

Aspects of Practical Application of Professional Skills of Future Physical Education Teachers (Pedagogical Opportunities and Factors)

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Abstract: This article gives a brief overview of the professional skills of your future physical education teachers.

Keywords: physical education, skill, educator, development, program, movement, factor, healthy, mass.

In the current situation of globalization in the social sphere, the work carried out in the field of education in our country has led to a slight decline. Achieving a high level of physical culture and quality of life in the country is an important condition for the implementation of the strategic task - the sustainable development of the country. One of the key factors in solving this task is to provide the necessary conditions for regular participation of all segments of the population in regular physical culture and sports throughout their lives in the framework of the Action Strategy for the further development of the Republic of Uzbekistan.

Curricula of higher education institutions include action plans to promote a healthy lifestyle, the formation, development of thinking skills and healthy eating that encourage physical activity of students.

The Concept of Development of Physical Culture and Mass Sports in the Republic of Uzbekistan for 2019-2023 provides for: In the framework of popularization of lifestyle, wide involvement of all segments of the population in physical culture and mass sports, measures are being taken to develop and introduce a model model of cooperation between sports institutions, executive authorities and local self-government bodies. It shows that we are all responsible for the effective implementation of the strategic tasks facing our society, the promotion of a healthy lifestyle throughout life and the benefits of regular physical education and sports.

In the Concept of Development of Physical Culture and Sports in the Republic of Uzbekistan until 2025, measures are being developed to implement five initiatives, including a set of measures aimed at creating additional conditions for youth education. In recent years, the country has been taking consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities and ensure the country's proper participation in international sports.

In order to form a comprehensively mature and physically healthy person with a high culture in the country, it requires us to identify priorities for improving the skills and knowledge of the population in the field of physical culture and sports.

This section of our research discusses the general provisions of the concept of mixed education, the problems and prospects of their application in practice in the higher education system, the aspects of practical application of professional skills of future physical education teachers in the form of traditional, distance and Internet-independent learning practices. Educational practice is directly

related to the activities of the educator. In this regard, there is a need to study the issue of forming the competence of future teachers in the coaching process as an important pedagogical problem.

The role of physical education teachers, who are our future, is invaluable in educating a physically strong and spiritually strong, well-developed, healthy, harmoniously developed generation. Our research on "Methods of developing the competence of future physical education teachers in the context of mixed education" is a clear manifestation of the above.

Considering that our research develops the competence of future physical education teachers in the context of mixed education, we would like to share the following views: Given the high need for physical education teachers in the community, educational institutions at various levels, including most higher education institutions, are introducing mixed education programs. Methods and forms of performance competence of future physical education teachers in the context of mixed education are leading to the emergence of new technologies. However, several specific aspects of mixed education can be pointed out.

First of all, there are different methods and combinations of different methods and technologies in the process of teaching physical education students, and secondly, approaches to teaching and learning, depending on the lessons learned in the educational process, the needs and capabilities of students, the availability of multimedia technologies. may differ from each other. In this case, depending on the specific tasks assigned to the students of the physical education direction, a specific training program can be selected not only for a particular training area or group, but also for an individual student. Mixed education programs have significant advantages compared to traditional education programs. The flexibility of the curriculum implies the organization of full-time classes, usually once a week, in conjunction with online classes, while eliminating the need for a permanent place of study for students, a classroom, and more efficient use of the classroom for others. . In addition, mixed education can be used to adapt both physical education students and teachers to online learning. Many proponents of this method point out that the mixed learning process allows the use of different methods, approaches, and strategies [///]. At the same time, in addition to mastering the content of the course and expanding their academic knowledge, students also develop and improve their information literacy and skills to be critical of the lessons being studied.

The mixed learning process has a number of advantages for both physical education students and teachers when compared to traditional teaching methods. Among them are the following:

- Classes allow students to study at a certain pace;
- Students have the opportunity to get help quickly in difficult lessons;
- Teachers will be able to divide students into groups in an optimal way during the lessons;
- The training is based on real facts, circumstances and situations;
- more attention is paid to understanding their meaning and content than dry memorization of information in the lessons;
- Opportunities to teach and learn different disciplines in the classroom are interconnected and interconnected;
- Develops independence in solving problems that arise during the training.

The list of advantages of mixed education technology should be further expanded, taking into account the opportunities and prospects of social interaction, the formation and development of partnerships, interdisciplinary cooperation and further development of information technology in the physical education teacher. As a result of the proliferation of computer technology and Internet

technology, the opportunities for a physical education teacher to engage students interactively in the learning process are becoming increasingly globalized. However, not all technologies preclude direct and indirect close interaction between teacher and student. Mixed learning allows a physical education teacher to gradually improve programs by adding online components to traditional learning, such as blogs, answering questions, and completing assignments electronically, throughout the course.

With the introduction of traditional and distance forms of education in higher education, not only the content of education has changed, but also positive approaches to teaching, methods of teaching physical education students, the level of use of information and communication technologies continues to grow. Extensive work is being done in the country to reform the system of continuing education, the integrated application of information and communication technologies in the teaching process, to increase the effectiveness of education, to organize events on the basis of complex programs and distance learning, the creation of distance learning systems and their training. - is being introduced into the educational process. Competence of future physical education teachers in our country is mobilized for change, in the context of a growing mixed education cluster, the formation of professional skills required in the theoretical, practical and organizational pedagogical activities of organizing professional competence of students on the basis of local and foreign experience, as well as mixed education there was a need to expand the use of the model.

Maruf Toshpulatov wrote in his article about the meaning of the word, which is often used by the head of state: “Cluster is derived from the English word “ cluster ”, which means group, ball, set, garden. , meaning like shoda. The term is used in areas such as computer engineering, music, education, astronomy, economics, and refers to objects that are functionally interconnected and arranged like a “necklace”.

Due to the adaptive training used in the mixed education course, students ’mastery of the training materials, better understanding and quality of learning will be significantly increased.

Another important advantage of flexible learning for mixed learning is that it allows the student to receive immediate help when faced with a problem or error. The physical education teacher can be immediately informed about the mistakes and shortcomings that can be made in practice when planning the training process, and offers additional training materials on the same issue. The physical education teacher will have a set of data that will allow him to analyze the most common mistakes and problems, thereby making adjustments to the training system. Knowledge level indicators help to group lesson materials according to students ’knowledge levels to provide additional explanation or practical assignments.

The name of the author of (90) should be written. Through critical analysis of the lesson material being studied, students gain more information and retain it for a longer period of time, and therefore learning becomes more effective [90; 33-35]. One of the particularly important advantages of both distance learning and mixed education is that they are independent of the social and personal factors of the students. The training plan provides access to education for all people, regardless of age, physical and mental capacity. The lesson plan adapts the lesson process by analyzing the student’s activity, effectiveness, and level of development. Internet technologies offer new approaches, great opportunities to explore and learn about the world around us. For the modern generation of students, where information technology has become an integral part of our way of life, mixed education seems to be the most effective.

While many educators cite mixed education as one of the shortcomings, firstly, the lack of constant contact with the teacher in the process, and secondly, in many cases, the mixed education

curriculum is much easier than the traditional curriculum. In addition, students spend long hours at the computer, which can lead to social isolation, reduced communication opportunities, “wrapped up in their own shell,” inability to interact with others, and difficulty working with people in a team. However, there is an opportunity to develop high-quality distance learning plans for students currently studying in the field of physical education, to put it into practice, and most importantly, mixed education can solve these problems.

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