



## **DEVELOP THE PROFESSIONAL SKILLS OF FUTURE PHYSICAL EDUCATION TEACHERS AND MANAGE THE PHYSICAL CULTURE MOVEMENT OF STUDENTS**

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### **Annotation**

The article considers the ways of development of professional skills of future physical culture teachers, the specificity of the pedagogical profession, its social significance, the specificity of management of student-youth physical culture movement.

**Keywords:** physical culture teachers, professional qualities, modern pedagogy, human and professional qualities, physical culture and sports management.

### **Introduction**

The improvement of the population of our country, the implementation of continuous educational processes in educational institutions, the physical education of students, their full involvement in physical culture and sports and mass sports competitions is an urgent issue of our time.

The program of our state to create a new, armed, full-fledged person, armed with the ideas of independence, is always relevant and reflects the needs of today. However, in a market economy, it is necessary not only to educate a comprehensively developed person, but also to develop his initiative, creative and entrepreneurial qualities. Without these qualities, personal perfection in a market economy will not be fully realized. The development of such qualities, of course, requires a high level of pedagogical skill of the teacher.

Pedagogical skill of a teacher-educator, pedagogical creativity, pedagogical technique, interaction between a teacher and students in the educational process, communication tactics, culture of speech, thinking, spiritual and educational work of the educator and the organization and implementation of educational work, in the process of which he teaches the peculiarities of restraining behavior and emotions, and also provides information about the system of pedagogical activity that develops their profession. Pedagogical excellence is formed at the heart of a teacher's





pedagogical activity. Pedagogical activity is the work of specially trained teachers who are responsible to society and the state for preparing the younger generation for life and work.

To acquire pedagogical skills, a teacher must know his subject in accordance with the requirements of the time, have pedagogical and psychological knowledge, as well as humanism, curiosity and purposefulness. According to researchers, the main components of pedagogical skill are the following four components: a. commitment to the teaching profession; b. perfect knowledge of teaching methods of the subject; v. be able to demonstrate pedagogical abilities; e. be able to apply pedagogical techniques instead.

The teaching profession is of great social importance. After all, the educator is the architect of the maturity of young souls. Today, educating young people ideologically and politically, teaching them the laws of nature, society, the development of thinking, she, first of all, prepares the younger generation for future labor activities, helps them in acquiring professions and socio-economic development, which is important. For society, he must be able to solve the problem. The idea of national independence, formed in the independent Republic of Uzbekistan, is based on the construction of a humane, democratic, legal state and society, recognized in the Constitution of the Republic, as well as promotion to a higher level of socio-economic and cultural development serves the implementation of purposeful noble goals.

This is precisely the responsibility of future physical education teachers to become masters of their profession, to exert an educational influence on students, to develop their interests, abilities, talents, convictions and practices. A professional is required who is looking for the best ways to develop their skills in every possible way. To do this, it will help future physical education teachers to constantly explore their professional skills, create the necessary conditions for this, provide the necessary material and scientific-methodological assistance, and increase the teacher's creative initiative. A modern teacher should reflect the following skills: 1. Organizational abilities - reflected in the integration of students, setting tasks, sharing responsibilities, performing common tasks. 2. Didactic ability - manifested in the selection and preparation of educational materials, exhibitions, stimulating the interest and need of students for knowledge, increasing educational activity. 3. Perceptual ability - the ability to penetrate the spiritual world of a student, to determine and objectively assess the mental and emotional state, manifests itself in pedagogical intuition and empathy. 4. Communicative - communicate with students, colleagues and management in accordance with the pedagogical goal, communicate quickly, be extravagant. 5. Suggestive ability is the ability to emotionally influence





students, to convince them of their capabilities. 6. Research ability - the ability to study and evaluate pedagogical situations and processes. 7. Speech skills - clear and convincing, emotional, cultural, lexically rich speech technique. The human qualities of a teacher are of particular importance in the educational process. These qualities include humanity, justice, kindness, patience, honesty, truthfulness, responsibility, fairness, commitment, objectivity, generosity, love for people, respect, high spirituality, optimism, emotional calmness, the need for communication, interest in the life of students, nobility, self-criticism, friendliness, composure, dignity, patriotism, religious beliefs, adherence to principles, emotional culture and others.

Physical education teachers must have the following human and professional qualities: organizational talent; culture of behavior, the ability to choose students; analysis and analysis; create a healthy working environment, respect any opinion, gather hardworking and enterprising people around you and build a strong team; understand people, find the language; justice, mutual assistance, legal literacy, neat clothes, open face, always ready to help people, politeness, regular exercise, confident step, knowing that criticism is in their favor, different foundations of science and the ability to conduct conversations on a variety of topics, be in news and much more. These qualities are important in the effective management of the physical culture of students and youth, as well as in other areas of society. Although the foregoing does not fully reveal the content of the activities of physical culture and sports specialists, it has a certain influence on the criteria for assessing their performance. The basis of the activity of a specialist in physical culture and sports is fully reflected in his professionalism, as well as managerial training. In the effectiveness of a manager, his personal qualities come first, and his personal management skills come second.

The peculiarities of management of students' physical culture include:

- Since the physical culture movement is an ethical concept related to the education and maintenance and strengthening of the health of the population, we must always develop and make ethical decisions in accordance with the goal. Because we are working for the future of our country, forming a young generation that is growing in the industry.

- Management of the movement of physical culture is the result of science and art, clearly expressed in qualitative and quantitative terms, in which the interaction between people is of great importance.

- Unity, interconnectedness of interpersonal, state and social relations, reflecting the content of management;

- Broad public participation in the management of physical culture and sports;







- Continuous improvement of the management of physical culture and sports, the widespread use of economic, socio-psychological, organizational and pedagogical methods, etc.

Another proven method in physical culture and sports is the systematization or management of physical culture and sports. The main condition for systemic management is communication and feedback, which creates a strong and reliable management system by establishing communication and feedback between districts, cities, regions, higher and secondary specialized educational institutions, secondary schools. Of course, this will require modern means of communication. In the management of physical culture and sports, it is important to set clear goals and objectives for the month, year and future, to mobilize all the forces and opportunities to achieve the goal.

In the management of physical culture and sports, the quality of service or the quality of service to the population is of great importance. Customer rewards, promotions, good manners, regular communication, and employee motivation all contribute to effective management outcomes.

Physical education and sports are also widely used to maintain and promote the health of students and workers, as well as mental health workers. The health-improving direction of physical culture and sports is the legal basis for its development. This basis is characterized by the principle of combating inactivity (hypodynamics) that occurs in the general population. This is due to the fact that the modern features of modern production require people to sit in many professions and work less. Inactivity, in turn, leads to various diseases, including occupational ones, disrupting the work of the main vital systems of the body. The role of physical culture and sports activity in wrestling, prevention and treatment of such negative consequences is invaluable.

Exercise delays the aging process by 10-15 years, contributes to a long and fulfilling creative life. As an important rule, the achievement of health-improving results in physical culture, sports, industrial gymnastics, professional physical education, etc. should be determined. The choice of means and forms of physical culture should be based on the principle of control and coordination of physical activity from a health-improving point of view. For this, one of the obligatory tasks of teachers, trainers and medical staff is a health check before doing any exercises and training, which is recommended to everyone. In most cases, mistakes can be made by doctors and trainers. Positive results can be achieved only when doing physical culture according to conscious, scientifically substantiated, practice-tested recommendations.





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