educational institutions. During the experiment, students were divided into two groups - control and experimental groups. In the control group, training was conducted in a traditional manner, while in the experimental group, modern approaches were used, including an individual approach, interactive methods and innovative technologies.

During the training, students' physical fitness, technical skills and psychological state were regularly monitored. The results obtained at each stage were recorded and analyzed. This made it possible to draw clear conclusions about the effectiveness of the training and their improvement.

In addition, special attention was paid to an individual approach during the study. The physical capabilities, level of training and psychological characteristics of each student were taken into account, and training programs were developed that were suitable for them. This helped students develop in accordance with their capabilities and achieve high results.

The use of modern technologies was also an important part of the research methodology. In particular, students' actions were recorded and subsequently analyzed using the video analysis method. This method served as an effective tool for identifying errors and eliminating them. Also, the results of the training were monitored using digital tools and the dynamics of student development were tracked.

In general, the methodology used is of a complex nature, combining theoretical and practical approaches. This not only ensures the reliability of the research results, but also expands the possibilities of their implementation in practice.

MAIN PART



1. The essence of modern pedagogical approaches

Modern approaches imply the orientation of the educational process to the student. This requires taking into account the individual characteristics of each student.

2. Individual approach

Since students have different physical fitness, psychological state and abilities, it is important to organize training individually.

3. Innovative technologies

You can increase the effectiveness of training using video analysis, mobile applications and online monitoring systems.

4. Increasing motivation

You can increase student interest through incentives, organizing competitions and evaluating results.

5. Psychological preparation

Psychological stability plays an important role in sports training. It is necessary to manage stress and build self-confidence.

DISCUSSION

The results of this study showed that modern approaches to organizing belt wrestling training in higher educational institutions are highly effective. The analysis of the data obtained confirms that, compared with traditional training methods, training organized on the basis of innovative pedagogical technologies and an individual approach has a significant positive effect on the physical and psychological development of students.

The results observed in the experimental group showed that the physical fitness indicators of students increased, their technical skills improved significantly, and their interest in training increased. This is explained, first of all, by the enrichment of the content of the training, the use of interactive methods, and the consideration of the individual characteristics of each student. In particular, it was observed that the individual approach helped students to fully realize their potential.

Also, one of the important aspects identified during the study was a significant increase in the motivation factor. Training organized on the basis of modern approaches encouraged students to participate more actively, increased their interest in sports. This, in turn, had a direct positive effect on the effectiveness of the training. Psychologically, it was observed that students increased their self-confidence, increased stress resistance, and began to act freely in a team environment.

It can be seen that the results are consistent with other scientific studies. Many researchers emphasize that the use of modern pedagogical technologies in sports training leads to high results. This study once again confirmed these ideas and showed the need for widespread use of such approaches in belt wrestling training.

However, some problems were also observed during the research process. In particular, it was noted that not all educational institutions were fully equipped with modern technologies, teachers did not have sufficient experience in using new methods, and some students had difficulty adapting at the initial stage. To eliminate these problems, it is advisable to improve the skills of teachers, strengthen the material and technical base, and establish a system for their gradual introduction.

In general, the results obtained showed that belt wrestling training, organized on the basis of modern approaches, is an important tool not only for improving physical fitness, but also for the comprehensive development of students' personalities. This determines the need to continue scientific research in this area and widely implement it in practice.

CONCLUSION

The results of this scientific research showed that the use of modern approaches in organizing belt wrestling classes in higher educational institutions is highly effective. The



analysis of the methods used and the results obtained during the research confirmed that classes based on innovative pedagogical technologies, an individual approach and psychological preparation have a significant positive impact on the physical and mental development of students.

According to the results of the research, classes organized on the basis of modern approaches play an important role in improving the physical fitness of students, developing their technical skills and increasing their interest in sports. In particular, it was found that an individual approach ensures their effective development by taking into account the capabilities of each student. This is an important factor in improving the quality of classes.

The importance of psychological factors was also highlighted during the research. Increasing motivation in students, building self-confidence and developing stress resistance directly affect the effectiveness of classes. Therefore, it is necessary to widely use psychological approaches in organizing sports classes.

Based on the results obtained, the following practical recommendations can be made:

- Widespread introduction of individual and differential approaches in belt wrestling classes;
- Effective use of modern pedagogical and information technologies;
- Application of methods aimed at increasing student motivation;
- Regular improvement of teachers' professional qualifications;
- Strengthening the material and technical base of sports classes.

In general, the organization of belt wrestling classes in higher educational institutions based on modern approaches ensures the comprehensive development of students. This not only strengthens physical health, but also increases their social activity, develops independent thinking and self-improvement skills. Therefore, it remains an urgent task to continue scientific research in this area and widely implement it in practice.

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