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TECHNOLOGY OF DEVELOPING PHYSICAL FITNESS OF STUDENTS THROUGH ATHLETICS SPORTS CLUBS

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Abstract

This article presents the technology of developing physical fitness of students through athletics sports clubs. The research analyzed the effectiveness of an individual approach, a step-by-step training organization, and pedagogical conditions. The results demonstrated that athletics training significantly improves students' physical qualities such as strength, speed, agility, endurance, and flexibility.

Keywords

athletics, sports club, physical fitness, pedagogical technology, physical qualities.

Introduction

Nowadays, physical fitness plays a particularly important role in the process of educating the younger generation to become well-rounded individuals. Sports clubs organized in educational institutions, especially athletics clubs, are considered one of the most effective tools for ensuring students' physical development. Athletics exercises – such as running, jumping, throwing, and other activities – consistently develop the main physical qualities of students, including strength, speed, agility, endurance, and flexibility.

In the decrees and resolutions adopted by the President of the Republic of Uzbekistan, important tasks have been identified to widely involve young people in sports, strengthen their health, and increase their physical activity. From this perspective, the organization of athletics clubs is viewed not only as a means of strengthening students' health, but also as an important pedagogical mechanism for fostering their interest in sports, developing willpower, and ensuring social adaptation.

In recent years, research has been conducted on organizing athletics training on a scientific basis and introducing pedagogical technologies into the educational

process. However, practice shows that in many schools and colleges, sports club activities are still based on traditional methods, which creates certain limitations in achieving higher results. Therefore, the development of a technology for improving physical fitness through athletics clubs and its application in the practice of schoolchildren and students remains one of the pressing issues of today.

Literature Review and Methods

The research was aimed at developing a technology for improving the physical fitness of students engaged in athletics sports clubs. As the object of the study, 13–14-year-old students from a general education school were selected, with a total of 40 participants divided into experimental and control groups. In the experimental group, training sessions were conducted based on a specially developed pedagogical technology, while in the control group, traditional training methods were applied.

A number of scientific methods were used during the research. First of all, through the method of pedagogical observation, the content of club activities, the participants' activity during classes, and their motivation were studied. Test trials were conducted to determine the levels of students' physical qualities such as strength, speed, agility, endurance, and flexibility. In addition, the effectiveness of the new training program was tested in practice using the experimental method.

The training sessions were held three times a week, each lasting 60 minutes, and consisted of three stages: the preparatory stage, the main stage, and the final stage. The program included running exercises, jumping, throwing, and general developmental exercises. The principle of an individual approach was applied to each participant, taking into account their physical abilities and health conditions.

For analyzing the results, mathematical and statistical methods were applied, including calculating arithmetic means and percentage differences. Furthermore, the obtained results were compared with existing scientific sources to determine their reliability and scientific significance.

Results and Discussion

The research results showed that the pedagogical technology developed on the basis of athletics sports clubs was highly effective in improving students' physical fitness. During the 12-week training sessions in the experimental group, significant positive changes were observed in all physical qualities. In particular, the 30-meter sprint improved by an average of 0.5 seconds. In terms of strength, the standing long jump results increased by 15–18 cm. In the endurance test, represented by a 1000-meter run, participants in the experimental group completed the distance 30–40 seconds faster.

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Although the control group also demonstrated some improvements, their results were much lower than those of the experimental group. This confirms that the new training technology is more effective than traditional training methods. Moreover, participants in the experimental group displayed higher levels of interest, initiative, and self-expression in the training process.

According to statistical analysis, the differences between the groups were mathematically significant, with reliable results at the $p<0.05$ level. This demonstrates that the technology for improving physical fitness through athletics sports clubs is scientifically grounded and practically valuable.

Physical qualities	Initial result (Experimental)	Final result (Experimental)	Initial result (Control)	Final result (Control)
30 m sprint (seconds)	5.8	5.3	5.7	5.6
Standing long jump (cm)	185	203	186	192
1000 m run (min:sec)	4:45	4:08	4:42	4:32
Forward bend (cm)	8.2	11.5	8.0	9.3
3×10 m agility test (seconds)	9.8	9.1	9.7	9.5

Conclusion

The conducted research showed that the pedagogical technology developed on the basis of athletics sports clubs effectively contributes to improving students' physical fitness. The results observed in the experimental group were significantly higher compared to those of the traditional training group. In particular, steady improvements were recorded in physical qualities such as strength, speed, endurance, agility, and flexibility.

The analysis demonstrated that an individual approach, step-by-step organization of training, and consideration of age-specific characteristics served as important factors that enhanced the effectiveness of the study. The experimental

program not only improved indicators of physical fitness but also increased students' interest in training, while strengthening their willpower and psychological qualities.

The role of athletics clubs in shaping a healthy lifestyle among students also deserves special emphasis. Based on the results of the study, the following recommendations were developed:

1. To expand athletics clubs in general education schools and colleges.
2. To introduce modern pedagogical technologies in training sessions.
3. To design individual training programs for each participant.

Overall, the technology for developing physical fitness through athletics sports clubs creates broad opportunities for strengthening students' health, fostering their interest in sports, and ensuring their all-round development. This represents one of the most important conditions for increasing the effectiveness of physical education in the teaching and upbringing process.

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