



THE INFLUENCE OF BASKETBALL TRAINING ON PHYSICAL FITNESS, MOTOR ACTIVITY, AND MOTIVATION OF HIGHER EDUCATION STUDENTS

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Abstract. *This study investigates the influence of basketball training on physical fitness, motor activity, and motivation among higher education students. The growing prevalence of sedentary lifestyles and reduced participation in physical activity among university students necessitates the implementation of effective forms of physical education. Basketball is characterized by high-intensity movements, rapid decision-making, technical skills, and teamwork, making it an effective means of comprehensive physical development. The study involved 64 university students aged 18-20 years who participated in a 16-week pedagogical experiment. Students in the experimental group engaged in basketball-oriented training, while the control group followed the traditional physical education curriculum. The findings revealed positive changes in physical fitness indicators, increased levels of motor activity, and enhanced motivation toward participation in physical education and sports among students involved in basketball training. The results confirm the effectiveness of basketball as a means of improving students' physical preparedness and promoting active lifestyles in higher education settings.*

Keywords: *basketball, students, physical fitness, motor activity, motivation, higher education, physical education, sports games.*

Introduction. In recent years, the problem of maintaining and improving the health of university students has become increasingly important within the system of higher education. Rapid technological development, the widespread use of digital devices, increased academic workloads, and the predominance of sedentary forms of learning have substantially reduced the level of daily physical activity among young people. As a result, many students demonstrate decreased physical fitness, reduced functional capabilities, lower resistance to physical and psychological stress, and a growing tendency toward sedentary lifestyles.

Numerous scientific studies indicate that insufficient motor activity is one of the major factors negatively affecting the health and well-being of university students. A lack of regular physical exercise contributes to the deterioration of cardiovascular and respiratory function, reduced physical performance, impaired posture, and increased fatigue. Furthermore, low levels of physical activity are associated with decreased psychological resilience, reduced academic productivity, and difficulties in social adaptation. These challenges highlight the necessity of implementing effective educational strategies aimed at increasing students' engagement in physical activity and promoting healthy lifestyle behaviors.

Within the framework of university physical education, sports games are widely recognized as effective means of enhancing students' physical development and encouraging active participation in exercise. Compared with traditional forms of physical training, sports games provide a more dynamic and emotionally engaging environment, combining physical exertion with elements of competition, cooperation, and decision-making. Such characteristics contribute not only to the

development of physical qualities but also to the formation of positive attitudes toward regular participation in physical activity.

Among various team sports, basketball occupies a prominent position due to its popularity, accessibility, and comprehensive influence on physical and personal development. Basketball requires players to perform a wide range of motor actions, including running, jumping, sprinting, rapid changes of direction, dribbling, passing, shooting, and defensive movements. The successful execution of these actions depends on the development of speed, agility, coordination, reaction ability, muscular power, and endurance. Consequently, systematic basketball training provides favorable conditions for the comprehensive improvement of students' physical preparedness.

In addition to its physical benefits, basketball possesses considerable pedagogical value. Participation in basketball activities promotes teamwork, communication, discipline, responsibility, self-confidence, and emotional stability. The competitive and interactive nature of the game encourages students to remain actively involved in training sessions, thereby increasing their intrinsic motivation toward physical education and sports participation. This motivational aspect is particularly important in higher education, where maintaining students' long-term interest in physical activity remains a significant challenge.

Previous research has demonstrated the positive effects of basketball training on various aspects of physical fitness and motor development. Studies have reported improvements in speed-strength abilities, agility, coordination, cardiovascular endurance, and overall physical performance among individuals regularly engaged in basketball activities. Moreover, basketball has been shown to increase students'

levels of motor activity and strengthen their commitment to healthy lifestyles. However, despite the growing body of literature on basketball and physical education, the combined influence of basketball training on physical fitness, motor activity, and motivational characteristics among higher education students remains insufficiently investigated.

Therefore, the purpose of this study was to examine the effectiveness of basketball training as a means of improving physical fitness, increasing motor activity, and enhancing motivation toward physical education and sports among university students.

Materials and Methods. The study involved 64 university students aged 18-20 years. The participants were divided into two groups: a control group ($n = 32$) and an experimental group ($n = 32$). All participants were medically cleared for physical education classes and voluntarily agreed to participate in the study.

The pedagogical experiment lasted for 16 weeks. Students in the control group attended traditional physical education classes that included general physical exercises and conditioning activities. Students in the experimental group participated in basketball-oriented training sessions integrated into the physical education program.

The basketball training program included technical exercises, dribbling drills, passing and shooting practice, movement exercises, game situations, and educational matches. Special attention was given to the development of speed, agility, coordination, and speed-strength abilities. Training sessions were conducted twice a week and lasted 90 minutes.

The effectiveness of the program was evaluated through the assessment of physical fitness, motor activity, and motivation toward

physical education and sports participation. Measurements were conducted before and after the experimental period. The obtained data were analyzed and compared to determine the impact of basketball training on the investigated indicators among university students.

Results and Discussion. The analysis of the experimental data demonstrated the positive influence of basketball training on the investigated indicators among university students.

Following the completion of the 16-week program, students in the experimental group showed greater improvements in physical fitness compared with those in the control group. The most noticeable changes were observed in speed, agility, coordination, and speed-strength abilities. These improvements can be explained by the specific nature of basketball activity, which involves frequent accelerations, jumps, rapid changes of direction, and coordinated motor actions.

Basketball training also contributed to an increase in students' motor activity. During the experiment, participants in the experimental group became more actively involved in physical exercise outside regular classes. Many students reported spending more time participating in recreational sports activities, attending university competitions, and engaging in independent training sessions.

An important finding of the study was the positive effect of basketball training on students' motivation. Participation in basketball classes increased interest in physical education and encouraged students to maintain regular involvement in sports activities. The competitive and emotionally engaging nature of basketball created a positive learning environment that promoted enjoyment and sustained participation.

The obtained results are consistent with previous studies emphasizing the educational and health-promoting value of team sports. Basketball provides opportunities for physical development while simultaneously fostering teamwork, communication, responsibility, and self-confidence. These characteristics make basketball an effective component of university physical education programs.

The findings suggest that systematic basketball training can serve as a practical means of increasing physical activity levels and strengthening students' commitment to healthy lifestyles. The integration of basketball into physical education curricula may therefore contribute to both physical and personal development among university students.

Conclusions. The study demonstrated that basketball training has a positive influence on physical fitness, motor activity, and motivation among higher education students.

Regular participation in basketball activities contributed to improvements in students' physical preparedness, particularly in speed, agility, coordination, and speed-strength abilities. Basketball training also increased students' involvement in physical activity and promoted greater interest in sports participation.

The findings confirm that basketball can be effectively used within university physical education programs as a means of enhancing students' physical development, encouraging active lifestyles, and strengthening motivation toward regular physical exercise.

The broader implementation of basketball-based educational programs may contribute to improving the quality and effectiveness of physical education in higher education institutions.

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