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## THE IMPORTANCE OF THEORETICAL KNOWLEDGE PROVIDED IN PHYSICAL EDUCATION LESSONS FOR ACQUIRING KNOWLEDGE ABOUT HUMAN HEALTH

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### Abstract

*In the modern era of independent development of the Republic of Azerbaijan, the rapid and successful implementation of the set tasks requires the comprehensive preparation and development of individuals. Among the closely related and essential directions of reconstruction and acceleration, a significant place is given to fundamentally renewing ideological and political education and comprehensively developing (forming) individuals. Currently, the comprehensive preparation of individuals is the primary condition for accelerating the socio-economic development of our country. Undoubtedly, under the current conditions, the republican government and our people will take all necessary measures to accelerate the socio-economic development of the country and will carry out purposeful work in forming a personality that is harmoniously developed, socially active, morally rich, ethically pure, and physically perfect.*

*It is clear that, in the conditions of reconstruction, the higher the political and social consciousness and knowledge level, culture, morality, aesthetic and physical development, and working capacity of people in society, the more their creativity and productivity increase and expand in various fields of national economy, the creation of the country's material and technical base, and the production of material and spiritual wealth. As a result, the constructive tasks and duties of society are fulfilled more quickly and successfully.*

**Keywords:** Student, health, physical, education, development, teaching, physical education, school, knowledge, lesson, hygiene, gymnastics, theory

## The Importance of Physical Activity in Students' Acquisition of Scientific Knowledge About Health

Physical activity plays a crucial role in students acquiring the necessary knowledge, skills, and habits for their health, learning about and understanding nature and social life. The prominent Russian pedagogue and physical education theorist P.F. Lesgaft, in his work "Guidance on the Physical Education of School-Age Children", stated that every movement should be explained to children beforehand in terms of its purpose and how it should be performed. According to Lesgaft, when teachers clearly explain the importance of physical education tools (such as gymnastics, natural factors, nutrition, sleep, etc.) for human health and harmonious development, students consciously understand the essence and significance of physical education, acquire new knowledge and habits, and, based on this, become more engaged in physical education activities. Consequently, children's physical and moral strength develops harmoniously.

Modern pedagogical research also confirms that the significance of physical education in human health and comprehensive development must be properly conveyed to students. Through physical education, students acquire knowledge, skills, and habits related to the importance of physical education in growing strong, resilient, and energetic; its main tools, their essence, and characteristics; as well as the execution methods, techniques, and rules of numerous physical exercises and games in different sports. They also gain some knowledge and understanding of natural and social events. As a result, this ensures the comprehensive development of students' physical abilities and capacities, broadens their knowledge level, and enhances their way of thinking and worldview. For this reason, providing students with extensive knowledge about physical education has been set as a practical task for schools.

The decisions of the school reform have clearly defined the content and teaching quality of students' physical education and have provided specific activity programs for schools. The main directions of the general education and vocational school reform state: "It is necessary to organize all students' engagement in physical education during lessons, extracurricular time, and sports clubs daily and create the necessary conditions for this. More attention should be given to hygiene issues. Every student should acquire essential knowledge in hygiene and medicine, get to know their organism from a young age, and be able to maintain it properly (Ismayilov, 1990),

## The Importance of Theoretical Knowledge in Physical Education Classes for Understanding Scientific Knowledge About Human Health

Theoretical knowledge plays a crucial role in students' physical education. According to the program requirements, students receive systematic theoretical information about the essence and fundamentals of physical education. They are taught the importance of using various means of physical education and sports (such as natural factors, routine, nutrition, sleep, and rest, as well as gymnastics, games, athletics, swimming, shooting, dancing, and walking in nature, enjoying its beautiful scenery) regularly and correctly.

Thus, students theoretically acquire knowledge about physical education and its various means, understand that engaging in sports is essential for their health, and become equipped with the fundamental principles of physical education theory.

Experience shows that when theoretical knowledge given in class is scientifically substantial, enriched with interesting facts, and practically useful, it becomes more attractive and convincing for students. It helps them learn scientifically, encourages them to engage in physical education regularly and actively, and increases their enthusiasm.

Many leading teachers in our country apply exemplary teaching methods in providing theoretical knowledge in physical education and conduct effective practical studies. Specialized teachers, for instance, dedicate the first physical education lesson of the fourth grade to the topic "Proper Attire for Physical Education Classes." In this theoretical discussion, they explain the benefits of physical education and the necessity of regular engagement in it for children's health in the following manner (Musayev, 1993).

"Children, engaging in physical education has many benefits for humans. Children who regularly participate in physical education grow faster, become physically strong, powerful, and beautiful. They become agile, quick, and skillful, run well, do not feel cold, and do not get sick. Such children learn their lessons quickly and remember them well. That is why everyone should engage in physical education with enthusiasm. However, remember that physical education is not limited to just the physical education class. The class is only one part of physical training activities. A person who follows a proper physical training routine grows up healthy, strong, and beautiful.

'Following a physical training routine' means that a student wakes up early in the morning on time, does morning gymnastics at home, then washes their face and hands, dresses neatly, eats properly, and goes to school for lessons. During breaks, they go outside for fresh air and play with their friends. After school, when they return home, they change their clothes, wash their hands and face with cold water, have lunch, or open the window to refresh the room's air and then rest for a while by lying down or going outside to relax, walk, and play. Later, they engage in preparing their lessons. While studying, they take a break every hour and a half, go outside, walk, or play. After finishing their homework, they have dinner, rest for a while, go outside for fresh air, play, and finally go to bed at 9 PM.

Children, when a student follows this routine daily, they live according to a 'daily regimen', make proper use of physical training activities every day, and grow up to be healthy, strong, and beautiful (Aslanli, 1993).

After explaining the significance of engaging in physical training according to a routine, the teacher clarifies the purpose of the topic:

"During physical education classes, all students must wear sports uniforms. A typical sports uniform consists of a short white T-shirt, black shorts, short socks, and rubber-soled gym shoes. Physical education classes are conducted only with students dressed in such attire. It is not allowed to participate in physical education in regular school clothes. Students who wear sports uniforms in physical education classes feel lighter, move more freely, perform exercises correctly, and do not tire quickly" (Khalilov, Aliyev, Guliyeva & Babayeva, 2024).

Thus, the explanation helps students understand that wearing a special sports uniform during physical education classes is essential and beneficial.

During the lesson on "Information About Gymnastics" for 4th-grade students, they gain theoretical knowledge about the essence of gymnastics and its positive impact on human health. By carefully listening to the teacher's simple scientific explanation, students learn that gymnastics is an important type of physical education. The term "gymnastics" refers to one of the fundamental types or methods of physical education.

Students understand that "gymnastics" is a Greek word. It comes from the ancient Greek term "gymnos," which means "naked." They form a clear perception that in ancient Greece, as early as the 5th century BC, during a period of high cultural development, people practiced gymnastics while being naked. The word "gymnos" (naked) is related to this practice.

Nowadays, in our country and around the world, gymnastics is practiced not entirely naked but in minimal clothing, such as a tank top and shorts (or, for professional athletes, a thin leotard and stockings). A person who practices gymnastics or a professional in this field is called a "gymnast" (Khalilov, 2022),

To help students develop a clear understanding of gymnastics, the teacher should introduce the topic as follows:

"For a person to be healthy, strong, and physically fit, gymnastics plays a significant role. Scientists call gymnastics the 'mother of sports.' According to experts, gymnastics is an inexhaustible source of strength, vitality, and health. Children who practice gymnastics grow quickly, become physically strong, energetic, cheerful, and resilient. They do not easily catch colds and do not get sick frequently."

During the lesson, the teacher should explain that gymnastics has several types and clarify their significance. One of these types is called "morning gymnastics." Morning gymnastics refers to engaging in exercise right after waking up. It helps a person grow strong, healthy, and cheerful.

The teacher should continue by emphasizing: "For a person, especially children, to be healthy and physically strong, sleep plays a crucial role. Getting enough and restful sleep at night is very important. During sleep, the body, head, and eyes rest, and the fatigue accumulated throughout the day is relieved. The body gathers new energy. This is beneficial. However, scientists have determined that when a person wakes up from a deep sleep in the morning, they may feel drowsy, reluctant to work, slightly swollen in the face, and weak. The body and mind may feel sluggish, and they may be unwilling to get out of bed."

Such conditions arise due to the body being motionless during sleep. During sleep, the functions of different body parts slow down. For example, blood circulation, heart activity, and blood pressure decrease. To eliminate these effects, morning gymnastics is recommended. If a person engages in various physical exercises for 12-15 minutes after waking up, this condition disappears, and they become more active.

For this reason, morning gymnastics programs are widely broadcast on radio and television. Everyone who cares about their health—both adults and children—follows these programs and exercises daily. This helps maintain their health, strengthen their bodies, and allows them to start their work or studies with a clear

mind and enthusiasm. It also improves their mood and productivity throughout the day.

Many of our country's leading teachers, when teaching the topic "Information About Gymnastics," pause their explanations at certain points and ask students questions to assess their understanding. For example, the teacher may stop and ask:

"Children, who can tell me where the word 'gymnastics' comes from and what it means?" After posing the question, the teacher should repeat it 2-3 times to focus the students' attention and ensure they are thinking about the answer. While scanning the classroom, the teacher should encourage all students to participate. Most students will raise their hands, and the teacher should select one by pointing at them and saying, "You, please answer."

Such conditions arise due to the body's inactivity during sleep. During sleep, the functions of different body parts slow down. For example, blood circulation, heart activity, and blood pressure decrease. To quickly eliminate these effects in the morning, morning gymnastics is used. When a person performs various physical exercises for 12-15 minutes after waking up, these conditions disappear, and they become more active.

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Student: "Gymnastics is a Greek word. It comes from the ancient Greek term 'Gymnos,' which means 'naked.' In ancient Greece, people practiced sports while being naked. The word 'gymnastics' is related to this." Teacher: "Correct! Now, who can explain what morning gymnastics is and what it means?" Student: "Morning gymnastics is one of the essential types of physical education. It refers to engaging in exercise every morning right after waking up."

Teacher: "Absolutely right! Well done!" By acknowledging the student's correct answer, the teacher encourages class participation. If a student makes an error, the teacher helps guide them toward the correct response. When students struggle to answer, the teacher restates the question and reminds them of the key points.

Additionally, the teacher encourages students who do not raise their hands or participate actively in the discussion to engage more in the learning process. This approach fosters a sense of responsibility among students, ensuring they pay close attention in class and actively strive to understand the material. As a result,

students develop critical thinking skills and become more engaged in the lesson (Khalilov, 2022).

After ensuring that students have consciously grasped a portion of the theoretical information, the teacher can proceed with explaining the next section (such as the second or third small paragraphs).

Through this teaching method, students also learn that another type of gymnastics is called “industrial gymnastics.” This type of gymnastics is practiced by workers in factories, construction sites, and various industrial settings. Employees perform industrial gymnastics exercises at their workplaces, especially during breaks after working for a certain period.

When a person works in an industrial setting (such as a factory or plant) for an extended period, they begin to experience fatigue. Therefore, it is essential to prevent worker fatigue during the production process.

The great Russian scientist I.M. Sechenov discovered that during certain types of labor, the brain cells and muscles involved in the task become exhausted. However, if the work is changed to engage a different group of muscles, the previously fatigued brain cells and muscles get a chance to rest and recover their strength.

For this reason, engaging in gymnastics during industrial work helps prevent workers from becoming exhausted throughout the day. As a result, employees (both laborers and office workers) can maintain their productivity, perform their tasks with enthusiasm, and protect their overall health.

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