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TECHNOLOGY OF DEVELOPING THE PHYSICAL CULTURE OF FUTURE
TEACHERS THROUGH SPORTS PEDAGOGICS

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Annotation: *In the article, to determine the theoretical basis of the formation of the pedagogical competence of the future physical education teacher; to determine the pedagogical methods of forming the pedagogical competence of the future physical education teacher, the tasks of checking the effectiveness of the ways of forming the pedagogical competence of the future physical education teacher through practice, and applying the scientific and practical recommendations to practice are defined.*

Key Word: *Pedagogical competence, pedagogical skill, professional activity , level of intellectual development , professional thinking , manners, image, communication skills , communication culture .*

In addition to achieving mass sports in Uzbekistan, development and promotion of physical education and sports in a wide geographical area, specific tasks were set before the relevant institutions to achieve high goals in the field and train world-famous athletes. More specific goals were set here, such as practicing professional sports and achieving serious success in this field. At the same time, it shows how honorable the athletes who defend the honor of our country in prestigious international competitions, win and sing our national anthem. This fact once again shows that sport is one of the most important strategic areas for every country . Therefore, in recent times, serious attention is being paid to the development of sports in our country. Significant progress has been made in this area. Athletes began to play a major role in the promotion of our country. Raising our flag high and playing our national anthem is a pride and honor for every nation . Also, as a result of the most prestigious competitions, many gold, silver and bronze medals were brought to our country, and the number of our champions is increasing year by year, proving once again that sport is an extremely honorable field. In this regard, it is the main task of athletes to achieve higher goals, conquer new peaks, and set new goals in the mentioned field.

President Shavkat Mirziyoyev defined the formation of sports infrastructure that meets modern requirements for practicing sports in all regions of Uzbekistan as one of the important tasks. In addition to putting Olympic sports complexes and other sports facilities into use in the regions, targeted work was carried out on the development of each type of sport. All this means that sport is also a very responsible business, and athletes should be very responsible. they must answer to themselves in this regard and in every respect. All of the above is self-evident. Therefore, there is a need to organize mass cultural seminars among athletes on a number of topics . So, here it is necessary that the sportsmen should be very responsible in this regard , they should report to themselves in all respects. A modern teacher is not only a deep specialist in his field, but also cognitively, pedagogically and psychologically competent, politically and economically. it is also required to have a

teacher's title, to have a teacher's degree, to be well-versed in knowledge and innovative technologies. Competence is a pedagogical concept, a special social skill, and by analyzing its various concepts and multifaceted features, we determined the content and structural indicators of the pedagogical competence of future physical education teachers.

In addition to the scientific work of V.V.Borisova, I.N.Resheten, M.V.Prokhorova, A.A.Sidorov, aimed at comprehensively improving the professional pedagogical training of the future physical education teacher through the values and potential of physical education and sports pedagogy, the ways of forming the pedagogical competence of the future physical education teacher are still available today. not studied. In our opinion, one of the most important components in the professional activity system of sports specialists is the pedagogical component. For example, in the field of additional education (children, teenagers and adults, etc.), pedagogical knowledge and pedagogical skills are needed in sports training with different categories, and pedagogical methods are used to solve general physical culture problems. At the same time, the content and procedural components of the activity of a physical education teacher are systematized using modern innovative pedagogical technologies. Taking into account all this, the formation of pedagogical competence of future physical education teachers can be defined as the most important task of theoretical and practical professional training of physical education teachers.

Unfortunately, the study of the practice of modern physical education teachers shows that the following contradictions should be noted: in the conditions of modernization of higher professional education, the need to form the professional pedagogical competence of physical education and sports students and its technical development insufficient level of provision; the existing system of training students in the field of higher education and the growth of requirements for their professional training, as well as the fact that the opportunities of personalized teaching technologies are not used correctly in fulfilling these requirements. This contrast as part of our efforts to find an effective solution to the opposition, we are focusing on some issues of forming the pedagogical competence of the physical education teacher. That's why we study this issue of physical education teacher we aim to prove the effectiveness of pedagogical skills from a scientific-theoretical point of view and the ways of its formation in practice.

To this end: to determine the theoretical basis of the formation of the pedagogical competence of the future physical education teacher; to determine the pedagogical methods of forming the pedagogical competence of the future physical education teacher; The tasks of verifying the effectiveness of ways to form the pedagogical competence of the future physical education teacher through practice, and implementing scientific and practical recommendations into practice are defined. The following scientific-pedagogical research methods were used during the research: scientific literature research, analysis, comparison, modeling, etc. theoretical level methods; as well as observation, pedagogical experiment, question-and-answer, inquiry, study of pedagogical documents, etc. Thus, during the research: the theoretical foundations of the formation of pedagogical competence of a physical education teacher in the specialty "physical education and sports"; The model of physical education teacher's pedagogical competence was tested and person-oriented technologies as pedagogical methods; Pedagogical system of formation of pedagogical

competence of a future physical education teacher; portfolio and design methods in the system of person-oriented technologies are described; innovations such as scientific and practical recommendations are implemented.

Pedagogical culture is "... a term expressing the achievements, enlightenment, professional manners and skills of a teacher in the course of his professional activity. The level of intellectual development, professional thinking, professional competences, manners, image, and communication skills are the components of a teacher's pedagogical culture. In pedagogical culture, such components as communication culture, professional-communicative activity of the future physical culture teacher occupy an important and decisive place. The professional-pedagogical activity and communication of the future physical culture teacher is considered as an important factor in improving the quality of professional training of specialists in the modern education system. The quality of professional training of future teachers is, first of all, their readiness for pedagogical communication, their ability to perform certain professional actions related to solving educational-methodical and spiritual educational tasks. This is based on certain knowledge, skills and abilities of future teachers, and above all, the culture of pedagogical communication.

To meet the requirements of the communication culture of future teachers, the ability to clearly and fluently present information to students, to know how to give the right advice and suggestions to colleagues, to be able to express the transparency of the assessment, to express their wishes, verbal and non-verbal means of communication and speech it is possible to include such things as the correct use of standards, communication-understanding, satisfaction of aesthetic, ethical, communicative needs. These requirements are, first of all, cultural-communicative qualities that are very important in professional-pedagogical activity - emotional culture, beliefs of learners, influence on them; motivation; professional development; theoretical knowledge and awareness of communication structure and technology (creative approach to them); know the mentality of the interlocutor; pedagogical cooperation and interpersonal interaction; acquisition of pedagogical tact; pedagogical communication techniques; is reflected in the expression of speech culture and non-speech means of communication.

Technology of development of physical culture of future teachers by means of sports pedagogy based on this, it was proposed to use the following educational technologies during classroom and non-auditory classes:

I. Modular teaching technology. The following were defined as conceptual rules of modular educational technology: algorithmization of educational activities; the principle of modularity - placement of educational content in separate finished parts; compatibility and completion of all stages of knowledge; combining theoretical materials into blocks; principle of differentiation and individualization; active approach: implementation of all components of activity (goal setting, planning, organization, working process, control and evaluation of results); synergetic approach: students' self-organization and development; systemic approach: knowledge of the world as small units of the system; the principle of cooperation between the teacher and the student; deductive logic of the transfer of learning material in the module: transition from generality to generality and individuality; study

advanced theoretical materials; condensing educational information (summarizing, enlarging, systematizing, summarizing); flexibility (dynamism) - the ability to express one's attitude and quickly adapt to changes in socio-pedagogical conditions (social order); the ability to choose and direct the individual pace of acceleration according to the program; principle of perceived prospects (motivation).

2. Project educational technology. The concept of "educational project " has a broad scope and has the following content: an independent study by students aimed at searching for, researching and solving problems, formalizing the result in the form of a unique (material or intellectual) product, intended for a specific consumer. method of organizing educational activities; educational tools and tools aimed at solving practical tasks through theoretical knowledge; didactic tool aimed at development, education and training, as well as broadening, deepening and formation of skills. It should be noted that the project can be implemented not only within one discipline (for example, education), but also interdisciplinary (on the basis of the integration of topics of several disciplines). The project educational technology applied to our research subject includes the following stages: preparation (clarification of the goal), selection of resources, study and planning of materials, execution, presentation and reflection.

3. Situational learning technology. Situational analysis (case -study is formed from the combination of the words case - specific situation, study - education) is a teaching technology based on the study, analysis and achievement of socially significant results of specific situations. This technology is based on making clear decisions based on the study of real situations, unlike problem-based learning. The category of analysis can be understood as the imaginary dissection or scientific investigation of an object. There are different classifications of analysis (analysis), and the classification of mass analysis can be defined as follows: systematic, correlational, factorial, statistical, etc. All these types of analysis can be used within the framework of the case-study method, and this case further expands the possibilities of the method.

4. Vitagen educational technology. Academician ASBelkin developed the theoretical aspects of vitagen education in the last quarter of the 20th century. The essence of Vitagen education is based on the idea of " connection of life experiences with knowledge and skills acquired by students in the educational process ." That is, life experience and vitagen education are interpreted as the basic concepts of the theory of vitagen education . Vitagen education is the most correct way to organize the cooperative activities of the subjects of the process of ensuring the harmony of theory and practice in the teaching of Serbian science, in which the audience and independent learning are combined . . The holographic approach to subject-object relations consists in the implementation of vitagen education based on the mastery of large volumes of materials. Vitagen information covers several stages of life experience; 1. Information is accepted without distinction. 2. The evaluator is a filtering person. 3. Possession of strict order - information is aimed at conscious recall.

5. Strategic educational technologies. This process is focused on one area of educational activity and involves the technologies used to achieve educational goals. The analysis of the content of strategic educational technologies made it possible to determine

the following target direction: development of familistic competence in students based on modern approaches. The goal of strategic educational technologies determines the possibility of use at all stages of preparing students for family . They included: game, small research, training, interactive lecture, etc.

6. Tactical educational technologies. The analysis of scientific literature made it possible to accept the following as criteria for choosing tactical educational technologies: a) compatibility of tactical educational technologies with strategic goals; b) compliance of tactical educational technologies with the specific characteristics of the educational material provided by the teacher; c) type of leading communication; g) possibilities of technological implementation of tactical educational technologies; d) continuity of tactical educational technologies (thematic, logical, organizational).

The analysis of modern literature on the issue shows that the main measurement criteria reflect the acquisition of a higher level of personality development. In the study, the following four measurement criteria were determined: 1) motivational-valuable; 2) about knowing; 3) process-activity related; 4) reflexive-evaluative.

Based on the specified criteria, indicators of the level of development of familistic competence in students were determined (see Table 2).

This approach makes it possible to analyze the dynamics of the studied process when moving from one level to another according to each criterion.

The specific characteristics of the future physical culture teacher's culture of pedagogical professional communication are expressed in the following: developing his physical qualities and abilities to the optimal level; attention to the beauty, plastic freedom and health of the human body (due to active participation in physical education); in the perception of certain forms of achievements in physical education and sports, such as aesthetic phenomena; aesthetics in sports has a high value of beauty, in which this sports phenomenon is "manifested as a personal value in its specific emotional integrity, contributes to the comprehensive development of a person, the expansion of the boundaries of his freedom, individuality" and his hidden intellectual and creates an opportunity for the opening of creative possibilities. It is necessary for future physical culture teachers to know professional communication, to be physically and mentally educated, and to have the ability to attract students to sports in the future.



Figure 2. Professional culture of the future physical culture teacher

Sports and aesthetics, sports and ethics, sports and communication, sports and culture, sports culture and personal development - pedagogical culture in practice - awareness, understanding and integration of communication of the future physical culture teacher complement each other and are inseparable concepts. In the process of forming a future physical culture teacher, it is especially important that the beauty in sports, i.e., its appearance, body shape, the fact that it arouses great pleasure in pedagogical activities, leaves deep impressions and evokes unforgettable emotions. . Thus, the professional-personal world of a physical culture teacher has its own, different goals and content , and it should be socially oriented. The most important thing is that future physical culture teachers improve their communicative competence, it is the socio-physical culture of the school, its penetration into the life of the being and its creative approach to them. The future physical culture teacher should search for specific technologies, innovative methods, optimal methods, ways, and modern means of forming physical communicative culture in schoolchildren. In this, his professional culture, the culture of pedagogical communication based on pedagogical ethics (communication rules, norms, regulations, content, technology) are of great importance. In this case, the pedagogical problem requires consideration and clarification of the relevant pedagogical and psychological aspects. Including the individuality of the person; age and psychological characteristics; motivation; emotional factors; psychological aspects - aesthetic perception of the performance of the athlete; valuable directions in the field of sports; communication psychology; psychology of professional ethics; covers all aspects of self-observation - perception - attention - self-development - control - education - awareness - modernization - socialization - evaluation - reporting.

When we talk about the formation of professional culture in future physical education teachers, we should pay special attention to the essence of the concept of "person". "Person" - "nature, society, self-actively mastering and changing, directed to a specific goal, orientations related to space and time, need-will experiences, meaningful orientations, activities is a person who has a unique, gradual balance of forms of mastering levels and its implementation". In recent years, the concept of a person has been interpreted in different ways: 1) "a person is a person, a member of society, as a possessor of consciousness; 2) a person, capable of self-awareness and self-development, as a subject of relationships and conscious activity; 3) is a stable system of socially essential qualities, attitudes, instructions and motives that characterize a person as a member of society.

Active awareness of the sensory world of the future physical culture teachers, improvement of mental processes, general and special it is the period of active development of abilities, thinking, formation and development of morals, worldview, morally determining their place in society, defining their relations with others. This period is the period of emergence of theoretical intelligence, professional development of a certain level and formation of relevant knowledge, skills, abilities, general and special abilities. They are interested in public speaking and interacting with others. They want self-formation, self-improvement, self-expression through mass media . Future physical culture teachers tend to self-educate, improve their appearance, and enrich their spiritual world.

spiritual-aesthetic and moral education and professional-personal self-improvement feel a great need for recommendations on the aesthetics of pedagogical communication. The personality of future physical culture teachers, their individuality, especially in the process of professional communication, the following are taken into account: personality, character, individual characteristics, personal qualities, interests, perception, ability, intelligence, etc.

The following personal factors should be manifested in the creativity of future physical culture teachers: vivid emotion; creative thinking (artistic); expressiveness of actions; individuality; pursuit of innovation; self-expression, discipline of mind and heart; such as civic self-awareness. In our research work, as general assessment criteria of sports aesthetics, strength, lightness, beauty, harmony, shape, rhythm, dynamics, fluency, elegance, delicacy, expressiveness, controllability, balance, strength, strength and power, speed, danger, accuracy, sense of time, technique, strategy, tactics, speed, competitiveness, self-control, pleasure, aesthetic enjoyment, emotional-aesthetic sadness, joy, we used terms and concepts.

"The communicative component of the pedagogical dialogue serves to coordinate the positions and tasks of the dialogue participants. At the initial stages of education, students do not have enough knowledge and experience to interact with each other, to establish relationships with teachers and classmates. In this process, the teacher becomes the bearer of historical experience. Today, there is a need to enrich the experience of teachers in providing information to students. For this, it is required to activate the knowledge and experience of teachers in establishing pedagogical communication with students. Pedagogical communication has different forms. It is directly related to the position of the pedagogue in the educational process, his personal qualities, level of knowledge. In the sources of pedagogy and psychology, pedagogical communication is analyzed in connection with the teacher's activity style. There are several pedagogical methods in the science of pedagogy. There are classifications. Pedagogical attitude is interpreted in most sources as pedagogical communication. An important aspect of pedagogical communication is that it can serve to create an opportunity to organize the educational process in an individual-oriented way." In the professional pedagogical culture of future physical culture teachers, it is necessary to pay particular attention to interpersonal, intergroup and collective social forms of communication.

and description of interlocutors based on perception, knowledge, understanding, empathy.

2. Intergroup - communication between social groups. Taking into account the specificity of intergroup perception, the subjects and objects of communication, the interaction of groups, and the type and content of joint intergroup activity are taken into account.

3. Community communication with the public is built on the basis of cohesive, value-oriented unity of community members. The considered pedagogical-psychological directions are one of the important directions of forming a professional culture-pedagogical dialogue on the topics of sports, its ethics and aesthetics among future physical culture teachers.

In pedagogical practice, the concepts of "physical culture" and "physical education" are often used interchangeably.

We will try to clarify these concepts below. Physical culture is one of the forms of social life, a component of general culture. Physical culture is a part of the human way of life, a set of knowledge about the health system, sports activities, the unity and harmony of the body and mind, the development of spiritual and physical forces. Physical education is a component of education aimed at comprehensive development of a child's physical strength, physical culture, anatomical, physiological and other systems of formation, hygienic skills and healthy lifestyle.

Pedagogical culture of future physical culture teachers, pedagogical communication, general pedagogic subjects and extracurricular activities are formed and developed.