



CONTENT OF PROFESSIONAL TRAINING IN THE DEVELOPMENT OF FUTURE PHYSICAL EDUCATION TEACHERS COMPETENCE

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Annotation

This article discusses the content of professional training in the development of competence of future physical education teachers.

Keywords: physical education teacher, mass sports, healthy lifestyle, professional activity, physical culture skills, the idea of physical fitness

Introduction

Education is typically seen as a pedagogical system that addresses the issue of the individual's intentional and thorough growth. Physical culture education is no exception in this regard, as it is an inherent aspect of it. A number of concepts in the development of physical culture place a strong focus on education, but the need to modify more people's attitudes toward physical culture confirms its enormous national and personal human value. Creating a healthy lifestyle in our country, as well as current circumstances for regular physical culture and mass sports among the population, particularly among the younger generation, and boosting confidence in young people's will, strength, and skills through sports tournaments. There is a lot of effort being done to build courage and patriotism, as well as dedication to the nation and the methodical selection of brilliant athletes among young people, as well as the promotion of physical culture and mass sports. Simultaneously, the importance of mass sports in human and family life in all parts of the country, to promote physical and mental health, to prevent young people from dangerous habits, and to give them their own abilities. The major challenge now is to create the appropriate conditions for them to realize their talents, to choose talented athletes from among them, and to develop the system of targeted training.

Literature Analysis and Methodologies

Future experts must meet high standards due to modern industrial production and life's challenges. The physical and organizational organization of work at higher education institutions is critical to the whole training system. Their professionalism would be ensured by proper training organization. Physical training for today's and





tomorrow's intellectuals solves a variety of issues. In order to be ready for the demands of today's market economy and to choose the best solution, the younger generation must be healthy and robust. "Professional Physical Training" is the name of the physical training system that addresses this issue (PPT). Professional and practical physical training is provided in two interrelated areas in the professional development of future physical education teachers: higher education and industry. All of a student's professional qualities are established during the process of professional-practical physical training. This is crucial in the production phase of physical education instructors' professional physical training.

Results

Comprehensive physical training within the context of physical culture skills gives preparation for work in the professional development of future physical education teachers. Professional practical physical training in the development of future physical education teachers' competency in the industry is a broad concept. Until recently, it was thought that workers' and specialists' professional physical training was targeted at the development of practical skills and key professional attributes. The following understanding of professional practical physical fitness has been expanded as a result of recent scientific research. The mental, cultural, and physical qualities of employees are formed, knowledge and skills in the field of physical culture and production are increased, and various organizational and pedagogical skills are developed with the help of professional and practical physical training of future physical education teachers. Zones, systems, and mental processes are all guaranteed to be reliable. Professional physical training aids in the improvement of health, the prevention of sickness and weariness, and the reduction of injuries. Those who work in vocational and practical physical training are far more productive than those who do not.

Discussion

Future physical education teachers are encouraged to employ innovative kinds of labor organization. Vocational physical training should be considered an important aspect of a higher education specialist's physical development. "One of the secrets of pedagogical leadership is the ongoing inquiry and interest of teachers in the examination of their work," VA Sukhomlinsky, a notable Russian pedagogue, noted. "Anyone who strives to discriminate between excellent and poor in their classes, in their relationships with students, in being timely in their accomplishments and flaws, will have half the success of pedagogical activity," he added.. From this point of view,





a future physical education teacher who has just started his pedagogical activity cannot be completely physically and mentally relaxed or completely relaxed. Due to the changing nature of the time and the growing need to develop new pedagogical technologies in the preparation of future physical education teachers for innovative activities and the management of student activities in the educational process, physical education should first and foremost be directed to the development of a harmoniously developed personality. It is important to remember that it is inextricably linked with the development of future physical education teachers' competence has developed, first and foremost, under the influence of society's practical needs for comprehensive physical training of the younger generation and the adult population for work. Simultaneously, as education and training institutions have evolved, physical culture has emerged as a critical role in moulding movement skills and capacities.

Conclusion

It's crucial to remember that today's future physical education instructor is always communicating with the student, teaching and educating him or her while delivering the activity. Because every student is constantly changing mentally, emotionally, and physically, the prospective teacher must maintain constant contact with them, understand their mechanisms of action, and take into account each of their psychological and physiological characteristics. First and foremost, the prospective teacher must master psychology and educational theory and continue to develop their professional activity. Future physical education teachers should be conversant with the terminologies that will be used in their classes. Of course, the teacher's clear and appropriate use of terms has a direct impact on the quality of the student's physical fitness.

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