



Experience of Foreign Countries in the Development of Kinetic Intelligence of Students

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Abstract: The article reflects on the results of research on the experience of foreign countries on the development of kinetic intelligence among students. Methods and approaches used in different countries to encourage physical activity, sports and creativity among students of higher educational institutions are analyzed. Also, the practice of applying the best practices used in foreign educational institutions in the educational system of our country was studied.

Keywords: Kinetic Intelligence, Development, Education, Sports, Creativity, Physical Activity, Methods, Experience

Introduction

Currently, the education system around the world is paying close attention. At the same time, problems such as an extremely large volume of information, the complexity of its analysis and synthesis, the increasing demand for the education system, and the diversification of educational processes require the implementation of reforms in the education system in accordance with the demands of the time. The development of students' kinetic intelligence remains one of the pressing issues of ensuring the effectiveness of the educational system (Singh & Singh, 2020; Liu & Ren, 2019). As a result of the development of kinetic intelligence, we will be able to control the weight of students, strengthen the cardiovascular system, increase memory, attention, as well as the speed and accuracy of thinking (Hillman, Erickson, & Kramer, 2008; Tomporowski, 2019). It also helps students develop social skills, such as teamwork and cooperation, the formation of self-management skills through successful adaptation to various life situations and stress (Ávila-García, 2017; Pesce, 2012), ensures career growth for future specialists, and helps achieve balance in the educational system (Mavilidi, Okely, & Chandler, 2015; Diamond, 2015).

In general, the development of students' kinetic intelligence is important for ensuring and developing their physical health, cognitive abilities, social skills, self-management and future professional readiness (Eather & Plotnikoff, 2016).

Methodology

Howard Gardner an American psychologist and founder of the theory of multiple intelligences was one of the first to express his views on kinetic intelligence in his work published in 1983. In his opinion, he notes that intelligence is not a single and unchanging ability of people, but a complex combination of different abilities. He distinguished intelligence into linguistic, mathematical (logical), musical, visual (spatial), kinetic, interpersonal, personal and natural types (Howard, 1983).

Body language can say more about us than words. He can even talk about people instead of words (Dementyev, 2024).

According to researchers A.T. Nurmanov and Yu.I. Turganov, "In interpersonal communication, knowledge and information are exchanged through the optical kinetic (gesture, etc.) system, steam and extralinguistic system (tone, silence, etc.). In interpersonal communication, eye contact and tactical contact (handshake) are means of influencing each other. At the same time, conditions and situations are effectively used" (Nurmanov & Turganov, (2022).

Before introducing innovations in education, a student must be prepared for the learning process and adapt to this process. Audio, visual and kinetic means are an important factor in students' mastery of the educational process (Dewi et al, 2021).

To obtain the research results, we widely used methods such as observation, collection and grouping of data, SWOT analysis, analysis of regulatory documents, analysis of foreign and domestic literature, induction and deduction, logical control.

Result and Discussion

The word kinetics comes from the Latin words “kinesio” - movement and “intellectus”- understanding. This is a branch of science that studies people's ability to understand their actions and situations. Kinetic intelligence is the ability to control a person's actions and understand the actions of other people. Kinetic intelligence helps us influence the people around us through facial expressions, gaze, gestures and other elements of influence.

Kinetic intelligence is one of the components of Howard Gardner's multidimensional model of intelligence, presented in his theory of multiple intelligences. Kinetic intelligence refers to the ability to understand body movements, their use and manipulation. People with high levels of kinetic intelligence are usually people who have the ability to coordinate movements and express themselves through physical activity in sports, dance and musical instruments.

In the education system, the development of kinetic intelligence is important, as a result of which the physical health of students is strengthened. By increasing the physical activity of students, one can easily get out of problematic situations and improve the skills of coordinating cooperative relationships. Kinetic intelligence can be developed in the education system through sports, dancing, music, rhythmic gymnastics, physical and creative activities.

According to our research, the state of development of kinetic intelligence in countries around the world was different. The following general factors have been found to influence this:

1. educational policy;
2. cultural traditions;
3. current state of sports and creative infrastructure, etc.

Developed countries such as the United States, Canada, Germany and Japan have provided ample opportunities to develop students' kinetic intelligence, and their education systems have placed greater emphasis on increasing physical activity. Educational programs include physical education classes, sports sections, creative and artistic clubs, as well as processes aimed at developing and coordinating motor skills.

In the countries of India, Brazil and China, the level of development of kinetic intelligence is less advanced than in the countries mentioned above due to limited resources and insufficient infrastructure. The main reason for this is the lack of sports facilities, cultural centers and physical activity opportunities in the education system of these countries. However, with increasing public awareness of the importance of a healthy lifestyle, physical health and an active lifestyle, most of these countries have focused efforts on actively developing their sports and cultural infrastructure.

In the countries of Australia, Norway and the Netherlands, as a result of high physical activity of the population, cultural traditions, climatic conditions, government policies in the field of a healthy lifestyle and other factors, the level of development of kinetic intelligence in these countries is a priority.

Among the countries we analyzed, Finland is known for its developed education system, which actively integrates various methods and approaches to develop different types of intelligence, including kinetic intelligence. Finnish educational institutions pay attention to the development of kinetic intelligence as part of the overall desire for the harmonious development of students' personalities. When developing kinetic intelligence in Finnish educational institutions, attention is paid to:

1. in educational institutions, to increase the physical activity of students, breaks for physical education, sports or physical recreation are offered;
2. projects that require physical labor and practical skills of students are integrated into the curriculum, including field research, experiments and models;
3. in the Finnish education system, students widely participate in sports clubs and activities;
4. the kinetic intelligence of students is developed by ensuring participation in creative and artistic projects (dancing, drama, musical performances, etc.);
5. some educational institutions also offer special programs or courses aimed at developing kinetic intelligence through sports, dance, theater and other similar specific areas of art.

Despite differences in the level of development of kinetic intelligence, more and more countries are recognizing the importance of physical activity and creative activity for the full development of a person and are introducing appropriate programs and initiatives for the development of kinetic intelligence into their educational systems.

Correct and targeted development of the mechanism for the development of kinetic intelligence helps to quickly and easily achieve your goals. In our opinion, in the development of kinetic intelligence, attention should be paid to the following: firstly, it is necessary to increase physical activity. In this process, regular exercise, sports and games help coordinate motor skills, adapt to different situations and develop physical strength. The more a person uses his body in different situations, the better his kinetic intelligence develops. Secondly, regular repetition of actions and development of skills in different directions helps to increase competence and practical skills in certain areas. The more time spent training, the higher the level of kinetic intelligence. Third, receiving feedback from teachers, coaches and experts helps improve kinetic intelligence and correct mistakes. Reflecting on actions plays an important role in improving kinetic intelligence by helping you understand what works well and what needs improvement. Fourth, it is necessary to develop imagination and creative thinking to use kinetic intelligence, learn new movements, create compositions or solve problems using bodily abilities. Fifth, ensure the integration of emotional, social and other intelligence with kinetic intelligence. For example, dance helps express emotions, and team sports help develop interaction and communication skills.

By integrating these mechanisms and continually developing skills in different areas, a person can significantly improve their kinetic intelligence.

According to our research, foreign educational institutions conduct activities aimed at increasing physical activity in order to develop the kinetic intelligence of students (using balls to answer questions during a lesson, breaking ice, organizing lessons in the fresh air and other methods), taking students to sports competitions, training in individual sports or ensuring participation in entertainment events, student participation in creative projects, and the use of modern technologies to develop kinetic intelligence.

As a result of our research on the development of kinetic intelligence in the educational system of foreign countries, we developed a SWOT analysis of kinetic intelligence and expressed it as follows (Fig. 1).

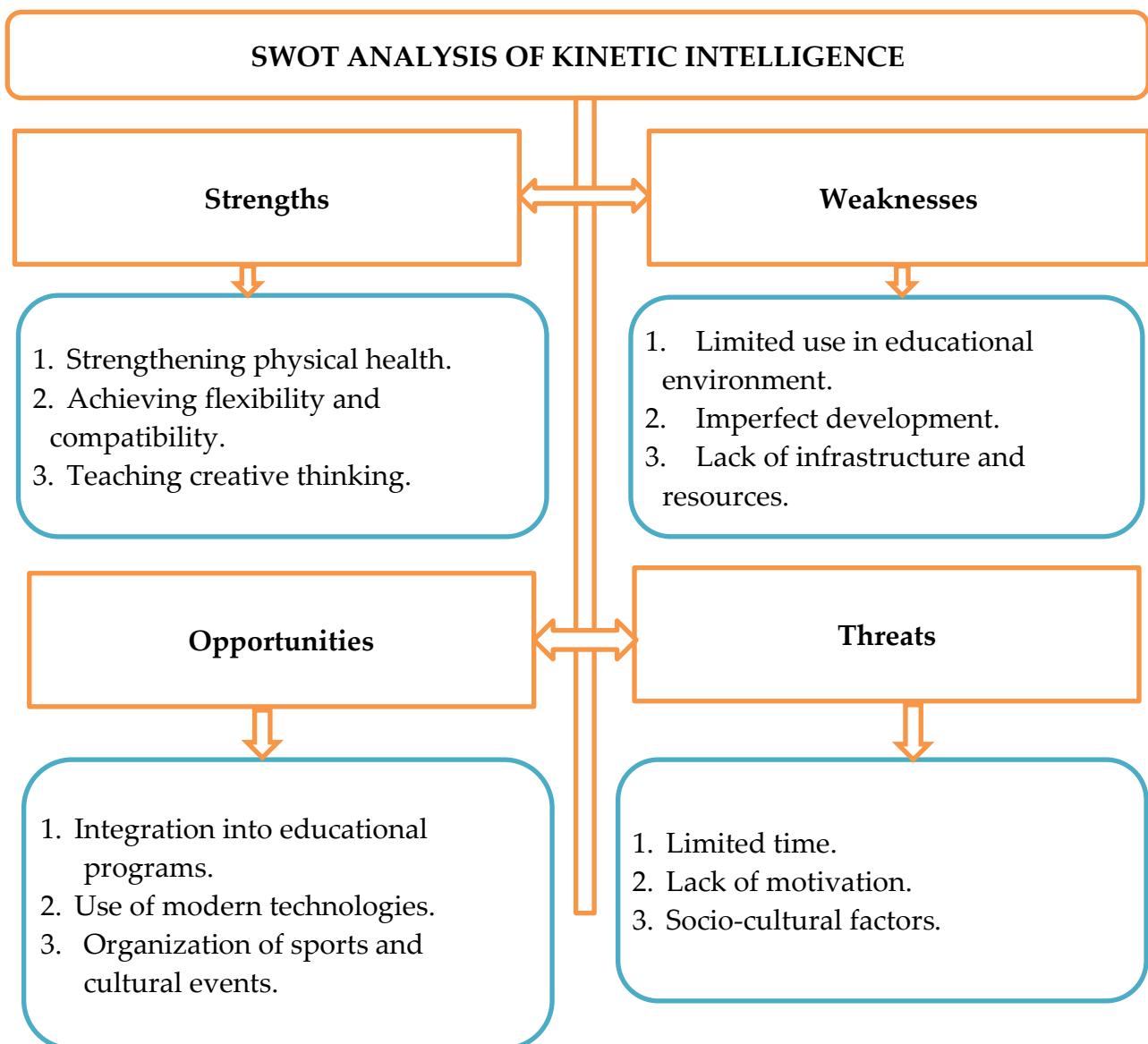


Figure 1. SWOT Analysis of Kinetic Intelligence

The strengths of Kinetic Intelligence lead to the following results: the physical health of students improves through active physical activity and sports, regular physical activity helps students maintain flexibility and fitness of the body and develops innovative

approaches to problem solving in students through the interaction of physical activity and creative thinking.

The weaknesses of kinetic intelligence include the following: traditional educational programs often do not pay enough attention to the development of kinetic intelligence, which leads to underutilization of its potential; as a result of imperfect organization of the development of kinetic intelligence of students, this leads to limited opportunities for students in an educational institution and in their future activities . Also, the lack of available tools and infrastructure for developing kinetic intelligence may hinder its effective development in students.

Below we have identified the factors for the development of kinetic intelligence within the framework of our study (Table 1).

Table 1. Factors in the Development of Kinetic Intelligence

No.	Kinetic Intelligence Development Factor	Contents
1	Physical activity	Regular exercise, sports, dancing, yoga and swimming
2	Practice and experience	Training, rehearsals, participation in competitions and performances
3	Feedback and reflection	Technique correction, error analysis, self-assessment and self-control
4	Development of imagination and creativity	Creative exercises, improvisation, creation of new movements or compositions
5	Integration with other types of intelligence	Participation in group activities, teamwork, expressing emotions through movement

This table allows you to easily organize information about the factors that influence the development of kinetic intelligence and specific ways to implement them.

The development of kinetic intelligence leads to the achievement of the following opportunities: by integrating methods for the development of kinetic intelligence into educational programs, a more comprehensive consolidation of students' knowledge is achieved, the use of modern technologies, such as interactive and virtual educational programs makes the educational process more interesting and effective, and the organization of sports and cultural -mass events increase students' physical activity and promote the development of kinetic intelligence.

The dangerous aspects of kinetic intelligence include the following: if the educational program does not allocate enough time for physical activity to develop kinetic intelligence,

opportunities are limited; Lack of interest in physical activity in some students reduces the effectiveness of developing kinetic intelligence, and differences in social background and lifestyle may influence the ability of students to develop kinetic intelligence in different regions and countries.

In order to develop the education system in the Republic of Uzbekistan and organize the activities of educational institutions on the basis of international standards, the Decree of the President of the Republic of Uzbekistan “On approval of the concept of development of the higher education system of the Republic of Uzbekistan until 2030” was adopted and it states the following for the development of kinetic intelligence:

1. implementation of five initiatives, including a set of measures aimed at creating additional conditions for the training and education of student youth, including attracting students to culture and art, physical culture and sports, increasing their literacy in the use of computer and Internet technologies, broad promotion of reading, development of professional skills of female students;
2. development of sports in higher educational institutions as a value, development and implementation of measures to popularize a healthy lifestyle among students;
3. timely provision of growing needs in terms of student accommodation, libraries, educational workshops, laboratories, sports and recreational facilities and social infrastructure facilities, strengthening their material and technical base based on modern requirements;
4. systematic organization of spiritual and educational work in higher educational institutions, increasing the effectiveness of measures taken in this direction, developing and implementing in practice the Concept for the development of the spiritual and moral consciousness of student youth, aimed at developing intellectual potential, thinking and worldview, strengthening the ideological immunity of youth as a harmonious a developed generation living with a sense of patriotism and serving the interests of the people (Decree of President of the Republic of Uzbekistan, 2019).

Our country widely uses elements of the education systems of Finland, South Korea, China, Russia, Belarus and Europe. It would not be an exaggeration to say that at the heart of these processes lies the noble goal of educating students into mature specialists.

Conclusion

Kinetic intelligence is important not only for every graduate of an educational institution, but also for every person. Based on our study of the development of kinetic intelligence in students in foreign countries, we made the following conclusions: in the countries we studied, methods and approaches to the development of kinetic intelligence are different, most of them focus on the development of physical and creative activity; in countries where kinetic intelligence has become a major component of the education system; in foreign educational institutions, much attention is paid to the importance of physical activity in the general health and intellectual development of students; to develop kinetic

intelligence, cooperative relationships have been established with educational institutions and various organizations, including sports clubs, creative associations and creative houses, and methods for the development of kinetic intelligence based on the individual abilities and characteristics of students have been identified. It can be concluded that the widespread involvement of the experience of the above foreign countries in the education system of our country can become the basis for the development of kinetic intelligence of students in the future.

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