



FURTHER IMPROVEMENT OF THE CREATIVE ACTIVITY OF FUTURE SPECIALISTS IN PHYSICAL EDUCATION AND SPORTS

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Abstract

By training qualified personnel in the field of physical education and sports, adapting the educational process to international standards and digitizing the management system, further increasing the pedagogical and scientific potential, and fundamentally improving the quality of scientific and research works, by implementing the transfer of advanced foreign sports and educational technologies. achieving high results is one of the current issues. This article sheds light on the formation of creative experience of future specialists in physical education and sports.

Keywords: Physical education, physical culture, future specialists, physically fit, high spirituality.

Introduction

"Physical education and sports management" is one of the main subjects in the training of qualified employees in all higher and secondary special educational institutions in the field of physical education. He is the art of training athletes, managing students, leadership it serves as a theoretical and practical tool in teaching. Its main content is sports organizations, state agencies directly involved in the organization of physical education and sports activities and work methods of public organizations.

The contribution of physical training and sports to the workers has been fully proven theoretically and practically in order to support the development of the society and production productivity. Because socio-economic organizations of physical culture in the work of creating a comprehensive, effective and thorough management system that allows for the radical restructuring of the economic management mechanism in the processes of accelerating development, and the creation of a comprehensive, efficient and thorough management system that allows for the full use of opportunities based on the democratic principle of state management, the activities of their various and multifaceted branches are gaining importance. It pays attention to the development of physical education and sports, travel, and to enjoy meaningful leisure time of people, especially young people.





One of the priorities of our country's policy is to raise a generation that is both physically and mentally healthy. Because today, in the conditions of globalization processes that are intensifying in the countries of the world, raising a highly moral and physically fit generation is one of the most important factors that determine the future of our country and realize the noble goals of our people. In the implementation of this good deed, its legal foundations have been created, and extensive work is being done. In particular, the Decision of the President of the Republic of Uzbekistan Shavkat Mirziyoyev of June 3, 2017 "On measures for the development of physical education and mass sports" No. Decree No. PF-5368 "On measures to fundamentally improve the management system" is of particular importance in the further development of this field. One of the main goals of these decrees and decisions is to further deepen theoretical and practical knowledge in this field, to correctly formulate the concepts and terms of skills and qualifications related to physical education. In fact, at a time when the processes of globalization are becoming more and more intense, the attention paid to physical education teachers, who are directly involved in the general and special physical training of young people, is gaining importance in this regard. After all, one of their important services is to direct students to educational, cultural, medical, industrial construction, and production professions, and secondly, they serve to a certain extent to arm them with special physical training.

Main Body

Whether he is a mathematician, physicist, historian, or physical education teacher in different areas, his work style is directly related to pedagogical activity. The meaningful and high-quality conduct of the lesson, in turn, is closely related to his pedagogical skill, pedagogical skills, pedagogical competence, and pedagogical activity in general. The famous Russian pedagogue V.A. Sukhomlinsky: "One of the secrets of pedagogical leadership is to arouse interest in teachers' regular research and analysis of their work. "Whoever tries to distinguish between good and bad in his lessons, in his interactions with students, and to share his achievements and shortcomings in time, will have achieved half the success of pedagogical activity," he said. expressed. From this point of view, a young future physical education teacher who has just started his pedagogical career cannot relax physically and mentally or completely relax. As we know, this feeling is called "relaxation" in the science of psychology, and it is recognized as an assessment of negative situations in people's work.

The State Committee for Physical Education and Sports of the Republic of Uzbekistan has many powers and rights as a subject. This state is responsible for managing





physical culture and sports activities institutions and public organizations, i.e. participation in the development of physical culture and sports, is a different relationship, as well as people in communities (physical culture teams, clubs, team, group, etc.) is also considered mutual compatibility. It is definitely a process arising from management tasks based on the general requirements of management.

In Uzbekistan, special management systems (state, trade unions, companies and other organizations) have been developed and tested in practice. Workers, laborers, intellectuals and others the increase in free time of social groups, the improvement of living standards, the expansion of sports facilities, and the fact that a lot of people want to exercise for their health. As a result of increased interest in physical culture, a new trend is emerging. That is, a lot of sports complexes and health centers have been built in residential areas, around sliahar, in state and collective farms and other organizations, where voluntary people are engaged in. This process cannot be left alone. It is necessary to organize, manage, and provide it with appropriate specialist personnel.

In the following years, not only on the scale of regions, districts, but also in lower physical education teams, types of sports competitions is increasing. It is necessary to develop and manage their transition procedures. For this reason, it is necessary to regulate the holding of competitions. The above-mentioned processes are a method of managing physical education and sports activities, that is, they are called ways, methods, and relationships to perform certain functions. Religious organization, moral-psychological methods and methods of conducting mutual competitions are among the important methods of managing physical culture and sports. In the current environment, it is inevitable that physical education and sports will become one of the legal governing bodies. Because it has become a habit for the population to strengthen their health, increase their work capacity by regularly engaging in physical education and sports, and consciously pay attention to the usefulness of physical exercises for the body. For this reason, preschool institutions, all educational. Physical training is conducted as the main training in the military service. Production enterprises and organizations, offices, industrial gymnastics, travel and national games have become one of the important factors that are used to improve labor productivity. In order to manage and organize these processes, appropriate organizations have been established by the state and all conditions have been created to improve their activities.

Today, the teachers who teach young people themselves have to directly use modern innovative technologies, to keep from demanding information transfer, in general, all the It can be one of the secrets of education. by. When future physical education





teachers study issues related to scientific pedagogical activity, first of all, it is the ability to analyze the essence of personalities related to this phenomenon. we can see that the concept of "physical education" itself has several definitions. "The body is a pedagogical process, the ability to provide the human organism with a morphological and functional system, the main movement important for its life, skills and knowledge related to them." Definitions such as "Physical education helps to train the body in all aspects, education with a view to healthy nutrition, physical education" are given.

Physical culture and sport and its scientific and theoretical foundations are becoming more and more part of building a social and renewed society in Uzbekistan. This rightly requires the improvement of physical culture movement control systems. The system means consistency, connection, sequence of certain activities, giving instructions to higher and lower teams, and showing influence. These processes are a whole system in current social conditions constitutes The management system means the division of the state and various community organizations into administrative branches, and the unified management of all their activities.

Today, it is possible to consider the following specific approaches that play an important role in the scientific and pedagogical activities of future physical education teachers:

1. Creative approach.
2. Innovative approach.
3. Technological approach.

Every future physical education teacher should be able to find ways to interest his students in the lesson based on a creative approach during the lesson. In this regard, the famous psychologist Dale Carnegie said, "There is only one way to motivate and interest a person to do something. If there is, it is to awaken a real desire to do the work in that person's heart.

In the republic, the leadership system in all sectors is implemented on the basis of these students. The movement of physical culture includes a system characterized by multidisciplinary organizations. It constitutes a social and political resource, and these are interrelated with single goals and tasks. Many leadership systems, as well as the physical culture movement management system, play a significant role in solving these processes. In social conditions, the opportunity to develop physical culture movement is provided, and at the same time, it sets specific goals. By fulfilling these goals, the movement of physical culture greatly contributes to the development of society.



Conclusion

To conclude from the information given above, physical culture and sports activities are inextricably linked with the specific development laws of nature and society and the social life culture of the population. For this reason, this science works in connection with the sciences of law, economics, history, theory of physical education, pedagogy, and psychology, and serves to enrich their content. Therefore, we should pay great attention to this area.

List of Used Literature

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