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Abstract:

Physical education in higher education institutions (HEIs) of Kazakhstan is an essential component of education, impacting not only the health of students but also their academic performance, psychological well-being, and social adaptation. This article examines key aspects of physical education in the educational environment of Kazakhstan, analyzes the problems faced by students and educators, and proposes ways to improve the physical education system. Particular attention is given to the introduction of new technologies and approaches that could enhance the effectiveness of physical education in HEIs.

Keywords:

Physical education, HEIs of Kazakhstan, students, motivation, sports infrastructure, health, innovative technologies, academic performance.

РОЛЬ ФИЗИЧЕСКОЙ КУЛЬТУРЫ В ВУЗАХ КАЗАХСТАНА: ПРОБЛЕМЫ И ПЕРСПЕКТИВЫ

Аннотация:

Физическая культура в ВУЗах Казахстана является важной составляющей образования, влияющей не только на здоровье студентов, но и на их академическую успеваемость, психологическое состояние и социальную адаптацию. В статье рассмотрены ключевые аспекты физической культуры в образовательной среде Казахстана, проанализированы проблемы, с которыми сталкиваются студенты и преподаватели, а также предложены пути для улучшения системы физического воспитания. Особое внимание уделено внедрению новых технологий и подходов, которые могут повысить эффективность физкультурной работы в ВУЗах.

Ключевые слова:

Физическая культура, ВУЗы Казахстана, студенты, мотивация, спортивная инфраструктура, здоровье, инновационные технологии, академическая успешность.

1. Introduction

In the context of high academic workloads and the rapid development of information technologies, physical education in higher education institutions (HEIs) of Kazakhstan faces several challenges. The lack of time for sports activities, sedentary lifestyles, and low motivation among students create significant issues for the physical education system in the country. At the same time, physical education and sports play a key role in maintaining the physical and psychological health of young people, as well as in enhancing their ability to engage in academic and social activities.

The aim of this article is to analyze the state of physical education in Kazakhstan's HEIs, identify problems, and define directions for improving and modernizing the physical education process.

2. The Importance of Physical Education for Students in Higher Education Institutions of Kazakhstan

2.1. Physical Activity and Student Health

Physical activity in Kazakhstan has become a critical factor in maintaining the health of students. According to the Ministry of Health of the Republic of Kazakhstan, in 2020, approximately 35% of students suffer from diseases related to physical inactivity, including cardiovascular diseases, osteochondrosis, obesity, and diabetes. This alarming statistic highlights the need to increase the physical activity of young people and involve students in regular physical education activities.

Sports participation contributes to:

- Improvement of cardiovascular health and metabolism;
- Prevention of diseases related to a sedentary lifestyle (e.g., hypertension, osteoporosis, diabetes);
- Enhancement of psychological well-being, reduction of stress, and alleviation of anxiety.

2.2. Psychological Effects of Physical Activity

Physical activity has a profound impact on the psycho-emotional state of students, which has become increasingly relevant in Kazakhstan in light of the growing levels of stress, particularly during exam periods. Regular participation in sports boosts endorphin levels, reduces anxiety and depression, and helps combat fatigue and overload.

Additionally, physical education fosters the development of communication and social skills, strengthens teamwork, and is particularly important for students in their process of social adaptation.

2.3. Academic Success and Productivity

Engaging in physical education has a significant effect on students' academic performance. According to a study conducted in Kazakhstan in 2022, students who actively participate in sports demonstrate higher academic results than their sedentary peers. Regular physical activity enhances concentration, memory, reduces fatigue, and improves overall work efficiency.

3. Problems of Physical Education in Higher Education Institutions of Kazakhstan

3.1. Lack of Time and Motivation Among Students

One of the main problems is the lack of time for physical education. University students often face heavy academic loads and additional external commitments, which lead to a decrease

in interest and available time for physical activity. According to a survey conducted among students in 2023, 42% of respondents stated that they cannot find time for sports due to their busy schedules.

Moreover, low motivation for physical education remains one of the critical issues. In most universities, physical education is still perceived as a mandatory, yet secondary, part of the educational process. Motivation for engaging in physical activities is often lacking, especially when the activities do not provide immediate results or enjoyment.

3.2. Lack of Infrastructure and Accessible Facilities

Many universities in Kazakhstan suffer from a lack of sports facilities, gyms, and areas for active physical engagement. In regional areas, where sports facilities are often outdated and their number is limited, students face challenges in accessing sports activities. Even in large cities such as Almaty and Astana, there is a shortage of modern sports complexes, which negatively impacts the quality of physical education.

3.3. Weak Integration of New Sports Trends

Despite the wide variety of modern sports trends, such as functional training, yoga, Pilates, and CrossFit, most universities in Kazakhstan still focus on traditional sports such as football, basketball, and volleyball. This does not meet the needs of students who are interested in newer fitness trends. Physical education programs are often not adapted to current fitness trends, which further reduces interest in physical activities.

4. Prospects and Development Directions for Physical Education in Higher Education Institutions of Kazakhstan

4.1. Modernization of Infrastructure and Accessibility

There is a need for a comprehensive modernization of the sports infrastructure in higher education institutions, particularly in remote and regional areas. This includes:

- Construction and renovation of sports complexes, gyms, and multi-purpose sports facilities;
- Ensuring students have access to sports facilities at all times, allowing for flexible scheduling of physical activities;
- Improving outdoor training conditions, and establishing areas for skateboarding, cycling, and parkour.

4.2. Integration of Technology and Digitalization of the Sports Process

The integration of modern technologies and digital solutions can significantly enhance student engagement in physical education:

- Development of mobile applications to monitor physical activity and track student progress;
- Online training sessions and video courses in popular fitness trends, yoga, and other sports disciplines, enabling students to engage in physical activity regardless of time and location;
- The use of technology for personalized training programs and injury prevention.

4.3. Innovations in Physical Education Programs

To increase student motivation to participate in physical education, it is recommended to:

- Expand the range of sports disciplines offered at universities, incorporating new trends such as yoga, Pilates, CrossFit, dance, and functional training;
- Introduce elective courses focused on individual training, allowing students to select activities based on their personal interests and physical capabilities;
- Establish clubs and sports associations to encourage socialization and provide support for students in their sports pursuits.

4.4. Motivation and Incentives for Students

The student motivation system should include:

- Implementation of reward programs for students who actively participate in physical education, such as discounts on sports events, scholarships, and opportunities to participate in university sports competitions;
- Organization of sports tournaments, inter-university championships, and events that promote teamwork and encourage student involvement in physical activities.

4.5. Professional Development for Physical Education Instructors

A continuous professional development program for physical education instructors is essential to ensure they are equipped to teach students using modern methodologies and approaches, integrate innovative technologies, and address the psychological and emotional aspects of working with young people.

5. Conclusion

Physical education in higher education institutions of Kazakhstan plays a crucial role in maintaining student health and enhancing their academic performance. Despite existing challenges, such as lack of time and motivation, as well as limited infrastructure, it is possible to implement effective solutions to improve the physical education system. The development of infrastructure, the integration of technologies and innovative approaches, and the creation of a student motivation system will significantly improve the level of physical activity in universities and contribute to the formation of a healthy and active lifestyle among the youth of Kazakhstan.