



НАУЧНАЯ АРТЕЛЬ

АКАДЕМИЧЕСКОЕ ИЗДАТЕЛЬСТВО

16+

ISSN (p) 2411-7161

ISSN (e) 2712-9500

№ 6/2025

**НАУЧНЫЙ ЖУРНАЛ
«IN SITU»**

Москва
2025

- Tuychieva M.O.** 57
LITERARY VALUE OF RABE`-UL-ABROR" BY ZAMAKSHARI

ЮРИСПРУДЕНЦИЯ

- Wekilov Sh., Shatlykov B.** 62
THREE DECADES OF PEACE: CELEBRATING THE 30TH ANNIVERSARY OF TURKMENISTAN'S PERMANENT NEUTRALITY

ПЕДАГОГИКА

- Lã Ngọc Linh** 66
ESTABLISHING A VOLUNTARY SPORTS CLUB: A PHYSICAL EDUCATION MODEL BASED ON THE PSYCHOLOGICAL NEEDS OF STUDENTS

- Matiyeva S., Seydiyeva J.** 68
THE SCIENCE OF TEACHING AND LEARNING: AN EXPLORATION OF PEDAGOGICAL SCIENCE

МЕДИЦИНА

- Matiyeva S., Seydiyeva J.** 72
SAFEGUARDING HEALTH: AN EXPLORATION OF MEDICAL SCIENCE

- Ylyasova G.** 74
MODERN APPROACHES IN OPERATIVE SURGERY: TECHNIQUES AND TECHNOLOGIES

ВЕТЕРИНАРИЯ

- Gurbanov P., Orazgulyyev N., Rovshenkulyyev B., Garryyev A.** 78
THE UNSEEN WORLD: AN EXPLORATION OF BACTERIOLOGY SCIENCE

- Seydiyeva J., Ovezgeldiyeva J., Berdinazarov M., Myratdurdyev N.** 80
UNVEILING THE BLUEPRINT OF LIFE: AN EXPLORATION OF VETERINARY ANATOMY

- Seydiyeva J., Agayev B., Annayeva L.** 83
GUARDIANS OF ANIMAL HEALTH: AN EXPLORATION OF VETERINARY SCIENCE

- Seydiyeva J., Agayev B., Annayeva L.** 85
THE SCIENCE OF SCARCITY: AN EXPLORATION OF ECONOMIC SCIENCE

ИСКУССТВОВЕДЕНИЕ

- Garryyev A., Yoldashov G., Kadyrov M.** 89
TURKMEN MUSICAL ART AND NATIONAL CULTURE

ПСИХОЛОГИЯ

- Ефиценко В.С.** 92
ОБРАЗ ВЛАСТИ В ОБЩЕСТВЕННОМ ВОСПРИЯТИИ: ОБЗОР ИССЛЕДОВАНИЙ

АРХИТЕКТУРА

- Wekilov Sh., Kerimova A.** 97
ARKADAG SMART CITY: TURKMENISTAN'S VISION FOR A SUSTAINABLE AND TECHNOLOGICALLY ADVANCED FUTURE

Lã Ngọc Linh, M.A. – Senior Lecturer
Department of Physical Education – Faculty of Basic Sciences
Hanoi University of Mining and Geology

ESTABLISHING A VOLUNTARY SPORTS CLUB: A PHYSICAL EDUCATION MODEL BASED ON THE PSYCHOLOGICAL NEEDS OF STUDENTS

I. Introduction

Physical Education (PE) is an important component of the educational process, contributing to both physical and mental development for students. However, PE has not seen significant innovation over time. The current PE curriculum mainly consists of mandatory content, while students increasingly express a desire to engage in physical activities based on their abilities and interests.

Nowadays, with the continuous improvement of school facilities and the modernization of infrastructure, students are provided with more opportunities to participate in sports and physical training tailored to their interests and capacities. Therefore, the need to reform PE by establishing voluntary sports clubs in schools has become increasingly necessary to meet students' psychological and practical needs.

II. Research Content

1. Basis for Proposing the Establishment of Sports Clubs in Schools

1.1. Emergence of Diverse Sports Activities Attracting Students Outside the Standard Curriculum

In addition to traditional sports taught in schools such as volleyball, basketball, badminton, aerobics, athletics, and chess, many other types of physical training are gaining popularity among students. These include dancesport, aerobics, gym, yoga, swimming, and martial arts. Students often choose these based on personal interest, talent, or job requirements. As a result, practicing sports aligned with one's preferences usually yields better outcomes, increases motivation and enjoyment, enhances fitness, relieves stress, and promotes overall physical and mental development.

1.2. Students' Psychological Attitudes Toward Physical Education

To better understand students' attitudes toward PE, a survey involving 105 students was conducted. Their responses are presented in Tables 1 and 2.

Table 1

Students' Reactions Toward PE Classes (Unit: %)

No.	Behavior / Attitude	Frequently	Occasionally	Rarely/Never
1	Enjoy and are interested in PE classes	12.4	18.1	69.5
2	Attend classes just to meet requirements	78.1	21.9	7.6
3	Feel bored and uninterested	18.1	81.9	0
4	Are afraid of the subject	61.9	38.1	0
5	Fear punishment from teachers	16.2	83.8	0
6	Like physical activity but not during class	84.8	15.2	0
7	Follow instructions only under supervision	72.4	27.6	0
8	Fake illness to avoid participation	26.7	73.3	0
9	Always try their best during practice	52.4	47.6	0

Table 2

Students' Evaluation of the Current PE Curriculum (Unit: %)

Topic	Basic PE	Athletics	Elective Sports
Highly relevant to student needs	24.8 / 75.2	24.8 / 75.2	54.3 / 45.7
Students are excited and participate actively	0 / 105	12.4 / 87.6	84.8 / 15.2
Content is boring and repetitive	105 / 0	78.1 / 21.9	57.1 / 42.9
Curriculum is compulsory, no student choice	105 / 0	105 / 0	105 / 0
Fun atmosphere but content lacks variety	85.7 / 14.3	85.7 / 14.3	85.7 / 14.3