

CONCEPTUAL FOUNDATIONS OF THE ORGANIZATION OF OLYMPIC EDUCATION BASED ON A PERSONALITY-ORIENTED APPROACH

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Abstract This article analyzes the conceptual foundations of the organization of Olympic education based on the principles of a personality-oriented approach. Taking into account the individual capabilities, interests, and needs of the individual, the Olympic values - methods of developing such qualities as honesty, unity, friendship, and respect - are highlighted. This approach serves to increase the effectiveness of sports education and prepare young people for a socially active and healthy life. The necessity of organizing Olympic education based on a personality-oriented approach of modern pedagogy, its goals, principles, and practical directions are highlighted.

In this approach, the individual abilities, interests, and capabilities of the student are considered as the main criterion. The article aims to draw analytical conclusions based on international and national experience, as well as propose a national model based on quotes from the President's speeches.

Keywords: Olympic education, personality-oriented approach, conceptual foundations, sports education, Olympic values, honesty, solidarity, individual approach, youth education, formation of a healthy lifestyle

Introduction.

One of the most important tasks facing the education system in the 21st century is the realization of the abilities and talents of each person, their development as a physically and spiritually developed person. In particular, through Olympic education, it is becoming increasingly important to educate the younger generation on the basis of such values as a healthy lifestyle, honesty, will, and the striving for victory. From this point of view, the organization of Olympic education based on a personality-oriented approach has become an important direction of pedagogical innovations in the modern period. This approach places the student, their needs, aspirations, and capabilities at the center of the pedagogical process.

Unlike the traditional "teacher-centered" model, in this model the student is considered as an active participant and a person responsible for their own development. Olympic education is an educational process that forms social, cultural, physical, and moral education through sports, the main idea of which is the instillation of Olympic values (friendship, respect, striving 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." We list the conceptual foundations for organizing Olympic education based on a personality-oriented approach:

a) Pedagogical foundations. It includes:

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

b) Creating a motivational environment:

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

d) Psychological justifications:

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

c) Philosophical and moral foundations:

- philosophy of the Olympic movement - promotion of harmonious development, a healthy lifestyle and human values;
- development of social activity and civic responsibility of the individual.

e) Use of active interactive methods:

- Understanding and assimilation of Olympic values through role-playing games, discussions, project work, group work.

f) Determining the trajectory of individual development:

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

d) opportunities for reflection and self-assessment:

- Providing students with the opportunity to analyze their activities, recognize mistakes, and correct them. The implementation of Olympic education based on a

personality-oriented approach is based on such strategies as the development of individual training programs, the creation of a system of psychological support for athletes, the use of diagnostic methods that determine the specific sports abilities of students, and the use of exemplary life paths of sports legends in educational work.

Personality-oriented Olympic education has a number of pedagogical advantages. In particular, the harmonious social and moral formation of the individual, the desire for self-development through sports is strengthened, such values as collectivism, unity, honesty are deeply instilled, the student discovers their abilities and learns to make independent decisions. "We must raise 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."¹

Conclusions and suggestions.

- adaptation of curricula;
- a new approach to the training of trainer-teachers;
- harmonization of Olympic values with national values;
- Adding empirical research: analyzing the effectiveness of the approach by conducting a survey among students or athletes;
- rely 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 personality-oriented approach, is a modern pedagogical approach that forms not only sports knowledge and skills, but also high moral and social values. Through this approach, it becomes possible to realize the personal potential of each student, to turn him into an active and conscious citizen. The harmony of Olympic values and personality-oriented methodology plays an important role in the upbringing of a comprehensively developed personality. The organization of Olympic education based on a personality-oriented approach plays an important role not only in the training of athletes, but also in their formation as individuals. Instilling the Olympic ideals through an individual approach appropriate to the abilities of each student, harmonizing education and upbringing is a pressing task of today. The main support in this direction are the initiatives of the President of our country, the state policy on sports, and the reforms being implemented in education.

¹ Shavkat Mirziyoyev, 2023, Youth Forum of Uzbekistan

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