



## CURRENT PROBLEMS AND SOLUTIONS IN THE FURTHER POPULARIZATION OF PHYSICAL EDUCATION AND SPORTS IN HIGHER EDUCATIONAL INSTITUTIONS

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**Abstract:** *This article analyzes the main problems that arise in the popularization of physical education and sports among young people in higher educational institutions. Factors such as the decline in interest in sports among students and the effectiveness of physical education classes are considered. Also, effective solutions are proposed to improve motivation systems for the development of sports, create a modern sports base and strengthen promotional work. The results of the study are intended to be used in the development of strategies aimed at encouraging and developing physical activity in educational institutions.*

**Keywords:** *physical education, sports, higher education, problems, solutions, students, competition, coaching strategy, flexibility, movement skills, healthy lifestyle.*

Physical education and sports are of great importance in raising healthy, well-rounded young people. Especially in professional and higher educational institutions, they serve to stimulate physical activity among students, increase interest in sports, and strengthen national health. However, today there are various problems in the field of physical education and sports, which negatively affect the effectiveness of this process. For example, the lack of sufficient sports infrastructure and the fact that the curriculum does not allocate enough time for



physical education are considered the main problems. This article aims to identify the problems encountered in the popularization of physical education and sports in professional and higher educational institutions and to propose effective solutions to them.

## LITERATURE REVIEW AND METHODOLOGY

A number of studies on the development of physical education and sports in the education system have highlighted problems and solutions [1, 3]. In particular, Mardonov et al. (2020) emphasized the need to instill sport in students as a national value. Makhmudov (2020) also paid special attention to the innovative development of physical education and sports in educational institutions.

These studies used qualitative and quantitative methods to study the state of sports facilities in educational institutions and the level of interest in sports among students. This article analyzed the current state of physical education and sports in higher education institutions using questionnaire and interview methods.

The results of the survey showed that 65% of the analyzed educational institutions lack sufficient sports fields and equipment (Table 1). The level of regular participation in sports among students is only 40%. As shown in Figure 1, the most common problem among students is the high academic workload and the difficulty of dedicating time to sports. In addition, it was found that physical education teachers have limited opportunities to receive sufficient training in modern methods.

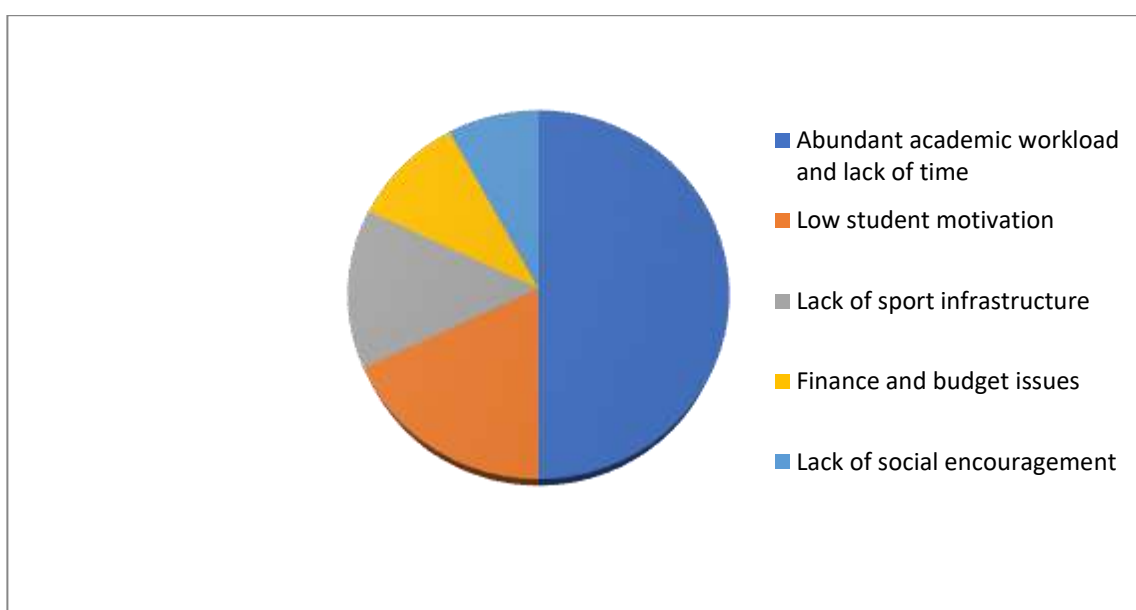
According to the results of the survey, the condition of sports field equipment

(1-table)



	percent
Enough equipment	35%
Lack of equipment	65%

Based on tables and diagrams, it is determined that in order to popularize sports, it is necessary to improve infrastructure, increase motivation, and improve the training system.



Based on the results, it can be said that a systematic approach is needed to develop physical education and sports in vocational and higher education institutions.

First, it is necessary to update sports facilities and provide them with modern equipment.

➤ Secondly, it is important to create an incentive system to attract students to sports.



➤ This can be in the form of sports competitions, grants or scholarships.

➤ The third factor is the need to regularly improve the professional skills of physical education teachers and expand their opportunities to master modern methods.

By implementing these works, students' interest in sports will increase and the importance of physical activity will increase.

## **PROBLEMS AND SOLUTIONS**

### **Abundant academic workload and lack of time.**

In many higher education institutions, the hours allocated for physical education classes are limited and do not provide sufficient physical activity for students. This situation negatively affects both students' health and interest in sports. It also leads to students being given more academic tasks than sports tasks and having less time for sports.

To solve such problems;

- It is necessary to review educational programs, increase the hours allocated for physical education and reduce academic tasks.
- It is also important to open optional courses for additional sports and physical education, and develop voluntary sports clubs.
- It is also necessary to organize sports facilities and convenient times for students to practice.



### **Low student motivation**

Students' interest in sports has often decreased. The main reasons are lack of time, academic workload, limited income from sports and opportunities. Also, for many students, sports are seen only as a mandatory activity, not an interesting and useful activity.

- By organizing special events, seminars and master classes to promote the social and health-improving value of sports among students, we can revive and strengthen students' interest in sports.
- It is necessary to regularly hold sports competitions and championships and encourage the winners (scholarships, awards, privileges).
- It is of great importance to provide students with academic privileges for active participation in sports activities, to create more opportunities for sports activists.

As a result:

- ✓ Students' interest in sports increases, a positive social environment is created.
- ✓ Not only physical, but also mental health improves among those who actively participate in sports activities.
- ✓ The university gains a social position in the field of sports.

### **Lack of sports infrastructure**

One of the main obstacles to the development of physical education and sports in professional and higher educational institutions is the lack of sports facilities and



equipment. Many universities and colleges are poorly equipped with playgrounds, gyms and equipment.

- This makes it difficult for students to regularly engage in sports and reduces their level of involvement in sports.
- There is an increase in health problems, in particular, obesity, cardiovascular diseases.
- The university's sports rating and image decline, young people may prefer other institutions.
- Students do not develop team sports skills.

For example, some large higher educational institutions in Tashkent have few football fields and running tracks, and they are in poor condition. Therefore, students are forced to play sports more often outside or in other institutions.

- These problems can be solved by renovating and modernizing sports facilities, installing new sports fields and equipment through the allocation of funds.
  - It is necessary to build sports complexes in cooperation with the public and private sectors, and establish inter-university sports centers.
  - These problems can be solved by establishing sponsorship programs involving local communities and business structures.
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- ✓ Students' interest in sports increases and their physical activity improves.
  - ✓ A healthy and active lifestyle develops, and diseases among students decrease.
  - ✓ The university's prestige and achievements in sports increase.



### **Finance and Budget Issues**

The lack of resources necessary for the development of sports is a major problem in many educational institutions. Lack of financial support makes it difficult to develop sports infrastructure and events.

As a result:

- Sports grounds become obsolete, the possibility of acquiring new equipment is limited.
- Students remain in limited conditions for practicing sports.
- The opportunity to participate in interuniversity sports competitions decreases.

Solutions:

- Educational institutions need to diversify their sources of funding, in particular, expand the use of sponsorships and grants.
- It is necessary to introduce special state programs and subsidies for the development of sports.
- It is also possible to find a solution by developing cooperation between universities and the private sector on sports projects.

Expected results:

- ✓ Financial opportunities will expand, sports facilities will improve.
- ✓ Sports activities for students will expand, their results in sports will increase.



✓ Educational institutions will have a solid economic foundation in the field of sports.

### **Insufficient qualification of physical education teachers**

There are few opportunities for teachers in the field of physical education and sports to improve their professional skills, which negatively affects the quality of lessons. Modern sports methods and technologies are not fully used.

➤ Lessons are not interesting and effective, student activity decreases.

➤ Sports results are low, and there is no noticeable increase in the level of physical fitness of students.

➤ Teachers' professional qualifications decrease, pedagogically become obsolete

• It is necessary to organize continuous professional development courses, seminars, and international experience exchange programs for teachers.

• It is necessary to revise curricula to introduce modern technologies and pedagogical methods.

• Widely involving teachers in sports practice by strengthening cooperation between educational institutions and professional sports organizations can be a solution to these problems.

✓ Increase in the quality of lessons, improvement of student results in sports.

✓ Teachers' motivation increases, they begin to use modern methods.

✓ Innovations in physical education will be widespread.



### **Difficulty in balancing academic workload and sports**

Students often cannot maintain a balance between academic and sports activities. This reduces their interest in sports and negatively affects their health.

- Adapt the curriculum, allocate sufficient time for students to engage in sports and recreation.
- Introduce counseling and psychological support services aimed at combining sports and academic success.
- Create opportunities for students to develop individual academic and sports plans.

### **Insufficient time allocated for sports in educational programs**

Many higher educational institutions have very few hours allocated for physical education, which prevents students from regularly engaging in sports. Due to the high academic load, students are forced to abandon sports activities.

As a result:

- Physical activity is not provided to a sufficient extent among students.
- Habits of regularly engaging in sports are not formed.
- Health problems arise, which also affect the learning process.

Solutions:

- Review educational programs, increase the hours allocated for sports and physical education.
- Organize additional optional sports activities and clubs.



- Provide students with suitable time and places to engage in sports.

Expected results:

- ✓ Students begin to devote more time to physical education activities.
- ✓ As a result of regularly engaging in sports, students' health improves.
- ✓ A healthy and active student environment is created at the university.

### **Weakness in promoting a healthy lifestyle**

Higher education institutions have little to no promotion of a healthy lifestyle and related programs. Stress and bad habits are increasing among students, which negatively affects their health and interest in sports.

As a result:

- Cardiovascular diseases, obesity, and mental health problems are increasing among students.
- The level of support for a healthy lifestyle in the university environment is low.
- Overall academic success may decrease.

Solutions:

- Establish centers and projects promoting a healthy lifestyle at universities.
- Conduct training on stress reduction, healthy eating, and physical activity.
- Develop programs supporting a healthy lifestyle for students and staff.



Expected results:

- ✓ Students' health will improve, their mental state will stabilize.
- ✓ A positive culture of healthy lifestyle is formed at the university.
- ✓ Sports and physical education become more popular among students.

The development of physical education and sports in professional and higher educational institutions requires solving multifaceted problems. It is important to improve sports infrastructure, increase student motivation, train qualified teachers, optimize educational programs for sports, and improve financial support. When these solutions are implemented, a healthy, active, and highly productive sports environment will be created among students, and the social and sports status of the university will increase.

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