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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE ROLE AND IMPORTANCE OF INDEPENDENT LEARNING
IN IMPROVING THE QUALITY OF EDUCATION IN SPORTS EDUCATIONAL
INSTITUTIONS****Jasurbek Rozikov***Acting Associate Professor**Uzbekistan State University of Physical Education and Sport**Chirchiq, Uzbekistan**E-mail: jas.07@mail.ru***ABOUT ARTICLE**

Key words: Independent education, independent work, knowledge, skills and abilities, credit-module system, activity, education quality.

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Abstract: This article outlines the content, methods, types, and tasks of organizing students' independent learning. At the same time, the levels and criteria of independent educational activity, the stages of self-education, the ways of forming skills and qualifications for independent work, as well as the levels of self-acquisition of knowledge will be revealed.

Relevance of the Research. Profound changes are taking place in the social, economic, political, and spiritual life of our country. Notably, the "Law on Education" (new edition) and the "Concept for the Development of the Higher Education System of the Republic of Uzbekistan until 2030," approved by Presidential Decree No. PF-5847 on October 8, 2019, emphasize the importance of systematically reforming higher education, with a particular focus on elevating the process of training highly qualified, independent-minded professionals with modern knowledge to a new level.

The Concept highlights the goals of increasing the proportion of independent learning hours, fostering independent learning skills, developing critical and creative thinking, and enhancing analytical skills in students. It also stresses the integration of methodologies and technologies aimed at strengthening competencies in the educational process, orienting the learning process towards practical skill formation, and implementing advanced pedagogical technologies, curricula, and educational materials based on international standards. Furthermore, it underscores that through independent learning, continuous professional

development, and self-study, learners can acquire necessary competencies, foster creativity, develop research skills, and enhance logical thinking abilities [1].

Organizing the educational process is crucial for higher education institutions in preparing specialized professionals. Currently, in study plans, the distribution of students' academic workload between classroom (contact) learning and independent learning ranges from a 40/60 to a 50/50 ratio in undergraduate programs and from a 30/70 to a 50/50 ratio in master's programs [2].

In the process of modifying educational programs, a number of subjects need to be studied independently to address various issues and challenges within these disciplines. Independent learning entails students mastering certain portions of the program material for a given subject on their own [3].

Enhancing the quality of education in sports educational institutions has always been a relevant issue. Rapidly acquiring new knowledge and applying it in practice is a key factor in training athletes and coaches who meet modern standards. Independent learning plays an essential role in this process, as it enables students to act independently in the educational process, engage in analysis, apply critical thinking, and adopt innovative approaches.

Research Aim: The aim of this research is to determine the importance of independent learning in enhancing the quality of education in sports educational institutions and to develop recommendations for its application and practical implementation.

Research Objectives:

- Define independent learning and identify its role in sports educational institutions. Independent learning is described as a process in which learners (students) acquire knowledge based on a personal plan, aimed at developing their abilities.

- Focus on individualizing the educational process to ensure students in sports educational institutions can learn in accordance with their personal goals and plans, and to foster skills in analysis, creative thinking, and research.

- Highlight the significant role and importance of independent learning in improving the quality of education in sports educational institutions. Independent learning enables students to deepen and broaden their knowledge, while also encouraging self-development. In sports education, this process is particularly valuable in training athletes, as it helps to develop not only theoretical knowledge but also practical skills.

Independent learning offers opportunities for students to improve the quality of education in sports educational institutions by:

Firstly, **athletes and coaches must independently study and conduct practical training sessions** to strengthen their knowledge, learn new techniques, and expand their understanding of various sports disciplines.

Secondly, **independent learning teaches students self-development, goal achievement, and effective time management**, all of which have a direct impact on their success in sports.

Thirdly, **independent learning fosters critical thinking** in students. For success in sports, an athlete or coach must be able to think critically and constantly seek new approaches, methods, and strategies.

Methods for implementing independent learning in sports educational institutions include preparing **instructional materials for independent learning**, such as books, guides, and video lessons on topics that students need to master. Developing these specific instructional materials is crucial for students' independent learning. These resources help learners effectively organize their study process, achieve set goals, and acquire specific knowledge or skills in targeted subjects.

Sports education provides learners with not only physical training but also opportunities to develop psychological, strategic, and methodological skills. Through independent learning, students master various sports techniques, experiment with new methods, set goals, and strengthen the process of achieving them. Independent learning also enables athletes to stay informed and improve their skills by using internet resources, educational materials, video lessons, online platforms, and other tools. This access broadens their knowledge of sports, allowing them to follow new trends and scientific research, thus expanding opportunities for both athletes and coaches. This process is especially important for learning new methodologies and techniques [5].

As for types of instructional materials and their role, creating tailored tasks and exercise sets that meet the learners' needs and align with process requirements is essential. For instance, preparing a list of specific exercises for each subject or activity type, including technical guidelines for their execution, recommendations on exercise duration, and repetition counts, can be beneficial.

In this context, practical training requires a greater emphasis on visual learning. High-quality resources such as video lessons, infographics, 3D models, and audio recordings offer the chance to thoroughly study sports activities. These resources ensure that students can independently learn and accurately perform exercises.

Developing educational literature or encyclopedias containing specialized terminology used in sports would be highly beneficial for students in sports educational institutions [5]. These materials support students in acquiring theoretical knowledge.

When preparing instructional materials, it's essential to consider the unique characteristics of each sport in educational institutions. For example, resources for track and field will differ from those for gymnastics. Therefore, materials for each sport should cover relevant exercises and theoretical knowledge, taking into account students' age, physical condition, and preparedness. For younger athletes, materials written in simple language or comprising basic exercises may be suitable, while more advanced exercises and theoretical materials are necessary for older students.

It's also crucial to regularly update instructional materials and adapt them to students' progress. This adaptation should reflect current sports standards, new training methods, and advanced pedagogical approaches [6].

Developing individual learning plans for each athlete allows for the consideration of their personal needs. These plans are tailored to match each athlete's physical condition, sport type, and objectives. Independent learning plays a crucial role in accepting new approaches and methods, as athletes and coaches can use online training and video materials to analyze the playing style of competitors, develop new strategies, and improve their own techniques. Independent mastery of practical knowledge and skills in the sports field is of great importance. Through the study of new techniques and learning methods, students can analyze the opponent's gameplay, develop new strategies, and refine their own style.

Certainly, practice-based education is essential in sports educational institutions. This approach helps students apply theoretical knowledge in real-life situations and prepares them for professional careers in sports. Practice-based learning not only allows students to study sports theory in depth but also enables them to apply it in practice [7].

For example, checking theoretical knowledge during exercises and various simulation processes helps develop decision-making skills in different situations. The advantage of practice-based education is that students assimilate theoretical knowledge faster because they can demonstrate it in practice and learn through experience. This aids in a better understanding of sports concepts.

During training, assessing each athlete's knowledge and skills allows for the identification of their strengths and weaknesses. Individualized approaches provide students with the opportunity to develop and strengthen their skills through specific exercises and give them the chance to regularly assess their results. This helps increase their personal responsibility and

teaches them to be accountable for their activities during training. In this way, they can improve their strengths and address their weaknesses.

To enhance the effectiveness of independent learning, recommendations include incorporating the use of internet, video, and other online resources into the learning process, allowing students to acquire additional sports-related knowledge.

To further improve the effectiveness of independent learning, sports students and coaches should consult with specialists and benefit from their experiences. Students should define their goals and strive for self-improvement.

With the help of virtual coaches, sports data sets, biomechanical analysis, and other technologies, students have the opportunity to optimize their learning process. Utilizing new technologies in sports education ensures that students are equipped with advanced knowledge and can improve their educational outcomes.

Athletes and coaches must acquire new knowledge and skills throughout their careers. Properly implementing independent learning enhances this process by exposing athletes to advanced technologies, scientific research, and new sports methods.

In conclusion:

1. Independent learning plays a crucial role in improving the quality of education in sports institutions. It not only promotes knowledge acquisition but also encourages personal and professional development.

2. Effective organization of independent learning aids athletes in achieving their goals, acquiring new knowledge, and enhancing their success in sports.

3. It fosters development in students not only physically but also psychologically, socially, and methodologically.

4. Properly structured independent learning helps students broaden their skills, adopt new approaches, manage stress, and effectively manage their activities. In other words, independent learning is a key factor in the modern, innovative, and high-quality advancement of sports education.

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