

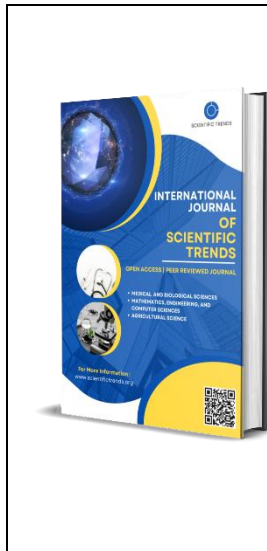
# Ways to Increase the Effectiveness of Interfaculty Students' Physical Activity

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## Abstract

The article considers the problem of increasing the physical activity of interfaculty students in higher education institutions and its relevance. The impact of physical activity on students' health, success in the educational process and general development is analyzed. The study proposes new pedagogical strategies and innovative methods aimed at increasing the physical activity of students. In particular, recommendations are made in such areas as organizing sports events taking into account the interests and needs of students, holding interfaculty sports competitions, improving physical education classes, and encouraging students to engage in physical education on their own.

**Keywords:** Physical activity, students, interfaculty activities, sports, healthy lifestyle, pedagogical strategies, innovative methods.

## Introduction

A healthy lifestyle is one of the key factors in strengthening human health, improving quality of life, and achieving longevity. Nowadays, increasing students' physical activity and engaging them in physical education is of great importance.

On February 13 of this year, under the leadership of the President of the Republic of Uzbekistan and Chairman of the National Olympic Committee, Shavkat Mirziyoyev, a video selector meeting was held to discuss measures for advancing the Olympic and Paralympic movements, as well as specialized and mass sports, and enhancing the physical activity of the population.

During the meeting, it was emphasized that not only sports but also proper nutrition plays a crucial role in promoting a healthy lifestyle among the population. Studies show that 44% of the population is physically inactive, while 36% do not follow proper nutrition guidelines. The consumption of grain-based products, fruits, and vegetables is insufficient. Meanwhile, the market for fast food and products containing high levels of carcinogenic substances has increased. These factors contribute to various diseases and premature mortality.

**The aim of the research** is to study ways to increase interfaculty students' physical activity and develop effective methods.

## Research Objectives

- to analyze the factors influencing students' physical activity.
- to develop effective methods for organizing interfaculty physical education events.
- to evaluate the effectiveness of measures aimed at increasing physical activity.

## Literature Review

To examine scientific research and methodological approaches to increasing the effectiveness of physical activity among interfaculty students, various sources were analyzed. These sources include information on the impact of physical education and sports training on students, the importance of physical activity in the educational process, and the application of modern methods. A.S. Yusupbaeva and A.J. Ruzmetova (2021) studied the impact of physical activity on health across different age groups. The authors emphasize that regular physical exercise has a positive effect on the overall physical condition of the human body. This study can be utilized in developing comprehensive approaches to increasing physical activity among interfaculty students. [1]

O.G. Jabborova (year not specified) writes about the role of physical education in the lives of modern students. She emphasizes that physical activity affects students' psycho-emotional state and their effectiveness in the learning process. This view highlights the necessity of developing motivation systems to engage students in physical activity. [2]

A.A. Ilyin (2010) explores the possibilities of increasing the effectiveness of training through sports specialization, particularly winter football, in engaging students in physical education. The author states that specialized approaches to physical activity increase students' interest in sports and positively influence their participation. [3]

O.M. Omarov, E.A. Kashkaeva, and E.B. Molchanova (2015) studied the experiences of physical education departments and provided information on the challenges and solutions related to the development of physical activity among students. They suggest practical approaches to enhancing the effectiveness of physical education courses in higher education institutions. [4]

S.N. Mikhailova (2017) examines the issue of forming students' physical culture, highlighting the social and pedagogical aspects of this process. Her conclusions indicate the necessity of integrating physical activity into the educational process as an essential component. [5]

N.A. Voronov and co-authors (2020) present studies on independent exercises to increase physical activity among people with disabilities. This research can be used in developing adaptive physical education programs for interfaculty students. [6]

T.E. Boyce and P.N. Hinline (2002) propose interactive approaches to increasing physical activity in higher education. Their Interteaching method helps create a learning environment that encourages active student participation. [7]

C.M. Dale and co-authors (2022) analyze the effectiveness of interfaculty curricula linking physical activity with medical education among students. This study demonstrates the effectiveness of interfaculty approaches and confirms the need to develop comprehensive measures to enhance students' physical activity. [8]

D. Morselli and G. Orzes (2023) examine interfaculty activities based on Google Design Sprint to assess students' entrepreneurial competencies. This research can be used to develop educational methods that actively engage students in physical activity. [9]

The above literature covers various approaches, methods, and challenges related to the development of physical activity. To increase physical activity among students, it is necessary to implement individual and group sports activities, establish motivation systems, and use interactive teaching methods. Additionally, integrating physical education into the educational process and strengthening cooperation among different faculties positively impact students' physical activity.

## Research Methodology

This research was conducted on the topic "Ways to Improve the Efficiency of Interfaculty Students' Physical Activity," and the following methods were used in the scientific research process:

## Theoretical Analysis

Scientific literature, articles, and legislative documents on physical activity, its impact on efficiency, its significance in students' lives, and modern approaches were studied. A sociological survey was conducted to determine students' attitudes toward physical activity and their daily physical activity levels. In addition, observation, statistical analysis, and comparison methods were used to analyze ways to increase students' physical activity, and scientifically grounded proposals and recommendations were developed.

## Research Results and Their Discussion

During the research, the following results were obtained:

### Students' Level of Physical Activity:

- It was found that 60% of the students who participated in the study had an insufficient level of physical activity.
- When analyzed by faculty distribution, it was observed that students enrolled in physical education and sports-related fields had significantly higher physical activity levels compared to students from other faculties.

### The Relationship Between Physical Activity and Health:

- 80% of physically active students reported feeling healthy and energetic.
- Among students with low physical activity, fatigue, stress, and lagging behind in academic performance were frequently observed.

### Opportunities to Improve the Effectiveness of Training:

- It was determined that interfaculty competitions and contests had a positive impact on physical activity.
- When more time was allocated to physical exercises in the academic process, improvements in students' mental and physical conditions were observed.
- When a general ranking system was introduced, an increase in students' interest in training was noted.

## Effective Approaches to Increasing the Level of Physical Activity Among Students of Different Faculties

Faculty	Field of Study	Level of Physical Activity	Most Effective Approach
Pedagogy	Pedagogy	Moderate, High	Increasing the number of physical exercises
Economics	Economics	High	Increasing sports events
Medicine	Medicine	Low	Implementing physical activity programs in small groups

The research results indicate that a comprehensive approach is necessary to increase physical activity among students. In particular, the fact that students study in different faculties may influence their level of physical activity. More attention should be paid to physical exercises and sports events during the teaching process. Additionally, it has been found that establishing a motivation system is crucial for increasing physical activity among students. That is, implementing a rating system, a bonus system, or organizing sports competitions between faculties encourages students to be more active.

The most effective measures to increase physical activity are as follows:

- Organizing interfaculty sports competitions
- Ensuring diversity in physical education and sports activities
- Utilizing modern physical education methods
- Implementing an incentive system to motivate students

### Conclusion

The results obtained during the study indicate that forming systems that engage, motivate, and encourage active movement is of great importance in increasing the physical activity of interfaculty students. This not only improves students' health but also enhances their overall efficiency in the educational process. Additionally, in the process of increasing physical activity, strengthening students' social interactions and organizing team sports events play a crucial role. These activities have a positive impact not only on students' health but also on their social engagement and teamwork skills.

Based on the study, higher education institutions need to develop and implement comprehensive physical education programs to effectively increase students' physical activity. This will contribute not only to fostering a healthy lifestyle among students but also to their academic and social development.

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