

# Physical Education In Higher Educational Institutions Problems Of Formation Of Professional Skills On The Basis Of Science And Practice Ytegration In The Training Of Teaching Staff

Xatamov Zafarjon Nazirjonovich<sup>1</sup>, Inomov Faxriddin O'rmonjonovich<sup>2</sup>

<sup>1</sup>*Kokand State Pedagogical Institute, Uzbekistan.*

<sup>2</sup>*Kokand State Pedagogical Institute, Uzbekistan.*

**Annotation.** The article studies the technology of increasing the professional training of future physical education teachers. The possibilities of a practice-oriented technology for the formation of professional competencies of future teachers of physical culture are considered and options for solving the problem of their preparation for the implementation of the main requirements of the State Educational Standards of the Republic of Uzbekistan for the results of training in the subject "Physical Education" are proposed.

**Keywords:** students, discipline, formation of professional competencies in the field of physical culture, personal, practice-oriented technology.

## INTRODUCTION

Currently, the socio-economic sphere in the Republic of Uzbekistan is undergoing a number of changes, therefore, various changes are taking place in the social institutions of society. These changes, first of all, provoked a forced revision of the Uzbek education system, both at the school level and at the level of vocational education, since it is closely connected with all economic processes, as well as with the training of qualified workers.

The presented series of changes suggests that the socio-economic sphere of society directly depends on the quality of education, its compliance with the modern state order. Every year, the number of requirements for professional skills and abilities increases for employees in the field of education.

The effectiveness of the educational process, including the effectiveness of teaching physical culture, depends on teachers who have a sufficient number of professional competencies. The competence-based approach is the fundamental basis of the system of modern higher education in the Republic of Uzbekistan. This concept includes not only the acquisition of knowledge in the disciplines studied, the acquired skills and skills of relaying them, but also the assimilation of

professional competencies that will help a student who has graduated from a university throughout his professional life to adapt to constantly changing conditions of work and life in general.

Various professions require a person to undergo special theoretical and practical training. The professional training of a physical education teacher is no exception to the rule. According to the educational standard, in addition to theoretical training, this educational profile also includes sports training. Absolutely wrong and outdated is the opinion that one can become a teacher (teacher) of physical culture even without specialized education.

A physical education teacher needs to conduct his lessons in an accessible way, taking into account the trends in the development of the subject, and select a load that is appropriate for the age and development of students. In addition, the teacher is faced with the task of forming the skills and desire to go in for sports or physical education in their free time, to lead a healthy lifestyle. Summarizing the goals of all activities of the teacher, we can conclude that the teacher of physical culture must ensure the harmonious physical development of students, as well as

contribute to their moral and personal development.

Thus, the professional competence of a teacher is determined by both extensive theoretical knowledge and the ability to apply them in any pedagogical situation, under the influence of any conditions.

## LITERATURE REVIEW

It can be said that the process of teacher training is a complex process, which includes: the development of theoretical knowledge, the acquisition of practical skills in the subject. In addition, the student needs to be able to implement the acquired knowledge, skills and abilities in practical activities, which determines the formation of professional competencies. According to S. Muratova, "the quality of professional training is the level of education of students, manifested in the development of academic disciplines, the totality of personally significant and professionally demanded competencies, the general upbringing of graduates and their readiness for the creative solution of professional problems".

The problem of improving the quality of teacher training is relevant for many reasons. First, the continuous development of technology and the emergence of means and methods of teaching children require pedagogical universities to keep up with the times and adjust the learning process so that specialists are ready for the upcoming changes. N.L. Belskaya and I.I. Cherkasova: "... in a changing world, society and the state put forward new requirements for the qualifications of a teacher".

Secondly, within the very system of training future teachers, there is no consensus on any most effective method of teaching students. Thus, the analysis carried out in the article by Sultanova R. shows that there is no consensus on the criteria for the quality of teacher training. Some authors point out that it is necessary to take into account the student's personal attitude to learning, others insist that knowledge, skills and abilities should be the basis for professional training. However, all authors agree that higher education should be modernized and the process of preparing future teachers should be revised.

The third reason for studying the problem of improving the quality of professional training of future physical education teachers is the ever-increasing amount of information that students need to master, while the number of hours allocated for training does not increase, and in some cases tends to decrease. It turns out a contradictory situation: on the one hand, the student needs to master more and more educational material, and not only learn, but also be able to apply it in practice, thereby demonstrating the formation of competence; on the other hand, the teacher has less and less time to train such a specialist.

All of the above causes the problem of finding effective ways to build the educational process in such a way that students can master both theoretical and practical skills.

## METHOD

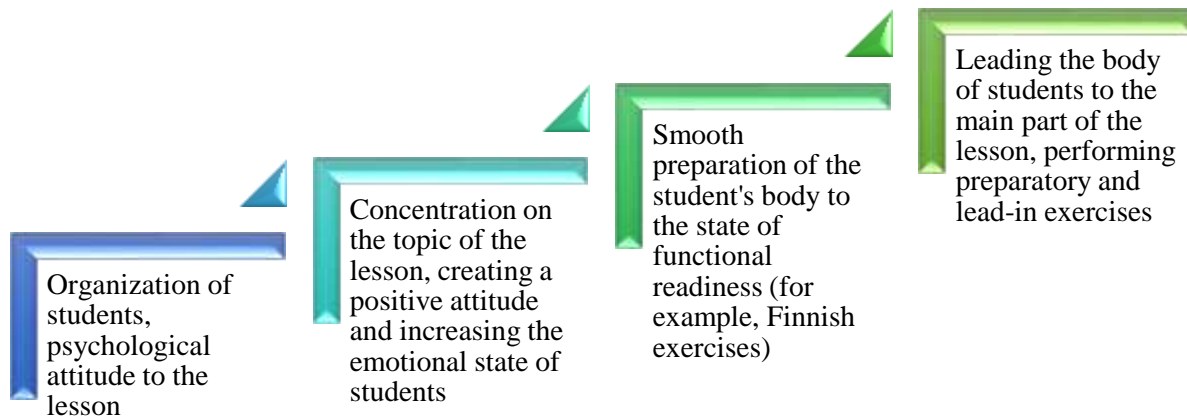
In the course of the study, we put forward the following research hypothesis: the process of forming professional skills and abilities of future physical education teachers will be more effective if both theoretical and practical tasks for students are combined in one lesson.

Description of the experimental technique of research. During the professional training of teachers of physical culture, the formation of competencies that are responsible for the construction of a physical culture and sports lesson, in particular, for the preparatory part of the lesson - warm-up, is of particular importance.

## DATA ANALYSES

As you know, the lesson consists of three parts: preparatory, main and final. The preparatory part aims to prepare students for the main part of the lesson, that is, to perform more difficult and dynamic exercises and actions. Based on this goal, the following can be identified as methodological tasks of the preparatory part of the lesson:

Summarizing all of the above, we can conclude that the formation of professional competencies of a physical education teacher consists in the formation of the ability to methodically correctly compose and conduct a



Thus, we have developed two methods of teaching students to conduct the preparatory part of a physical education lesson.

The first was a six-hour lecture session on the topic “Introductory/preparatory part of the session” and nine hours of seminar sessions. At the seminars, the teacher first showed what options to warm up, what methods, what means to use, how to use different equipment, and then the students themselves prepared and conducted the preparatory part.

The second method of conducting the preparatory part of the lesson was exclusively practical training in the gym, in this case there was no theoretical component. The students came to the hall, the teacher once demonstrated the introductory part of the lesson, and then the students independently prepared their warm-ups and carried them out. During the introductory part, students could turn to the teacher with questions to clarify and clarify the features of this methodology.

In accordance with the curriculum, the study of the course "Methods of teaching physical culture" was preceded by mastering the disciplines of the psychological and pelagic block, the theory and methodology of physical culture and sports, teaching methods for basic sports.

## DISCUSSION

Theoretical aspects of the implementation of physical culture in a general education school were

lesson, in particular, to correctly build the preparatory part of the lesson, on which the whole lesson depends. This goal cannot be realized without theoretical and practical training of future teachers of physical culture.

considered in the course of lectures and independent study of the material. At the seminars, students mastered the skills of goal-setting and setting educational tasks for individual tasks and various didactic cycles; tasks were carried out on the selection and programming of physical education tools in accordance with the age and stage characteristics of training; on the basis of scientific and methodical publications of teachers of physical culture and teachers-researchers, possible ways of solving the problems of formation of universal educational actions by means of physical culture were discussed.

Physical education plays a key role in the comprehensive mental, moral and physical development of the younger generation. Today, the development of physical culture, sports and fitness in all educational institutions, increasing the interest of students in sports, strengthening their knowledge, skills and abilities are becoming a requirement of the times.

The essence of upbringing is different in each period, and its content stems from social goals. Although the idea of upbringing is expressed in different ways, but the nature of orientation and unity in terms of object.

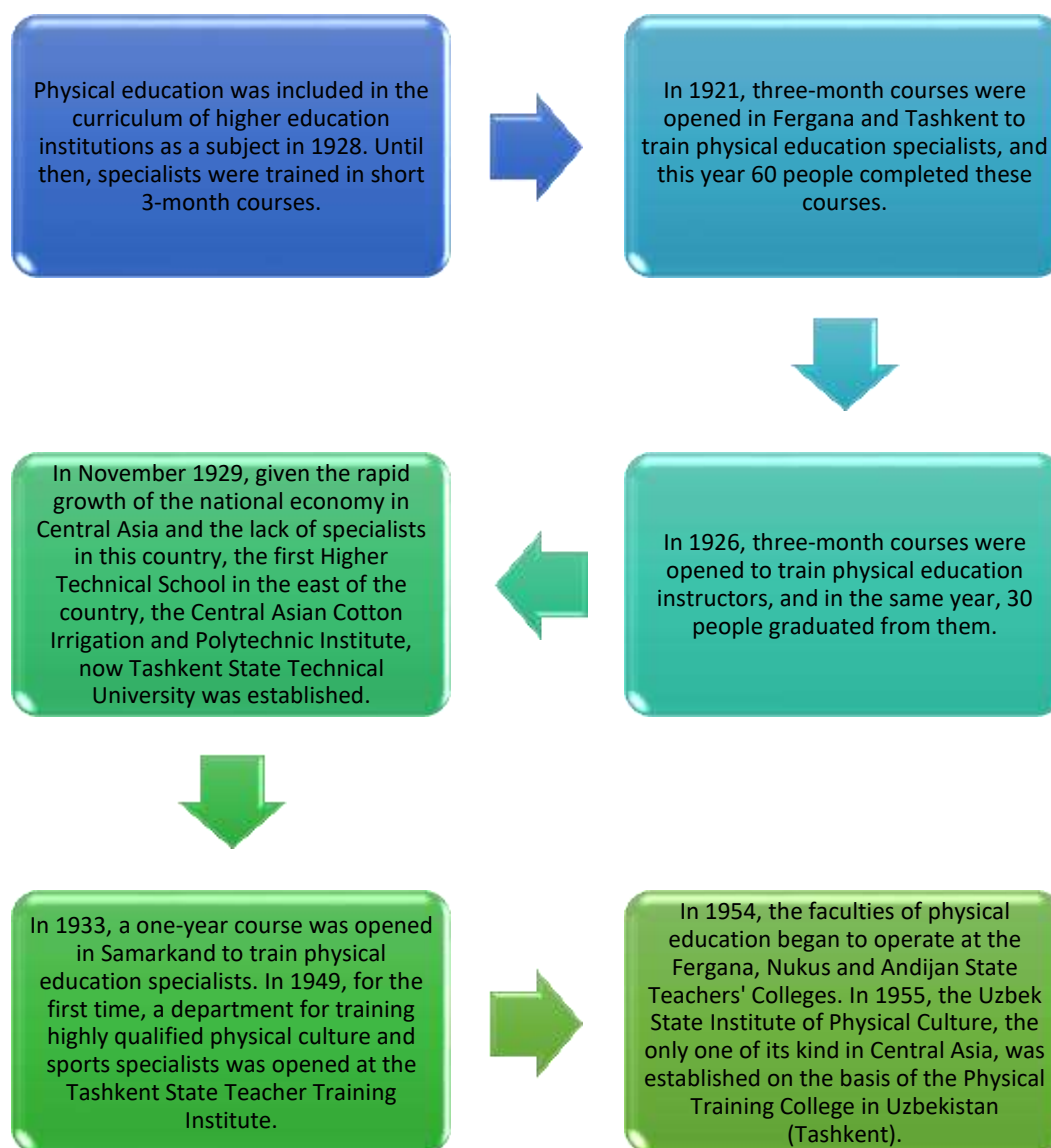
Upbringing is an organized pedagogical process for the purposeful improvement of the individual, which allows regular and systematic influence on the personality of the pupil. In the process of education, it is very important to

organize the life and activities of students in a pedagogically correct way. Physical education is a pedagogical process aimed at improving the morphological and functional aspects of the human body, the formation and improvement of basic motor skills, abilities, and knowledge related to them, which are important for his life.

Physical education plays an important role in educating students. In this process, the movement is taught to perform an activity or a certain part of it, the process is carried out through practice - repetition, and leads to the formation of theoretical knowledge about the movement in the practitioner, the development of physical qualities - nurture. Thus, in the process of physical education, education is the acquisition of special knowledge and the ability to perform an action, and the organization of its transfer to the student, the practitioner. "Physical culture, physical education and sports are important factors not only in physical but also in spiritual development. It heal the will, teaches to strive for a clear goal, to overcome difficulties with endurance and perseverance. It cultivates in the heart a feeling of confidence, pride and pride in victory".

Physical education classes and sports clubs in higher education institutions are an integral part of the social sciences in preparing students in the spirit of humanity, in accordance with modern requirements for their specialty. It serves as an important tool in the physical preparation of every student to take up a small profession, in the formation of an individual. At the same time, it is an important factor in the development of the student's future as a professional.

Today in independent Uzbekistan there are 64 higher education institutions, including 20 universities, 44 institutes, about 800 secondary special educational institutions, all of which have a department of physical education. Physical education and sports play an important role in the agenda of students, there are sports clubs in educational institutions and dormitories. The clubs are led by highly qualified physical education teachers and sports teachers. In addition to practical training in physical education and sports, under the guidance of students and teachers, teachers and sports teachers in these educational institutions also conduct research.



Physical education is a pedagogical process, an educational tool aimed at improving the health, physical maturity, social activity of the younger generation, the formation of a morally healthy growing generation. In the process of physical training, the organism is functionally and morphologically improved, motor skills, qualities of physical movement: agility, speed, flexibility, endurance are formed with special knowledge and skills.

Each student must practice independently in order to master it at a high level in the sport of their choice in accordance with the task of the educator. These classes are based on the student's physical, athletic fitness and health. For students in the sports group, independent exercises remain preparatory exercises for achieving high results in sports. The rest of the students have to study according to the curriculum.

Mass physical culture and sports events are divided into propaganda, training and sports competitions, depending on the direction. The purpose of the propaganda direction is to provide students, teachers and staff of the institute with regular physical education and sports, to acquire physical education skills. Training sessions are held with students participating in special medical and health groups. Its purpose is to increase the level of physical fitness of students. The program includes simple competitions, some national symbols, simplified exercises and a variety of action games. Sports competitions include competitions based on the rules of the sport, mainly aimed at achieving high results in student sports activities.

"The task of physical education is solved so successfully that if participants consciously understand exercise or if they are interested in

sports and take a creative approach, they will have to rely on general special knowledge for the correct formation of motor skills and functional abilities".

## CONCLUSIONS

In the educational process, physical education teachers organize the activities of students in physical education classes individually (frontal), continuously, in groups, individually and in groups.

1. The frontal method of organizing student activities means that all students in the group work together to solve the same task together with the teacher. The advantage of this method is that all students are equally involved in the exercise, and they are engaged in a single, high intensity is achieved in the lesson (lesson), and the speed, intensity and norm of the load is the same for all.

This methodology is mainly used in the preparatory and final parts of the lesson, in the lessons of mastering new material, in the lessons, in the lessons with younger students.

2. The method of continuous organization of student activities. Without explaining the sequence of the exercise, the methodological guidelines are presented in the form of a complete performance of the movement activity in order to achieve a high intensity, without stopping the group to correct the errors, adapting to the rhythm of the movement. The advantage of this methodology is that the loading norm, its size, intensity are the same for all students in the group (regardless of physical fitness). This provides an opportunity to assess the general physical fitness of the class, the group of students, in particular, to compare the level of their ability to move relative to their peers.

It is mainly used in the preparation, closing parts of the lesson, as well as in the main part of the lesson, where the acquisition of new material begins.

3. The content of the method of dividing the study group (class) into groups is to divide a large group of students into small, small groups, taking into account their physical development, physical fitness, variety of tasks in the lesson, the equipment needed to solve it. He uses the style mainly in the main part of the lesson.

In summary, in the educational process, physical education teachers apply the above methods in the organization of student activities in physical education classes, research and implementation of advanced pedagogical technologies and modern methods and techniques, development of scientific and practical methodological recommendations and physical education and sports professionals have a great responsibility.

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