

**Review Article**

**USING OF INNOVATION TERMS IN PHYSICAL EDUCATION AND SPORT LESSONS AND THEIR SOCIAL AND EDUCATIONAL FEATURES**

**<sup>1</sup>Kadirov Shokhrukh Nematovich, <sup>1</sup>Abduyeva Sitorabonu Savriddin kizi, <sup>1</sup>Fatullayeva Muazzam Azimovna, <sup>1</sup>Kurbanov Shukhrat Kuldoshevich**

**<sup>1</sup>Faculty of Physical Education, Bukhara State University, Bukhara, Uzbekistan.  
E-mail : [gulbahor75@rambler.ru](mailto:gulbahor75@rambler.ru)**

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**Abstract**

The following article deals with the study of new techniques used in various fields and a brief overview of terms that are directly related to teaching physical education and sports, how to use them in physical education and sports activities.

**Keywords:** science, technology, finance and economics, medicine, valeology, model, autogenous, meditation, interview, tolerance, monitoring, motivation.

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**INTRODUCTION**

President of the republic of Uzbekistan Sh.Mirziyoev said in his speech: "We have all the strengths and capabilities in our state and society to empower our youth to be self-sufficient, intelligent, spiritually-minded people and to be happy and prosperous in the world."

In fact, under the initiative and direct supervision of our president Sh.Mirziyoev, physical culture and sports are becoming among the priorities of state policy as a means of forming of the nation and bringing up a harmoniously developed generation. We have adopted the Law on Physical Culture and Sports (new edition, 2015), the Decree of the President of the Republic of Uzbekistan "On measures to radically improve the system of governing the field of physical culture and sport" (March 5, 2018). Decree of the President of the Republic of Uzbekistan "On measures for further development of physical culture and mass sports" № P-3031 (June 3, 2017). Decrees of the President of the Republic of Uzbekistan were adopted.

These conceptual documents have made it possible to carry out huge reforms and extensive work in the field of physical culture and sports. Numerous modern sport complexes and facilities have been built in the country over the last years, even in remote villages and districts, and today they serve for our children and our people.

Due to the global technical development and the development of economic and political processes, various technical terms are being used in almost all fields of industry.

In the conditions of Uzbekistan, innovative terms (valeology, model, autogenous, meditation, interview, tolerance, monitoring, motivation and hundreds of other terms) are used in science, technology, finance and economics, medicine and other areas. These processes are widely used in education and play an important role in enhancing the level of knowledge and intellectual potential of students.

**MATERIALS AND METHODS**

Targeted use of innovative expressions in the organization of physical education classes and sports activities is one of the most actual issues of the present. The aim of the research is to deal with the relevance, goals and objectives of the topic:

1. Study of new technological expressions used in various fields and search for ways to apply them in physical education and sport activities;
2. A brief interpretation of the terms directly related to teaching physical education and sports;
3. Recommendations for the development and implementation of innovative methods of training in specialist training;

On this basis, research methods were used, such as analyzing specific literature, interviewing experts on the topic, observing lessons and conducting questionnaires; Research findings, conclusions and practical recommendations are followings:

1. The first President of the Republic of Uzbekistan at the solemn ceremony on the occasion of the 22nd anniversary of the Constitution of the Republic of Uzbekistan noted: "Today we live in the 21st century - in the age of globalization, in the era of intellectual labor. Thus, the scale and tension are increasing is further confirming this fact." [1]

In this sense, in modern education, it is necessary to give information about innovative technologies for young people to expand their knowledge in their field.

It is also a demonstration of "... the awareness of our people, our young generation is a decisive force, rising their level of political, civil and legal culture is the most important thing, and they should recognize that they will build tomorrow for themselves and for our homeland." [2]

In these considerations, as in other areas, the task is to strengthen the focus on the physical training, physical development and comprehensive development of students in the course of physical education and sport.

2. One of the main tasks in the field of physical culture and sports is training, retraining and upgrading their professional skills, and deepening their scientific and theoretical knowledge of students. The priority is that, teachers should explain the content of new terms, explore them, explaining to students the usage of them in all activities.

It has been noted that the use of the phrase is becoming more and more common in various fields. For example:

- Innovation - new, renewing, updating;
- Valeology - wellness, health science;

- Meditation - the mental effect, the consolidation of the human psychology;
- Autogenous - persuasion, management, coercion;
- Model - form, copy, template;
- Monitoring - control, inspection, study;
- Motivation - insisting, involving, intention;
- Reaction - action, condition, process that arises from the impact;
- Liberal - durability;
- Global - universal, worldwide.

### RESULT AND DISCUSSION

It is worth noting that there are a lot of new terms like this coming from other languages. The foregoing is an example of how appropriate it is for use in physical education and sports. That is:

- Students of educational institutions in the field of physical culture and sports can effectively use their abstracts, lectures, and final qualifying works;
- Young teachers and coaches can apply research work in the interviewing process;
- It is desirable for teachers and coaches to use both written and oral information in the study of each technical and tactical approach to the preparation and conduct of lessons and classes;
- It is preferable to use innovative terms in sports, exercise techniques, specifics in media reporting and information that helps to increase public awareness, especially of students;
- It is advisable to give a brief overview of the essence of the use of innovative phrases in sports television programs.

There are some examples of the use of innovative terms:

- Valeology is measures aimed at improving the health of different segments of the population, especially students, with the purpose of promoting healthy lifestyle;
- Mediation is making sure on doing not difficult exercises by concentrating on the psychic-mental effects; doing the psychiatric exercises; with the help of light exercises to move as much as possible (toes, feet, backbone, etc.) to the lower limbs;
- Autogenic (emotional control, self-awareness) - practicing exercises to wake up and rebuild the body during exercise and sporting activities, to reduce fatigue during the competition, or vice versa, to instill in the participants a sense and understanding;
- Using of various forms (models, templates) for model-non-traditional locations (outside the stadium);
- Monitoring is to control independent lessons and activities of students;
- Motivation - to achieve success in all types of classes, effectively use the most important methods and tools for achieving goals and objectives;
- Motive- gaining the results in all spheres; effective using of techniques in order to achieve the goal;
- Reaction-physical activity and sport, mainly, the opposite effect on the effect, the state of the effect;
- Diversifying - using of actions through certain methods, forces and means;
- Liberal is a multidimensional term that can be associated with practical activities that fulfill one's position, opportunity and desire in sports;
- Global is the term that can be found in activities related to preparation and participation in world championships, Olympic and Asian Games.

### CONCLUSION

In summary, the terms used in the field of physical education and sports play an important role in expanding the knowledge, in practical activities and professional development as well. However, all the problems have not been solved yet.

Especially:

- The usage of all terms and concepts in native language in physical culture and sports is not fully implemented (70-75%);
- It is difficult to express foreign language terms in native language, about (60-70%);
- Trainings and seminars are not conducted on the theme of using new terms (60-65%);
- Teaching of different new terms to students and sportsman is not satisfactory;
- There are also experts who believe that the use of innovative terms does not require special emphasis (50-55%)

It is worth noting that modern sport is at the stage of global development, and it is likely that new terms and phrases will be introduced into our speech as the country becomes more and more integrated into the global sports community. It is desirable for young people to develop and apply this innovative vocabulary and lexica at every level of

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