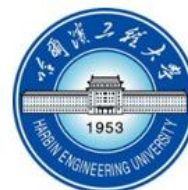


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greater intercultural empathic understanding and intellectual receptiveness. Furthermore, individuals possessing multilingual competencies typically experience enduring neurological advantages, including potential postponement of age-related cognitive deterioration and increased resilience against neurodegenerative conditions such as Alzheimer's disease and related dementias.

Early exposure to multiple linguistic systems demonstrably enhances children's cognitive flexibility within educational contexts, promoting superior concentration abilities, memory consolidation processes, and creative ideation. The broader societal promotion of multilingualism yields multidimensional benefits at both individual and collective levels, encompassing heightened cognitive functioning, expanded cultural sensitivity and appreciation, and the development of more sophisticated and effective learning methodologies. These advantages extend beyond purely academic or professional spheres to enrich interpersonal relationships, community cohesion, and cross-cultural communication in our increasingly globalized world.

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INTEGRATING FOREIGN LANGUAGE LEARNING AND PROFESSIONAL TRAINING IN PHYSICAL EDUCATION: A COMPETENCY-BASED APPROACH

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The dynamic evolution of global education necessitates innovative approaches to foreign language instruction, particularly for future physical education and sports teachers. Proficiency in a foreign language is essential for professional success in the sports industry, as it enables specialists to engage in international communication and stay updated with global trends. Beyond linguistic competence, language learning should incorporate cultural awareness, professional terminology, and practical applications relevant to physical education and sports. Integrating language acquisition

with professional training enhances students' communicative skills, making them more competitive in the job market.

The inclusion of physical education and sports elements in language learning strengthens motivation by establishing a direct link between language skills and professional activities. Exposure to British sports and physical culture not only enriches students' vocabulary but also broadens their professional outlook. Integrated learning approaches facilitate both voluntary and involuntary memorization, ensuring deeper retention of lexical material.

By adopting foreign languages as a tool for professional communication rather than a mere academic subject, educators can foster a more engaging and effective learning environment. This interdisciplinary approach equips students with both linguistic and professional competencies, preparing them for successful careers in the globalized sports industry.

For such specialists, mastering a foreign language is not limited to grammar and vocabulary; it also involves familiarity with cultural characteristics, traditions, and professional terminology specific to physical education and sports in other countries, particularly in the United Kingdom. This approach not only facilitates language acquisition but also enhances communicative competence, enabling students to communicate effectively in various professional contexts and remain competitive in the modern job market. Integrating language learning with professional training allows students not only to achieve a high level of foreign language proficiency but also to apply it directly in their professional activities. This increases students' motivation for learning, as they can see the practical value of the material they acquire.

The implementation of integrated learning, which seamlessly blends linguistic competence with professional expertise, significantly enhances the process of acquiring new knowledge. By actively applying learned concepts in real-life scenarios, particularly in the domain of physical education and sports, students not only reinforce their understanding of theoretical material but also develop practical skills essential for their future careers. This approach allows them to engage with foreign-language content in a meaningful way, strengthening both their subject knowledge and communicative abilities in professional contexts. Moreover, by situating language learning within the framework of their chosen field, students are more likely to retain terminology, concepts, and expressions relevant to their area of expertise.

In the context of modern education, fostering student motivation remains a crucial challenge, as traditional instructional methods often struggle to captivate the interest of higher education learners. This is especially true for foreign language acquisition, where students may find it difficult to see the direct benefits of learning a new language if it is taught in isolation from their professional aspirations. One effective strategy to address this issue, particularly for future physical education and sports teachers, is the integration of sports-related elements into the foreign language curriculum. By incorporating discipline-specific topics, case studies, and practical exercises related to physical education, students develop a stronger connection between their linguistic development and their career goals.

This interdisciplinary approach not only enriches students' understanding of professional terminology but also fosters deeper engagement with the learning process. When students recognize the practical applications of their language skills—such as analyzing sports strategies, discussing training methodologies, or engaging in international professional exchanges—they become more invested in their studies. Additionally, active learning strategies, such as role-playing, collaborative projects, and task-based learning, further support their ability to apply language skills in authentic professional settings. Through this integration, students not only improve their foreign language proficiency but also gain valuable cross-cultural communication skills, which are increasingly important in the globalized field of sports and physical education.

The integration of elements of British physical education and sports into educational programs enhances students' interest in foreign language learning. Through this approach, students have the opportunity to master professional terminology directly related to their specialty. Given the implementation of the Bologna Process and Ukraine's orientation toward integration into the global educational community, there is a growing need for comprehensive courses that enable future physical education and sports specialists not only to develop language skills but also to cultivate analytical thinking and the ability to apply their knowledge in a professional context.

Studying a foreign language through the lens of British physical education and sports helps students broaden their worldview, acquire new knowledge and skills, and establish a solid foundation for their professional careers. One of the main challenges students face when learning a foreign language is memorizing lexical material. However, an analysis of different memorization approaches, such as voluntary and involuntary memorization, demonstrates that integrated learning is an effective means of improving knowledge retention. Involuntary memorization of vocabulary is activated when students engage in meaningful activities related to their profession, while voluntary memorization occurs when learning material is presented in a structured and logical manner.

An important aspect of foreign language learning is the creation of educational situations where the language is not only a subject of study but also a functional tool for communication. In such an approach, students engage with authentic materials, participate in discussions, and solve real-life professional tasks using the target language. This immersive experience fosters deeper linguistic competence by encouraging active language use in meaningful contexts, rather than relying solely on rote memorization of vocabulary and grammar rules.

Moreover, by embedding language learning within subject-specific scenarios, students can acquire new information relevant to their field of expertise while simultaneously refining their linguistic skills. This dual-purpose learning process enhances their ability to comprehend, analyze, and apply foreign language knowledge in diverse professional situations, such as attending international conferences, collaborating with foreign colleagues, and accessing global academic resources.

The integration of disciplines into the educational process provides students with a holistic understanding of their subject area by bridging theoretical foundations with

hands-on applications. This interdisciplinary approach strengthens problem-solving abilities, critical thinking, and adaptability, ensuring that students not only master language proficiency but also develop the skills necessary for effective communication and professional interaction in an international context.

In particular, studying physical education and sports in the UK within the framework of foreign language learning offers future physical education and sports teachers a unique opportunity to acquire essential professional terminology in an authentic context. This approach not only enhances their subject-specific vocabulary but also broadens their perspective on international sports practices, methodologies, and cultural aspects related to physical education. By engaging with foreign-language materials, students gain insights into global trends in sports science, training techniques, and educational strategies, which contributes to their professional development and adaptability in a multilingual environment.

Research highlights that an integrated learning approach effectively merges cognitive development with language acquisition, allowing future physical education and sports teachers to simultaneously enhance their expertise in the field and refine their linguistic competence. Through this method, students not only absorb profession-oriented knowledge but also develop communication skills that are crucial for participating in international collaborations, attending global sports events, and accessing scholarly literature in their discipline. As a result, they become more competitive in the job market and better prepared for the demands of an increasingly interconnected professional landscape.

Thus, the application of a comprehensive approach to foreign language learning for future professionals in the sports field contributes to the development of their professional and communicative competencies, which is a key element of the modern educational paradigm. This approach not only enhances language skills but also prepares students for effective professional communication in intercultural and professional contexts, an essential factor for competitiveness in the labor market. The use of integrated teaching methods ensures the holistic development of the individual, combining theoretical knowledge with practical skills necessary for working in an international environment.

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