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EFFECTIVENESS OF WEARABLE DEVICES IN MONITORING PHYSICAL FITNESS

Tursinbaeva Nargiza Gayrat qizi
Student of the Ajiniyoz Nukus state Pedagogical Institute
Allaniyazov I.B
Nukus state Pedagogical Institute named after Ajiniyaz
Faculty of Pedagogy, Psychology and Creative Education, Department of General Pedagogy
Senior lecturer
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Abstract. The growing integration of digital technologies into education has significantly influenced the field of physical education. Among these innovations, wearable devices have emerged as valuable tools for monitoring and improving physical fitness. Wearable technologies such as fitness trackers, smartwatches, and heart rate monitors provide real-time information about physical activity, allowing both students and educators to assess performance more accurately. This study examines the effectiveness of wearable devices in monitoring students' physical fitness and evaluates their impact on motivation, performance tracking, and health awareness.

Keywords: wearable devices, physical fitness, fitness monitoring, physical education, smart technology, student health

Introduction. The rapid advancement of technology has transformed various aspects of education, including physical education and sports training. Traditional methods of monitoring physical fitness often rely on teacher observation, manual measurements, and periodic assessments, which may not provide comprehensive information about students' physical performance. As educational institutions seek more effective approaches to promoting health and fitness, wearable technologies have gained increasing attention as innovative tools for monitoring and evaluating physical activity.

Wearable devices are electronic technologies that can be worn on the body to collect and analyze health and fitness data. These devices can track various physiological indicators, including heart rate, step count, calories burned, sleep quality, and exercise duration. In educational settings, wearable technologies provide teachers with objective data that can be used to assess student performance and design individualized training programs. At the same time, students gain greater awareness of their physical activity levels, enabling them to take a more active role in managing their health and fitness. Consequently, wearable devices have become an important component of technology-enhanced physical education.

Methods. This study employed a comparative research approach to evaluate the effectiveness of wearable devices in monitoring physical fitness. A total of 50 students participated in a four-week experimental program. During the study period, students engaged in regular physical education activities while their physical performance was assessed using both traditional measurement methods and wearable fitness devices.

Results. The findings of the study indicate that wearable devices provide significantly more accurate and continuous monitoring of physical fitness than manual assessment methods. Wearable technologies were able to track physiological indicators in real time, allowing for immediate feedback and more detailed analysis of student performance. Heart rate measurements collected through

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wearable devices demonstrated a considerably higher level of accuracy than traditional manual monitoring techniques.

Furthermore, students using wearable devices showed increased interest in monitoring their own progress and setting personal fitness goals. The availability of real-time data encouraged greater participation in physical activities and improved awareness of healthy lifestyle behaviors. Many participants reported that wearable devices helped them better understand their strengths and weaknesses, leading to more informed decisions regarding exercise and physical activity.

Discussion. The results demonstrate that wearable devices offer significant advantages for monitoring physical fitness in educational settings. One of the most important benefits is the ability to provide continuous and accurate measurements of physical activity. Unlike traditional methods, which often depend on periodic assessments and subjective observations, wearable technologies generate real-time data that allows for ongoing performance evaluation.

Another important advantage is the positive impact on student motivation. Wearable devices encourage self-monitoring and goal-setting, both of which are essential components of successful behavior change. Features such as activity tracking, progress reports, achievement notifications, and personalized feedback create a more engaging learning environment and motivate students to remain physically active.

Wearable technologies also support personalized learning in physical education. By analyzing individual performance data, teachers can identify students' specific needs and design targeted interventions to improve fitness outcomes. This individualized approach can lead to more effective training programs and better long-term results.

Conclusion. Wearable devices have become valuable tools for monitoring physical fitness and supporting student health in modern educational environments. Their ability to provide accurate, continuous, and personalized data makes them highly effective for assessing physical performance and encouraging active participation in physical education programs. The findings of this study indicate that wearable technologies not only improve the accuracy of fitness monitoring but also increase student motivation, engagement, and awareness of personal health behaviors.

As technology continues to evolve, wearable devices are likely to play an increasingly important role in physical education. However, their successful implementation requires careful consideration of issues such as accessibility, affordability, and data privacy. When integrated responsibly, wearable technologies can significantly contribute to improving student fitness outcomes and promoting lifelong healthy habits.

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