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CHARACTERISTICS OF MODERN TECHNOLOGIES IN PHYSICAL EDUCATION AND THE CURRENT STATE OF THE PROBLEM IN SCHOOL PRACTICE

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Abstract

This article examines modern technologies in physical education, their pedagogical characteristics, and the current state of their implementation in school practice. Particular attention is paid to the role of innovative pedagogical technologies, interactive teaching methods, health-preserving approaches, and information and communication technologies in organizing physical education lessons. The study analyzes existing challenges in school practice, factors influencing students' physical activity, and pedagogical conditions that ensure the effectiveness of educational processes. The findings indicate that the integration of modern technologies into physical education contributes significantly to students' physical development, the promotion of healthy lifestyles, and the formation of positive personal qualities. Furthermore, the study highlights the necessity of improving educational environments, enhancing teachers' professional competencies, and strengthening cooperation between schools and families to achieve sustainable educational outcomes. The results may serve as a theoretical basis for improving physical education programs and implementing innovative practices in general secondary education institutions.

Keywords: Physical education, modern pedagogical technologies, innovative approaches, healthy lifestyle, physical development, interactive methods, educational effectiveness, school practice, competence, student personality..

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Introduction

Physical education is recognized as an essential component of the educational process that contributes not only to the improvement of students' physical fitness but also to their intellectual, emotional, and social development. Contemporary educational reforms emphasize the necessity of applying innovative approaches and modern pedagogical technologies to increase the effectiveness of teaching and learning processes. In this regard, physical education has undergone significant transformations aimed at meeting the needs of modern learners and responding to the demands of society.



The concept of modern technologies in physical education extends beyond the use of digital devices and technological equipment. It includes innovative teaching methods, learner-centered approaches, interactive strategies, health-preserving technologies, differentiated instruction, and competency-based educational models. These technologies are intended to create favorable conditions for the comprehensive development of students while enhancing their motivation and participation in physical activities.

The increasing importance of healthy lifestyles and lifelong physical activity has encouraged educators and researchers to reconsider traditional approaches to physical education. Consequently, the implementation of modern technologies has become one of the most important directions for improving the quality of physical education in schools.

Characteristics of Modern Technologies in Physical Education

Modern technologies in physical education are characterized by their focus on the learner as an active participant in the educational process. Unlike traditional approaches that often rely on direct instruction and repetitive exercises, contemporary technologies encourage creativity, independence, cooperation, and self-development.

One of the most significant characteristics of modern physical education technologies is their emphasis on individualization. Every student possesses unique physical abilities, interests, psychological characteristics, and learning needs. Therefore, educational activities should be adapted to accommodate these differences. Individualized instruction enables students to participate in physical

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activities according to their capabilities, thereby increasing confidence and promoting positive attitudes toward physical education.

Another important characteristic is interactivity. Modern technologies encourage active engagement and communication among students. Interactive teaching methods create opportunities for learners to collaborate, solve problems, exchange ideas, and participate in group activities. Such experiences contribute not only to physical development but also to the formation of social skills, leadership qualities, and teamwork abilities.



Modern physical education technologies also emphasize the development of critical thinking and reflective learning. Students are encouraged to analyze their performance, evaluate their progress, identify strengths and weaknesses, and set personal goals. This approach transforms learners from passive recipients of information into active participants in their own development.

Health-preserving technologies represent another essential component of contemporary physical education. These technologies aim to create safe and supportive learning environments that promote physical, mental, and emotional well-being. Teachers pay particular attention to preventing injuries, reducing stress, maintaining optimal physical workloads, and fostering healthy habits among students.

The integration of information and communication technologies has further expanded the possibilities of physical education. Digital tools provide opportunities for visual demonstrations, virtual learning experiences, performance analysis, and individualized feedback. The use of multimedia resources can enhance students' understanding of movement techniques and increase their interest in physical activities.

Modern technologies are also characterized by their competency-based orientation. The primary objective is not merely the acquisition of knowledge but the development of practical skills, personal qualities, and competencies necessary for successful participation in everyday life. Through physical education, students develop responsibility, perseverance, self-discipline, cooperation, and decision-making abilities.

An important feature of contemporary approaches is the integration of educational, developmental, and health-related objectives. Physical education

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lessons are designed not only to improve physical fitness but also to contribute to cognitive development, emotional stability, moral education, and social adaptation. Such integration ensures the holistic development of learners.

Project-based learning, game-based learning, cooperative learning, and problem-solving approaches are widely recognized as effective technologies in modern physical education. These methods create meaningful learning experiences and encourage students to take ownership of their educational journey. Through active participation, learners acquire valuable life skills that extend beyond the classroom environment.



The Current State of the Problem in School Practice

Despite the recognized importance of modern technologies in physical education, their implementation in school practice remains a complex challenge. Many educational institutions continue to rely heavily on traditional instructional methods, which may not fully address the developmental needs of contemporary students.

One of the main issues observed in school practice is the insufficient integration of innovative pedagogical approaches into physical education lessons. In many cases, teaching remains focused primarily on the performance of standard exercises and the achievement of predetermined physical outcomes. Such approaches may limit students' creativity, motivation, and active involvement in learning activities.

Another challenge concerns the professional readiness of teachers. Effective implementation of modern technologies requires educators to possess advanced pedagogical knowledge, technological competence, and a willingness to adopt innovative practices. However, some teachers may experience difficulties adapting to rapidly changing educational requirements. Continuous professional development and specialized training are therefore essential for ensuring successful implementation.

The availability of educational resources also influences the quality of physical education. In certain school settings, limited access to modern equipment, technological tools, and instructional materials may hinder the application of

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innovative methods. Consequently, teachers often face difficulties in creating diverse and engaging learning environments.

Student motivation represents another important concern. The widespread use of digital technologies in everyday life has significantly altered children’s interests and lifestyle patterns. Many students spend considerable amounts of time engaged in sedentary activities, which may reduce their enthusiasm for physical exercise. As a result, physical education teachers must develop creative strategies to make lessons more attractive, meaningful, and relevant to students’ experiences.



The organization of educational environments also affects the effectiveness of physical education. Modern technologies require flexible learning spaces that support collaboration, experimentation, and active participation. Traditional classroom structures and rigid instructional practices may limit opportunities for implementing innovative approaches.

Another issue is the insufficient integration of physical education with other areas of learning. Interdisciplinary approaches have the potential to enhance educational outcomes by connecting physical activity with scientific knowledge, health education, social studies, and personal development. However, such integration is not always fully realized in school practice.

Parental involvement remains a significant factor influencing students’ physical development and attitudes toward healthy lifestyles. In some cases, insufficient cooperation between schools and families may reduce the effectiveness of educational interventions. Strengthening partnerships between educators and parents can contribute to the creation of supportive environments that encourage physical activity both within and beyond the school setting.

The challenge of ensuring inclusive participation is also highly relevant. Schools increasingly serve students with diverse physical, cognitive, and social needs. Modern physical education technologies should promote equal opportunities for participation and achievement while respecting individual differences. Inclusive practices contribute to social cohesion, empathy, and mutual respect among students.

Furthermore, contemporary educational reforms emphasize the importance of lifelong learning and sustainable development. Physical education should

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therefore focus not only on short-term achievements but also on cultivating long-lasting habits and values related to health, physical activity, and personal responsibility. Achieving this objective requires a comprehensive and systematic approach involving teachers, administrators, families, and the broader community.

Conclusion

Modern technologies in physical education play a crucial role in enhancing the quality and effectiveness of educational processes. Their characteristics include learner-centeredness, interactivity, individualization, health preservation, competency development, and the integration of innovative teaching methods. These technologies create favorable conditions for the comprehensive development of students and contribute to the formation of healthy, active, and socially responsible individuals.

At the same time, the implementation of modern technologies in school practice faces various challenges related to instructional traditions, teacher preparedness, resource availability, student motivation, and organizational conditions. Addressing these challenges requires continuous improvement of educational policies, professional development programs, and school environments. The successful integration of modern technologies into physical education will significantly contribute to the achievement of educational goals and the promotion of students' overall well-being and development.

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