

PEDAGOGICAL FOUNDATIONS OF FORMING A HEALTHY LIFESTYLE IN STUDENTS THROUGH ATHLETICS TRAINING**Sh.D. Djahongirov**

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Abstract: This article examines the role and significance of athletics training in shaping a healthy lifestyle among students. Based on the decrees of the President of the Republic of Uzbekistan aimed at strengthening youth health, the pedagogical potential of athletics is highlighted. Observation, testing, and pedagogical experiment methods were used in the research, showing positive changes not only in the development of physical qualities but also in the formation of healthy habits among students. The findings scientifically prove that athletics training is an effective means of forming a healthy lifestyle.

Keywords: athletics, healthy lifestyle, student youth, pedagogy, physical qualities.

INTRODUCTION

In today's era of globalization, the development of society and the strengthening of human health are considered among the priority directions of state policy. In particular, the formation of a healthy lifestyle among students is not only essential for developing physical culture but also serves as a key factor in ensuring efficiency in their future professional activities¹.

A healthy lifestyle implies regular physical activity, proper nutrition, the absence of harmful habits, and the maintenance of mental and social stability. From this perspective, the effective organization of physical education classes in higher educational institutions, especially through the use of athletics, holds significant pedagogical importance.

In the Decree of the President of the Republic of Uzbekistan "On Measures to Promote a Healthy Lifestyle and Increase Physical Activity Among the Population" (October 30, 2020, No. PQ-6099), special attention is given to the development of physical education and sports, the involvement of young people in regular training, and the promotion of a healthy lifestyle among them². These legal documents create a strong foundation for increasing students' physical activity and promoting healthy living habits within the higher education system.

Athletics stands out for its simplicity, comprehensive development of physical qualities, and strong health-promoting effects. During training, qualities such as strength, speed, endurance, agility, and flexibility are developed, which in turn strengthen students' motivation toward maintaining a healthy lifestyle. Moreover, athletics training contributes not only to physical development but also to the enhancement of moral and volitional qualities³.

¹ Azizov, S. V., Azizova, R. I., Mahmudjonov, A., & Tuxtaboyeva, N. (2024). SPORTCHILARDA O'YIN JARAYONINI YUQORI DARAJADA IDROK QILISH QOBILİYATINI SHAKLLANTIRISH INTELLEKTUAL TAYYORGARLIKNING ASOSIY VAZIFASI. Экономика и социум, (9 (124)), 82-86.

² Azizov, S. V. (2024). YOSH SPINTERLARNI SARALAB OLISHNING O'ZIGA HOS JIHATLARI. Экономика и социум, (2-1 (117)), 126-129

³ Азизов, С. В., & Габдуллина, А. З. (2024). Технология повышения скоростно-силовой подготовленности спринтеров. Scientific Impulse, 2(19), 120-124.

Based on this, the purpose of the present study is to analyze the pedagogical foundations of developing a healthy lifestyle among students through athletics training, identify effective methods, and provide practical recommendations [2,3,5].

LITERATURE REVIEW AND METHODS

The research was conducted during the 2024–2025 academic year at the Faculty of Physical Education of Namangan State Pedagogical Institute, with the participation of students. The study involved first- and second-year students, a total of 60 participants, who were equally divided into experimental and control groups.

A variety of methods were employed in the research. First, pedagogical **observation** was used to analyze students' active participation, discipline, and motivation during training sessions. The survey method was applied to determine their understanding of a healthy lifestyle and their personal habits. To assess physical qualities, test trials were conducted, including:

100-meter sprint (speed),

12-minute run (endurance),

Pull-ups (strength),

Long jump (agility), and

Forward bend test (flexibility) [2,3,4,5].

The main phase of the research consisted of a pedagogical experiment. Students in the experimental group trained for four months, three times a week, following a specially designed athletics program. The program included running, jumping, strength exercises, and theoretical lessons promoting a healthy lifestyle. The control group, by contrast, continued with traditional physical education sessions⁴.

The obtained results were statistically analyzed, and percentage methods were used to identify differences between the groups. As a result, the pedagogical effectiveness of athletics training in shaping a healthy lifestyle among students was scientifically substantiated.

№	Methods Used	Purpose
1	Pedagogical Observation	To identify students' participation, discipline, and motivation during classes
2	Questionnaire (Survey)	To determine students' knowledge and habits regarding a healthy lifestyle
3	Test Trials	To assess physical qualities (speed, strength, endurance, etc.)
4	Pedagogical Experiment	To test the effectiveness of the specially designed training program
5	Statistical Analysis	To compare group results and provide scientific justification

RESULTS AND DISCUSSION

The analysis of the pedagogical experiment results showed that athletics training had a significant positive impact on the formation of a healthy lifestyle among students. The students in the experimental group achieved higher results in physical qualities, healthy habits, and self-

⁴ Azizov, S. V., & Mahmudjonov, A. A. (2024). Oripov AF SPRINTERLARNI TAYYORLASHDA PSIXOLOGIK TAYYORGARLIKNING AHAMIYATI. Экономика и социум, (6-2), 121

regulation skills compared to those in the control group who participated only in traditional physical education classes⁵.

At the beginning of the study, both groups had nearly the same level of physical preparedness. However, after four months of training, all performance indicators in the experimental group showed positive changes. Specifically, the average 100-meter sprint time improved by **0.8 seconds**, and the average distance covered in the **12-minute run** increased by **250 meters**. Strength indicators improved as well — the number of pull-ups increased by **three repetitions**, and the **long jump** distance increased by an average of **20 centimeters**. Flexibility test results also showed a notable improvement.

In addition, according to the survey results, the level of **motivation toward a healthy lifestyle** among students in the experimental group rose from **35% to 68%**. This demonstrates that athletics training has a positive effect not only physically, but also psychologically and socially. The findings indicate that the specially designed athletics training program is an effective pedagogical tool for promoting a healthy lifestyle. In contrast, no significant changes were observed in the control group. Therefore, the purposeful organization of athletics activities in higher education institutions can produce substantial results in fostering a healthy lifestyle among students.

Table 2. Changes in Students' Physical Qualities (Average Indicators)

Physical Qualities	Initial Result (E Group)	Final Result (E Group)	Initial Result (C Group)	Final Result (C Group)
100 m Run (sec)	15.2	14.4	15.1	15.0
12-minute Run (m)	2100	2350	2110	2150
Pull-ups (times)	6	9	6	7
Long Jump (cm)	185	205	186	190
Forward Bend (cm)	8	12	8	9

The results of the study show that the pedagogically organized athletics training program is an effective tool for developing a healthy lifestyle among students. The experimental group demonstrated significantly higher results compared to the control group, confirming that systematic and goal-oriented training increases the overall effectiveness of the process. This highlights the potential of athletics, as a simple and accessible sport, to comprehensively develop students' physical abilities⁶.

⁵ Azizov, N. N., Gaziyev, N. R., Boltobaev, S. A., & Zhakhangirov, S. Z. (2019). STUDYING THE ATTENTION AND SPECIFICALLY STRESSOGENOUS CONDITIONS OF SPORTSMEN. Scientific Bulletin of Namangan State University, 1(3), 303-306.

⁶ Azizov, S. V., Mahmudjonov, A. A., & Oripov, A. F. (2024). SPRINTERLARNI TAYYORLASHDA PSIXOLOGIK TAYYORGARLIKNING AHAMIYATI. Экономика и социум, (6-2 (121)), 85-90.

In particular, the research revealed consistent improvement in **speed, strength, endurance, agility, and flexibility**. These changes not only enhanced students' physical fitness but also increased their interest and motivation toward maintaining a healthy lifestyle. The **survey results** further confirmed that athletics training plays an important role in forming healthy habits [4,5,6].

When compared with previous scientific studies, the obtained results align with existing conclusions. Earlier research also emphasized that the **regularity and content** of physical education sessions have a direct impact on promoting a healthy lifestyle. Moreover, as highlighted in the **Presidential decrees**, effectively utilizing mass sports such as athletics to increase youth physical activity should be considered an integral part of the educational process. Therefore, athletics training contributes not only to the improvement of sports performance but also to the formation of **social and psychological factors** related to a healthy lifestyle.

CONCLUSION

The results of the conducted research demonstrate that athletics training serves as an important pedagogical tool in shaping a healthy lifestyle among students. The specially designed training program implemented in the experimental group produced significant improvements in students' physical qualities, the formation of healthy habits, and their level of motivation. In contrast, the control group showed only minor changes, indicating that traditional physical education classes are less effective.

The analysis confirmed that the improvements in **speed, endurance, strength, agility, and flexibility** are directly related to the systematic and purposeful organization of athletics training. Furthermore, the development of knowledge and skills related to a healthy lifestyle had a positive influence on students' social activity and self-regulation abilities.

From a pedagogical perspective, athletics, as a simple and popular sport, offers broad opportunities for fostering a healthy lifestyle among students. This sport not only contributes to physical development but also nurtures **moral and volitional qualities**. Therefore, integrating athletics training more widely into physical education programs in higher educational institutions is considered highly beneficial.

Overall, the findings indicate that organizing athletics training based on a **special pedagogical program aimed at promoting a healthy lifestyle** makes a substantial contribution to students' physical and moral development. Consequently, this approach can be effectively used as a **practical recommendation** for improving the organization of physical education sessions in higher education institutions.

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