



PROFESSIONAL TRAINING OF A TEACHER IN PREPARING STUDENTS FOR MASS SPORTS AND RECREATION ACTIVITIES

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ABSTRACT

This article discusses the importance of the professional competence of the teacher in preparing students for mass sports and recreation activities and the content of their activities.

Keywords: Physical education, mass sports, talented athletes, professional competence, coaching, wellness, sports events, physical education, international competitions, pedagogical education styles, physical exercises.

Introduction

Today, the formation of a healthy lifestyle in our society, the creation of conditions that meet the requirements of the time for the regular involvement of the younger generation in physical education and mass sports, strengthening young people's confidence in their will, strength and capabilities through sports competitions, developing a sense of courage and patriotism, devotion to the Motherland, as well as the systematic organization of the selection of talented athletes from among the young people, as well as A large-scale work is being done to further develop physical education and mass sports.

Mass physical education and sports events are divided into training, propaganda and promotion, sports competitions, depending on their direction. Sports competitions provide great benefits for organizational, public, wellness, physical is one of the educational and sports events. Signs of the elements of bodily education, when used correctly in combination with activities, can improve people's health, prolong life and improve mood. Inb Sino mentions the types of body training that he mentions include cross-pulling, punching, bow shooting, fast walking, javelin throwing, jumping on one leg, swordsmithing and spearmanship, riding on horseback, waving both arms, and moving quickly while simultaneously standing on the tips of the feet and stretching the arms back and forth. The types of physical exercises recommended by the great scientist Ibn Sina have not only reached us today, but also international competitions of these types have been held, these movement games have been included in the program of the Asian and Olympic Games.





Physical education specialists are responsible for the physical education and physical development of the younger generation, preparing them for work and life, and improving the health of the population. Therefore, they need to be mature professionals in their fields and skilled athletes. They should set an example in the process of physical education with a high level of theoretical and practical training in teaching movements, movement skills and skills, as well as teaching exercise techniques. At the same time, educators should be distinguished by their moral and spiritual maturity, readiness to help those involved, and skillful in cultivating willpower and spiritual qualities in them. The multifaceted and complex educational process places a lot of responsibility on the physical education specialist. This is determined by the pedagogical skills of specialists, their theoretical and practical mastery of the teaching materials. The level of use of pedagogical teaching methods and technology in teaching students physical education also determines the skill level of physical education specialists. Physical education specialists not only educate students not only physical qualities, exercise techniques and tactics, but also instill in them a sense of patriotism, the idea of national independence, the responsibility to introduce the Motherland to the world with sports achievements, moral and aesthetic qualities. One of the main tasks of physical education specialists is to form students' movement experience and develop physical abilities, at the same time educate them of the most ambitious goals in the development of their homeland, to raise them to be active participants in building a new society.

Every sports coach must have excellent qualifications in managing the educational process, physical education specialists must be aware of the best practices in physical education in the country and abroad to manage the educational process. The pedagogical skills of their specialists are as multifaceted as the processes of physical education. Pedagogical skills are manifested in the improvement of students' physical virtues and abilities, the development of independence in movement activities, the education of the public spirit, the understanding of the personal characteristics of the participants, their actions, the skillful implementation of their interests, requirements, needs and aspirations. Physical education specialists must be skilled in their work and love it, physically competent, healthy, have high level of sports technical skills. The more extensive the qualifications and special knowledge of specialists in the field of physical education, the greater the opportunities for performing educational tasks. Every teacher must have the ability to educate with his subject. As the teacher tries to improve the physical development of students, he himself must be physically perfect, harmoniously developed with a harmonious body structure, his actions should be aesthetically expressive, his actions should be



meaningful and free. A physical education specialist must at the same time be cultured, aesthetically educated, with an artistic education, tasteful, inquisitive, creatively active, with a sweet demeanor, and pay great attention to educating the qualities and qualities of those involved. The teacher should be kind to the sweet suhan and the participants, as well as be cheerful and full of humor. It is also important for them to have a demanding and pedagogical etiquette in the performance of students' activity activities. Sports referees must also have mastered pedagogical skills. As a result of poor arbitration, conflicts arise, instill hatred in the participants of the competition and, as a result, lead to the ruin of all the educational work of the coach. The success of sports referees in providing pedagogical influence depends directly on their ability to perform their duties. Sports referees should not overlook athletes for their rudeness and immorality. They also have to act as coaches. Referees who can set an example not only for athletes, but also for spectators with their experience, high qualifications, pedagogical skills and good behavior will spread a high sports culture at the competitions.

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