

# Formation of A Mechanism for Increasing the Movement Activity of Future Physical Education Teachers on The Basis of Axiological Approach

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**Abstract:** This article analyzes the theoretical and pedagogical foundations of the formation of a mechanism for increasing the movement activity of future physical education teachers on the basis of an axiological approach. In the course of the research, the issues of organizing education based on values in the physical education system, forming a conscious attitude towards physical culture in students, and increasing their motivation for physical activity were covered. Also, the importance of movement activity in improving the professional training of future physical education teachers and pedagogical mechanisms for its development were scientifically substantiated.

**Keywords:** Axiological approach, value system, pedagogical values, physical education, physical culture, movement activity, movement activity, future physical education teachers, professional training, pedagogical competence, healthy lifestyle, physical development, motivation, educational process, pedagogical technologies, physical training, sports activities, axiological approach in education.

**Introduction:** In the conditions of modern social development, raising the younger generation as a comprehensively developed, physically healthy and spiritually mature person is one of the priority areas of state policy. The development of society and social stability largely depend on the adherence of young people to a healthy lifestyle, their physical development and active life position. Therefore, the development of physical education and sports in the education system, increasing the physical activity of young people and forming a healthy lifestyle are considered one of the important scientific and pedagogical tasks.

Today, the process of training future physical education teachers in higher educational institutions is being improved on the basis of modern pedagogical approaches. In particular, the use of person-oriented, competency-based and axiological approaches in the educational process is of great importance in improving the professional training of students. The axiological approach is aimed at forming a system of values in the

educational process, which serves to develop the spiritual and moral views, life values and social activities of the individual. Through this approach, future It is possible to form a conscious attitude towards physical culture in physical education teachers and increase their motor activity.

Motor activity is an important pedagogical and social factor in the physical education system. Motor activity ensures the physical development of a person, strengthening his health, and his effective participation in labor and social activities. Especially for future physical education teachers, a high level of motor activity is not only an important element of a personal healthy lifestyle, but also of great importance in their professional activities. Because a physical education teacher, through his work, instills in students the ideas of a healthy lifestyle, effectively organizes physical training, and plays an important role in the physical education of the younger generation.

At the same time, practice shows that in some cases,

students' interest in physical activity is not sufficiently formed. This leads to a decrease in their level of motor activity. This situation requires the development of new pedagogical mechanisms aimed at improving the physical education process, forming a positive attitude towards physical culture in students, and increasing their motor activity.

One of the important scientific directions in this regard is the formation of a mechanism for increasing the motor activity of students based on an axiological approach. This approach ensures that students perceive physical culture as an important life value, consciously choose a healthy lifestyle, and actively engage in physical activities. Therefore, studying the mechanism for increasing the motor activity of future physical education teachers based on an axiological approach is one of the current scientific issues.

The main purpose of this research work is to scientifically substantiate the mechanism for increasing the motor activity of future physical education teachers based on an axiological approach and develop scientific recommendations for its effective application in the educational process. In the course of the research, the theoretical foundations of the axiological approach in the physical education system, factors for developing students' motor activity, and pedagogical mechanisms for this process are studied.

The results of the study are of great importance in improving the professional training of future physical education teachers, forming their positive attitude towards physical culture, and developing scientific and practical recommendations aimed at increasing the motor activity of students.

The issue of forming a mechanism for increasing the motor activity of future physical education teachers based on an axiological approach is one of the relevant scientific areas of modern pedagogical science. Society In the process of development, comprehensively educating the younger generation, ensuring their adherence to a healthy lifestyle and developing their physical potential are recognized as one of the priority areas of state policy. In particular, in the process of training physical education teachers in the education system, developing their professional competencies, forming a conscious attitude towards physical culture and increasing their activity are considered important

scientific and pedagogical tasks.

Today, the concept of person-oriented education is widely used in organizing the educational process. This concept involves taking into account the individual characteristics, interests and needs of the individual in the educational process. Various methodological approaches have been developed within the framework of person-oriented education, one of which is the axiological approach. The axiological approach emphasizes the important place of values in the educational process and is aimed at ensuring the social and spiritual development of the individual.

Axiology is a philosophical doctrine about values, which studies material and spiritual values that are of great importance in human life. From a pedagogical point of view, the axiological approach involves directing the educational process towards the formation of a person's value system. Values are one of the main guiding factors of human activity, which determine a person's life goals, social behavior and activities. Therefore, the formation of a value system in the educational process is one of the important conditions for the comprehensive upbringing of the younger generation. The use of an axiological approach in the physical education system serves to radically change the attitude of students to physical culture. In this process, physical education is manifested not only as a means of developing physical qualities, but also as an important pedagogical factor ensuring the spiritual and social development of the individual. Physical culture is an important component of the development of society, which plays an important role in the physical, spiritual and social development of a person. Therefore, the use of an axiological approach in the physical education system serves to form a stable value-based attitude towards physical culture in students. In the process of professional training of future physical education teachers, increasing their motor activity is of particular importance. Motor activity is a natural need of the human body, which ensures the development of the functional capabilities of the body through physical activity. Motor activity is an important factor in the physical, psychological and social development of a person. Regular physical activity improves the functioning of the cardiovascular system, respiratory system, musculoskeletal system and central nervous system of the human body. has a positive effect on the

activity of students. At the same time, physical activity helps to stabilize the mental state of a person, reduce stress, and increase social activity.

Future physical education teachers in their professional activities are manifested not only as educators who teach physical exercises, but also as promoters of a healthy lifestyle. Therefore, their personal physical activity and adherence to a healthy lifestyle are of great pedagogical importance. If a physical education teacher pays great attention to physical activity in his work, this, in turn, increases the interest of students in physical activity.

The process of increasing the activity of students is a complex pedagogical process, which is associated with a number of factors. In this process, students' interest in physical activity, motivation, attitude to a healthy lifestyle, and level of physical fitness play an important role. Therefore, when organizing physical education classes, it is necessary to take into account the individual characteristics, interests, and needs of students.

The process of forming a mechanism for increasing the motor activity of future physical education teachers based on an axiological approach consists of several interrelated components. This mechanism includes such processes as forming motivation for physical activity in students, enriching the content of physical training, effectively organizing practical activities, and monitoring the level of physical fitness. The mechanism for increasing motor activity also serves to form a conscious attitude of students towards physical culture. In the process of forming students' motivation for physical activity, it is important to use pedagogical stimulation methods. The use of competition elements in physical education classes, the organization of team sports games, and the widespread use of active games help to increase students' interest in physical activity. At the same time, the organization of physical education classes based on interactive methods ensures the active participation of students.

In the process of increasing students' motor activity, it is also important to improve the content of physical education classes. Physical education classes should serve not only to develop physical qualities, but also to form volitional qualities, teamwork skills, and sports culture in students. Therefore, it is advisable to widely

use sports games, active games, training sessions, and competition methods in physical education classes.

An evaluation and monitoring system is also important in the process of increasing motor activity. Regularly monitor the level of physical fitness of students By systematically identifying and monitoring the dynamics of their development, the effectiveness of physical education can be increased. In this case, it is advisable to use various tests, control exercises and diagnostic methods.

The process of physical education organized on the basis of an axiological approach significantly increases students' interest in physical activity. Students begin to perceive physical education not only as a compulsory subject, but also as an important element of a healthy lifestyle. This serves to increase their physical activity and to understand physical culture as an important social value.

Thus, the formation of a mechanism for increasing the activity of future physical education teachers based on an axiological approach is one of the important directions of the modern education system. This approach serves to form a conscious attitude of students towards physical culture, promote a healthy lifestyle and develop their professional competencies. Effective use of the axiological approach in the educational process allows future physical education teachers to improve their professional training and form them as mature specialists who promote a healthy lifestyle.

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