

THE IMPACT OF MORNING EXERCISES ON THE ACADEMIC AND PHYSICAL PERFORMANCE OF STUDENTS

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Abstract: This article analyzes the impact of morning exercises on the physical and academic performance of students. A pedagogical study was conducted to examine the dynamics of students' physical condition and psychophysiological indicators as a result of systematic morning exercise routines. The findings indicate that morning gymnastics contributes to increased endurance, improved concentration, enhanced emotional stability, and overall academic engagement among students. The research is based on experimental observations and an analysis of contemporary regulatory documents on the development of physical culture and sports in Uzbekistan up to the year 2030.

Keywords: morning exercises, physical performance, students, health, academic activity.

Introduction. The modern higher education system of the Republic of Uzbekistan is aimed at the harmonious development of students' personalities, the formation of a stable interest in a healthy lifestyle, and the enhancement of physical activity levels. Within the current educational process, students experience significant intellectual and emotional strain. Prolonged periods in static postures, a lack of physical movement, unbalanced nutrition, and insufficient sleep lead to a decline in the body's adaptive capacity and a reduction in physical efficiency. One of the most effective methods for preventing these issues is the systematic performance of morning exercises.

According to strategic documents of the Republic of Uzbekistan — particularly the “Strategy for the Development of Physical Culture and Sports until 2030” — the formation of a culture of healthy living among youth is one of the priority areas of state policy. In this context, regular morning gymnastics is considered a key component of health promotion, contributing to the activation of the body's functional systems, improvement of mood, and enhancement of both academic and physical performance in students.

Purpose and objectives of the study

The purpose of the study is to determine the effect of systematic morning exercise on the academic and physical performance of students.

The objectives of the study are as follows:

To assess the initial level of students' physical and academic activity.

To develop and implement a morning gymnastics program.

To analyze the dynamics of indicators of physical and mental performance.

To formulate practical recommendations for the integration of morning exercises into the educational process.

Research Methods

The study was conducted among first- and second-year students of Kokand State University. A total of 60 students participated in the experiment, divided into control and experimental groups. The experiment lasted for six weeks and was carried out under natural academic conditions. The control group performed traditional physical exercises during physical education classes and followed their usual daily routines without additional activities. The experimental group,

however, performed a daily 10–15-minute set of morning exercises using innovative digital technologies, which included warm-up, strength, and breathing activation exercises.

Research methods: pedagogical observation, questionnaires, physical fitness testing, measurement of heart rate, and analysis of academic performance indicators.

Innovative Technologies in Organizing Morning Exercises

The study incorporated modern innovative approaches aimed at increasing students' motivation and optimizing the educational process. The following digital technologies were applied:

Use of mobile applications and fitness trackers to monitor exercise intensity;

Video training sessions and online platforms for independent gymnastics practice;

Implementation of gamification elements (game-based methods) to increase engagement and interest.

These technologies contributed to the development of students' independence, self-control, and sustainable habits for regular physical activity.

Research Results

The results of the study demonstrated positive dynamics in the physical and psychophysiological condition of students in the experimental group. There was a noticeable increase in endurance levels, improved pulse recovery after exercise, and enhanced concentration of attention. Students began to perform better in their academic tasks, showing greater activity and resistance to fatigue.

A comparative analysis between the experimental and control groups revealed statistically significant differences ($p < 0.05$), confirming the reliable impact of morning exercises on the functional state of students' bodies.

Discussion. The positive impact of morning exercises can be explained by the comprehensive activation of the central nervous and cardiovascular systems. Physical activity increases oxygen levels in the blood, improves metabolism, and stimulates the production of endorphins, which positively influence students' emotional state and cognitive performance.

Regular morning exercises help establish a sustainable habit of physiological self-regulation, raise overall vitality, and create optimal conditions for a productive academic day. The findings of this study are consistent with research by foreign scholars (Lee & Kim, 2020; Park et al., 2022), which confirm that morning physical activity enhances memory, attention, and learning motivation.

Prospects for further research

Future research should focus on exploring the effects of various types of morning activities (aerobic, breathing, and yoga-based exercises) on the functional state of students in different specializations. It is also of great interest to integrate digital technologies for monitoring students' activity levels and analyzing the effectiveness of individualized exercise programs.

Conclusions and methodological recommendations

Morning exercises have a positive effect on students' physical and academic performance.

Systematic physical activity improves endurance, attention, and emotional stability.

The use of innovative technologies (digital applications, gamification, and online platforms) increases motivation for physical exercise.

It is recommended to include morning gymnastics in students' daily routines and implement digital tools for monitoring physical activity.

Methodological guidelines for physical education instructors should be developed.

This direction aligns with the priorities of the national strategy for promoting youth health.

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