



**“USING AUDIO-VISUAL AND INTERACTIVE METHODS TO ENHANCE
PHYSICAL SKILLS IN VISUALLY IMPAIRED STUDENTS”**

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ABSTRACT: This article investigates the effectiveness of audio-visual and interactive methods in developing physical skills in visually impaired students. The study emphasizes preparatory classes where exercises are adapted to individual needs and incorporate sensory feedback to improve endurance, balance, coordination, and agility. The research highlights safety, individualized instruction, and the motivational benefits of multi-sensory learning.

KEYWORDS: Visually impaired students, physical skills, audio-visual methods, interactive exercises, preparatory classes, endurance, balance, coordination, agility. Physical education is critical for the holistic development of visually impaired students, contributing to health, independence, and social adaptation. Traditional training methods may not meet the specific needs of students with visual impairments. Therefore, integrating audio-visual and interactive exercises provides an effective approach to improving essential physical skills.

Audio-visual methods use sound cues, verbal instructions, and visual or tactile signals to guide students through exercises safely and effectively. Interactive exercises engage students through dynamic activities that require coordination, balance, and agility. Together, these methods promote physical development while maintaining motivation and interest.

Individualized instruction ensures that each student participates at a level appropriate to their ability, gradually increasing the complexity and intensity of exercises. This progressive approach allows students to improve physical fitness while fostering self-confidence, independence, and social skills.

Enhancing physical skills in visually impaired students requires carefully designed methods that address their unique needs. Audio-visual and interactive



exercises have proven to be highly effective in developing endurance, balance, coordination, and agility. Preparatory classes provide a safe and structured environment where students can practice exercises under professional supervision, ensuring both safety and individualized instruction.

Endurance is a central aspect of physical fitness and is developed through activities such as walking, light jogging, and cyclic exercises. Audio-visual cues, including verbal instructions, sound signals, and tactile markers, guide students in maintaining proper technique and pacing. Adaptive modifications are introduced based on individual abilities, allowing each student to participate effectively. Over time, gradually increasing the duration and intensity of exercises results in measurable improvements in cardiovascular fitness and stamina.

Balance and coordination are cultivated through structured exercises that include walking on uneven surfaces, balancing on beams, and performing multi-directional movements. Audio-visual guidance provides real-time feedback, helping students maintain posture and alignment. Interactive exercises, such as obstacle navigation or partner-based activities, challenge students to adapt to changing conditions, improving proprioception and motor planning skills. Repeated practice reinforces these abilities, enabling students to perform complex movements safely and confidently.

Agility is developed through exercises that require rapid responses and coordinated movements. Audio-visual cues allow students to anticipate and execute movements accurately, while interactive games provide dynamic challenges that engage their attention and motivation. These activities not only enhance physical responsiveness but also encourage problem-solving, decision-making, and adaptive thinking.

Individualized instruction is essential for the success of these methods. Each student's abilities, level of visual impairment, and learning pace are assessed to design exercises that are appropriately challenging. Personalized training prevents frustration, maintains motivation, and ensures steady progress. As students master progressively more difficult exercises, they develop self-confidence and independence, which extend beyond physical activity into daily life.

Progressive training is a key component of this approach. Exercises start with simple, safe movements and gradually incorporate more complex tasks and multi-step sequences. By structuring progression carefully, students systematically develop



endurance, balance, coordination, and agility while minimizing the risk of fatigue or injury. Consistent practice allows long-term improvement and skill retention.

The psychological and social benefits of audio-visual and interactive methods are closely linked to physical gains. Successfully completing exercises boosts self-esteem, encourages active participation, and fosters a positive attitude toward physical activity. Group-based interactive exercises promote social interaction, teamwork, and communication skills, while individually guided activities enhance independence and problem-solving. This holistic approach supports overall development beyond the physical domain.

The integration of technology, including audio cues, tactile markers, and interactive devices, further improves outcomes. These tools provide immediate feedback, reinforce correct technique, and maintain student engagement. Combining technology with adaptive and interactive exercises ensures that all students, regardless of visual ability, can participate actively and benefit from physical education.

Research indicates that audio-visual and interactive exercises in preparatory classes significantly enhance endurance, balance, coordination, and agility in visually impaired students. Alongside physical improvements, students gain motivation, confidence, and social competence. Implementing these combined methods provides a comprehensive framework for physical education, promoting both skill development and personal growth.

In conclusion, the integration of audio-visual and interactive methods offers an effective and inclusive approach to enhancing physical skills in visually impaired students. By systematically developing endurance, balance, coordination, and agility while supporting psychological and social growth, these methods contribute to holistic development and long-term well-being.

The study demonstrates that audio-visual and interactive methods are highly effective in developing physical skills in visually impaired students. These methods systematically improve endurance, balance, coordination, and agility, providing students with the abilities necessary for independent movement and daily life activities.

Individualized instruction ensures that exercises are tailored to each student's abilities, allowing safe progression and maximizing learning outcomes. Audio-visual cues, tactile markers, and interactive exercises foster engagement, motivation, and confidence in participation.



Furthermore, these methods positively influence psychological and social development. Students gain self-esteem, teamwork experience, and social skills alongside their physical improvements. Implementing audio-visual and interactive exercises in preparatory classes provides a comprehensive framework for holistic development, supporting long-term health, independence, and overall well-being of visually impaired students.

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