



TECHNOLOGIES FOR IMPROVING PROFESSIONAL COMPETENCE IN STUDENTS THROUGH PREPARATION FOR PUBLIC SPORTS HEALTH ACTIVITY

Turgunov Bakhtiyor Orolovich,
Teacher of the Department of Sports Teaching
Methodology at the Faculty of Physical Culture

Abstract

This article discusses the importance of the professional competence of the pedagogue in preparing students for public sports health activities. It is also mentioned about the content of their activities.

Keywords: mass sport, rehabilitation, professional competence, method, technology, physical culture.

INTRODUCTION

It is known that the modern society requires the educational system to educate highly qualified, aspiring, competitive, enterprising, spiritually and physically healthy individuals. In the 2017-2021 action strategy for the further development of the Republic of Uzbekistan, the task of "educating a highly educated and intellectually developed generation, creating a pool of competent scientific and pedagogical personnel in higher education institutions" was defined. A competent pedagogue - who is he? Questions arise, such as how the process of its formation takes place. From this point of view, it is important to define the meaning of the concepts "competence" and "competence". Not every teacher knows what "competence" means and how it differs from "competence". The concept of "competence" includes education, skills, abilities and experience of the pedagogue. In other words, it is his ability to perform a certain type of work. Actually, both terms are similar.

In recent years, a wide range of opportunities have been created for the development of professional knowledge, skills and abilities of physical education and sports specialists. Modern forms and technologies of training, including distance education, webinar technologies, automated monitoring, electronic portfolio information systems are being introduced into the educational process of retraining and advanced training courses.

At the same time, in order to further increase the effectiveness of the current procedure for improving the qualifications of physical education and sports specialists, to create a system that meets modern requirements, it is necessary to





introduce innovative approaches to this process and to apply mechanisms for the continuous development of professional competence of personnel.

Professionalism means the level of professional skills of pedagogues, and it is also characterized by the high level of professional skills specific to the owner of the profession.

LITERATURE REVIEW AND METHODS

Mass physical education and sports events are divided into educational training, propaganda and propaganda, and sports competitions, depending on their direction. Sports competitions are one of the organizational-mass, health, physical education and sports events that bring great benefits. If the signs of the elements of physical education are used correctly along with other activities, people will strengthen their health, prolong their life and improve their mood. The types of physical education mentioned by Ibn Sina include wrestling, pushing with fists, archery, fast walking, javelin throwing, swinging, jumping on one leg, fencing and javelin, riding a horse, using two hands. Shaking, simultaneously standing on tiptoes and stretching arms forward and backward include quick movement exercises. The types of physical education exercises recommended by the great scientist Ibn Sina have not only reached us today, but international competitions are held from these types, and these movement games have been included in the program of the Asian and Olympic Games.

RESULTS

In the center of scientific-methodical support, retraining and professional development of specialists in physical education and sports, heads of educational institutions of the Ministry of Higher Education, Physical Education and Sports, trainers-teachers, general secondary education modern educational methods, information communication technologies and innovative technologies, with wide introduction of advanced foreign experiences, regular training of work programs in a variable approach to the training of physical education teachers and specialists of pre-school and preschool educational institutions. updating, democratization of the qualification process, approaches to the demands of liberalization, competence in the professional activity of the listener ensures high efficiency in improving knowledge and skills means differences in changes in components).





DISCUSSION

Every sports coach should have excellent training management skills. In order to manage the training process, physical education specialists should be aware of and master the best practices in physical education in the country and abroad. Pedagogical skills of specialists are as versatile as physical education processes. Pedagogical skills are manifested in the improvement of physical qualities and abilities of students, in the development of independence in movement activities, in the education of the public spirit, in the understanding of personal characteristics and actions of students, in the skillful implementation of their interests, demands, needs and aspirations. Physical education specialists must be masters of their work and love it, be physically fit, healthy, and have a high level of sports technical skills. The wider the qualifications and special knowledge of the specialists in the field of physical education, the more opportunities there are for the implementation of educational tasks.

It is necessary for physical education specialists to know the level of development of physical abilities, personal character traits, moral qualities of intelligence, character, will, and individual differences in static needs. Educators should keep a diary of pedagogical observations in the study of students, and write down the characters, behavior and other facts of those engaged in it. It is possible to effectively organize the process of physical education only on the basis of comprehensive knowledge of the employees.

CONCLUSION

In conclusion we can say that, the democratization and liberalization of training and retraining of leaders and specialists in physical education and sports based on the variable principle will improve the professional skills of students, scientific and practical research, technological development and innovations in educational modules, in modern methods, knowledge, along with the improvement of skills and qualifications, in accordance with the changes in the labor market, in updating professional skills, knowledge and skills, taking into account the personal needs of the listeners, the selection and practice of advanced technologies of professional training, technology processes that require modern scientific achievements. It helps to transform the audience from a passive consumer to an active participant in their professional and methodical activities.





REFERENCES

1. Sh. Sharipov, N. Muslimov, M. Ismailova: "Vocational education pedagogy". Methodical manual. - T. 2021
2. Rakhmatullaeva Sh. The role of remote practice in the formation of a qualified personnel reserve // Collection of materials of the international scientific and practical conference on the topic "Public personnel policy in the context of the reform of the civil service system: the experience of Uzbekistan and foreign practice". - Tashkent, DBA. 2019.– P. 90–93.
3. A. M. Dubov., G. A. Kuzmenko. Methodology for the formation of professional competence of a sports agent: Educational and methodological guide for students, coaches, sports agents and interested persons focused on professionalization in the system of agent support of an athlete at the stages of development of his sports career. - Moscow: MPGU, 2019. - 72 p
4. Sanakulov S. Current issues of introduction of "soft" competencies in professional education // Vocational education. Scientific-methodical, practical, educational magazine, 2020, issue 1. 5-7 p.
5. www.buxdu.uz
6. www.elibrary.uz
7. www.arxiv.uz
8. www.cyberleninka.ru

