

## INFORMATION ATTACK: THE PROBLEM OF DISTINGUISHING TRUE AND FALSE INFORMATION IN THE GLOBAL INFORMATION FLOW

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**Annotation:** This article analyzes the conceptual foundations of organizing Olympic education based on a learner-centered approach. It explores methods of fostering Olympic values — honesty, solidarity, friendship, and respect — while taking into account the individual capabilities, interests, and needs of the learner. This approach aims to enhance the effectiveness of sports education and to prepare young people for active social engagement and a healthy lifestyle. The article outlines the goals, principles, and practical directions of Olympic education through the lens of modern pedagogy. Analytical conclusions are drawn based on international and national experience, and a national model is proposed, supported by quotations from the President of Uzbekistan.

**Keywords:** Olympic education, learner-centered approach, conceptual foundations, sports upbringing, Olympic values, honesty, solidarity, individual approach, youth education, healthy lifestyle formation.

**Introduction.** One of the most important tasks facing the education system in the 21st century is to reveal the abilities and talents of each person, to develop him as a physically and spiritually perfect person. In particular, through Olympic education, it is becoming increasingly important to educate the younger generation on the basis of values such as a healthy lifestyle, honesty, willpower, and the desire for victory. From this point of view, organizing Olympic education on the basis of a person-centered approach has become an important direction of pedagogical innovations in the current era. This approach puts the student, his needs, aspirations, and capabilities at the center of the pedagogical process. Unlike the traditional “teacher-centered” model, in this model the student is seen as an active participant and a person responsible for his own development. Olympic education is an educational process that forms social, cultural, physical, and moral education through sports, and its main idea is to instill Olympic values (friendship, respect, and the desire for excellence).

“Every child is a unique talent. Realizing the potential of each of them should be the main task of the education and sports system.” Let us list the conceptual foundations of organizing Olympic education based on a person-centered approach:

a) Pedagogical foundations. It includes the following:

- individualization and differentiation of education;
- activity-oriented approach;
- principles of cooperative learning;
- mechanisms of reflection and self-assessment.

b) Creating a motivational environment:

-forming a positive attitude towards Olympic values in students, involving them in sports activities.

d) Psychological foundations:

- taking into account the stages of personal development of the student;
- supporting internal motivation;
- opening opportunities for self-awareness, self-management and self-development.

c) Philosophical and moral foundations:

-the philosophy of the Olympic movement - harmonious development, promotion of a healthy lifestyle and human values;

-development of social activity and civic responsibility of the individual.

e) Use of active interactive methods:

-understanding and mastering Olympic values through role-playing games, discussions, project work, group work.

f) Determining an individual development trajectory:

- choosing a learning strategy that is appropriate for each student, taking into account their achievements, interests and needs.

g) Opportunities for reflection and self-assessment:

- creating opportunities for students to analyze their own performance, understand mistakes and correct them. The implementation of Olympic education based on a person-centered approach is based on the following strategies: developing individual training programs, creating a psychological support system for athletes, using diagnostic methods that identify students' unique sports abilities, and using the exemplary life paths of sports legends in educational work.



Personally-centered Olympic education has a number of pedagogical advantages. In particular, the harmonious formation of a person in social and moral terms, the desire for self-development through sports is strengthened, values such as teamwork, solidarity, honesty are deeply instilled, the student discovers his abilities and learns to make independent decisions. "We must educate our youth to be healthy, educated and patriotic. Sport is not just a competition, but a school of courage, will and friendship for the younger generation."

### **Conclusions and suggestions.**

- adaptation of curricula;
- a new approach to training coaches and teachers;
- harmonization of Olympic values with national values;
- inclusion of empirical research: analysis of the effectiveness of the approach by conducting a survey among students or athletes;
- reliance on official documents: National Curriculum, School Sports Development Programs, NOC (National Olympic Committee) documents;
- creative component: introduction of ideas for organizing sports training in a game format, through tasks aimed at personal development.

Olympic education, organized on the basis of a person-centered approach, is a modern pedagogical approach that forms not only sports knowledge and skills, but also high moral and social values. This approach creates the opportunity to realize the personal potential of each student, to turn him into an active and conscious citizen. The combination of Olympic values and a person-centered methodology plays an important role in raising a well-rounded individual.

The organization of Olympic education based on a person-oriented approach plays an important role not only in the training of athletes, but also in their formation as individuals. Instilling Olympic ideals through an individual approach appropriate to the abilities of each student, harmonizing education and upbringing is an urgent task today. In this regard, the initiatives of our President, state policy on sports, and reforms being implemented in education are becoming the main support.

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