

Didactic Principles of Development of Physical Qualities in School Students

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Abstract: In this article, the didactic basis of the development of physical qualities of schoolchildren.

Keywords: global problem, mass culture, moral education, pedagogical problem, professional qualification, healthy lifestyle, competence, business study, modern technologies, success.

Among the problems that concern humanity in the world, the scale of issues related to immorality is rising to the top. During the globalization process, the scope of popular culture is expanding day by day, the issue of human morality is becoming a global problem. Effective reforms are being implemented in the education system in our country. Today, it shows that the issue of youth education is one of the important problems facing not only our country, but the entire human community. For example, the President of the Republic of Uzbekistan, Sh. Mirziyoyev, at the 72nd session of the UN General Assembly, paid attention to the issue of youth education and said, "Today's world youth is the largest generation in the history of mankind, because they make up 2 billion people. The future and well-being of our planet depends on the kind of people our children grow up to be. Our main task is to create the necessary conditions for young people to show their potential, to prevent the spread of the "virus" of violence. "For this, we believe that it is necessary to develop multilateral cooperation in social support of the young generation, protection of their rights and interests." Currently, there is a conflict between the society's demands for the formation of youth morals and the insufficient development of a solution to this problem. Possibilities of the educational process in educating students' moral qualities increase as a result of pedagogically correctly organized cognitive interaction and dialogue of subjects of educational and pedagogical activity in the classroom.

Spiritual and moral upbringing of young people, preparing them for independent life is the most important task that should be solved not only by the state, but also by society. The most important thing in the school's child education is the organization of independent self-education based on systematic, pedagogic activities, and the understanding of the relationship between the behavior of a person and his qualities, the desire to educate valuable willful qualities in himself, and how to engage in self-education. It is necessary to give understanding, to organize social useful activities of teenagers in such a way as to help in education and self-education.

Analysis of our pedagogical observations of physical education teachers, we can see that the positive experiences of moral behavior formed by trainers can be directed in a narrow circle. Every physical education teacher should be able to convey to students the positive effect of physical exercises on the spiritual development of a person in addition to physical development. In the higher educational institutions of our country, not enough attention is paid to the training of future teachers of physical education as personnel suitable for the requirements of the time. In our opinion, this process is negatively affected by the underestimation of the role of physical culture in the training of future specialists by the heads of higher educational institutions. In most cases, in the conditions of the modern era, the professional requirements imposed on future teachers are the reason for their inability and often unwillingness to search for new effective forms and methods

[2;71]. Formation and development of students' spiritual and moral qualities makes the task of developing optimal psychological support programs for this process more urgent. This, in turn, requires the formation of a generation of science teachers with high personal and professional competence, and requires the achievement of a high quality of psychological and pedagogical support. The effectiveness of physical education teachers-coaches is largely related to their pedagogical competence.

In the developed countries of the world, the role of physical culture as a factor of human and society improvement is increasing. A healthy lifestyle, physical education and sports are becoming a national idea, a unifying force serving the development of a strong state and a healthy society. Accordingly, the society's demands for the quality of training of specialists serving the field of physical education and sports, and their level of professional qualification are increasing. Appeal to person-oriented education helps to direct personal, general cultural development in the technological development of the future physical culture teacher. Along with technological and pedagogical preparation for solving professional problems of the teacher, professional competence means humane pedagogical position, teacher's pedagogical activity, high level of general professional culture. This, in turn, requires the modernization of the pedagogical personnel training system by introducing new approaches and modern technologies in higher education institutions.

We can see two different approaches to the issue of competence. One group of researchers looks at competence as an integral personal quality of a person, while others focus on describing the components of activity and its aspects, imagining it as a successful problem-solving factor. As the goal of physical education is to optimize the physical development of a person, to improve the physical qualities of a socially active person, together with the education of spiritual and moral qualities, pedagogues-coaches should ensure that the students are ready for effective work and other activities. “Жисмоний тарбия” фани ўқитувчисининг ташкилий (бошқарув) компетенцияси ўқув жараёни, ўқувчиларнинг жисмоний тарбия фаолиятини ва ўқитувчининг хатти-ҳаракатларини ташкил этиш қобилиятидан иборат бўлиб дарсада ўқув материални тўғри тақдим этиш учун аниқ мақсадларни белгилашдан иборат.

The teacher's rhetorical competence (the culture of speech interaction) is of great importance in ensuring the effectiveness of educational activities. "Increasing speech responsibility" of the teacher is one of the necessary conditions for professionalism. It is necessary for the coach to have an impressive speech, clarity of speech, the ability to communicate with parents, pay attention to the acoustic conditions of the gym. One of the leading methods in the development of professional competence of a physical education teacher is case-study, the effectiveness of its use ensures the activity of both the teacher and the student. This method is a method of analyzing the situation, which not only represents a problem, but also involves taking into account and understanding the real situation that actualizes a set of specific knowledge that needs to be mastered in solving this problem. Case-study is an optimal solution based on the application of theoretical knowledge in solving practical tasks is the technology that gives. This method helps students to develop the skills of independent thinking, listening and considering an alternative point of view, expressing their point of view with the help of evidence" [8]. In this case, the problem itself does not have the same solution.

Student's interest in physical education usually arises based on the motives and goals of physical education and sports activities, they are as follows:

- Satisfaction with the educational process (emotionality, communication, diversity, etc.);
- lesson results (acquiring new knowledge, actions, testing oneself, improving the result);

- Success in class (education of personal qualities, improvement of sports skills, strengthening of health) and h.z.

If the student does not have a clear goal in performing physical education and sports activities, he will not show interest. Student's interest in physical education classes is directly related to purposefulness, precision, deep motivation, stability of interests, regularity of training, organization of competitions, activity and initiative. It would be possible to achieve the results of improving the moral qualities of students by conducting a diagnosis of the development of moral volition during the educational process. However, it is possible to control the quality of education in the educational system, but indicators for evaluating the educational process have not been developed. This process is mainly determined by quantitative rather than qualitative indicators.

The effective use of opportunities of "Physical education" in the formation of moral qualities of students of general education schools is an important factor in the formation and development of many moral qualities such as patience, will, hard work, sympathy, teamwork, and patriotism in the growing young generation. In the implementation of this goal, it is important that the education of future physical education teachers as personnel suitable for the requirements of the time is considered as the most important task before higher education institutions, and that the teachers of general education schools have professional competence. Every educator-pedagogue, regardless of which subject he is a teacher of, should consider the educational task as a primary task along with setting an educational task in the course of the lesson. For this, it is necessary for the educator to understand that he himself is required to be an example in education. Only then the pedagogue can fulfill his task.

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