



DEVELOPMENT OF PROFESSIONAL KNOWLEDGE AND SKILLS IN FUTURE PHYSICAL EDUCATION TEACHERS

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Abstract. The article talks about the development of professional knowledge and skills of future physical education teachers. The scientific research carried out in the article was based on legislative documents and scientific research developments of scientists within the scope of this topic.

Key words: physical maturity, physical training, physical education, educational process, coherence and continuity.

In the development of professional knowledge and skills of future physical education teachers, it is appropriate to study the content, essence, and categorical analysis of the concepts of physical maturity, physical training, and physical education.

Physical fitness includes obtaining a high level of mental and physical strength in order to achieve a healthy lifestyle, physical development, readiness for life and defense of the country.

Physical education is a pedagogical process aimed at achieving physical maturity, and is aimed at developing movement skills and abilities and average physical qualities. In the process of physical education, intellectual, moral, aesthetic and labor education is carried out simultaneously.

Physical maturity is characterized by complete health, a person's long-term active life and a number of other indicators - the comprehensive manifestation of physical and mental ability to work at a high level in any external environment, the harmonious development of physical and volitional qualities, large-scale movement skills and body shape .

State policy in the field of higher and post-higher education is primarily based on the principle of continuity and integrity of the educational process. Continuity and integrity of the educational process is ensured by successive mastering of all educational programs and educational standards of different levels and directions, and is implemented in accordance with the Law of the Republic of Uzbekistan "On Education". In this case, the educational program organizes a set of knowledge structured in a certain order, the acquisition of which allows students to continue their studies or obtain a qualification that allows them to occupy a certain position. It strengthens the content of education in a certain level and direction.

The continuing education system is faced with the task of training highly competent and permanent specialists who enter the continuing education system. Continuity as a principle of modernization of education ensures multifaceted movement of the individual in different educational stages and at the same time in the educational space.

Integrity and continuity are general pedagogical principles that require internal interrelationship, as well as constant communication between individual parts of any activity of the learner. The research scientist G. Ya. Faizullina expressed the integral nature of the principles of continuity and continuity, and by continuity he understands the existence of interrelated educational tasks that overlap each other during the entire period of education, ensure the continuous, objective and subjective progress of the learner at each time interval.



Integration means stability at the border of different stages and forms of education. Continuity of education refers to the interaction between educational institutions, which provides a meaningful, technological and organizational sequence in education.

It is a system-forming factor of continuous education, which serves the social need for continuous development of each person's personality. This is determined by the origin of a large number of structural structures of education - basic, parallel, basic and additional, state and public, formal and informal types. Their interrelationship and mutual conditioning, their mutual subordination in terms of levels, coordination in terms of direction and goal-essence, ensuring interaction between them, make the whole set of such structural structures into a single system. "The purpose of continuous education is not to teach a person throughout his life, but rather it is reflected in the need to learn to do it himself.

Continuity represents the main goal of improving the educational system - it consists of the integrity of the educational process, its integration (generalization) at all stages and levels. In other words, it is not continuous as a person moves from one form of education to another, but rather, by acquiring or working on a certain level and characteristic of competence, he can expand it in parallel and in other ways if necessary.

Integrativeness and coherence imply the inclusion of a planned beginning in a continuously developing process, not just the base value of subsequent preparation, but the inclusion of a planned beginning in an organically developing process and the introduction of an interrelated whole.

It is aimed at creating an opportunity for young people to show their energy, enthusiasm and strong will in the economic, political and social innovative changes being implemented in New Uzbekistan. Based on many scientific studies and analyses, physical education is considered as an integral part of universal and national culture. This, of course, is carried out during the educational process, which is a specific stage of the development of physical education.

Today, it is important to develop the future personnel of higher education in all aspects, to have high potential, both physically and mentally. Therefore, by combining physical training and sports in education, it is aimed to increase the physical and mental potential of students and train personnel who meet world standards. After all, "today, modern and convenient sports infrastructure is being built in all regions of our country, even in the most remote districts. In the next two years, the number of people who regularly do sports in our country doubled." This is also one of the important changes in the way of harmonizing the physical and mental capabilities of young people and strengthening their will through physical education and sports in our country.

Physical qualities (strength, speed, endurance, etc.) are given a special place in the teaching of physical education. Because movement activities are not only focused on maintaining vitality, freshness, and strength, but very complex practical movement used in complex physical labor, exercises, and sports directs the activities to purposeful performance. In the process of physical education, although the methods are in the main place in the execution of exercises in terms of form and content, they are also directly related to the concept of culture. There are mainly two directions, namely:

1. Beautiful performance of the exercises, attracting the attention of others, body structure and graceful movements of the exerciser. For example, rhythmic gymnastics, high jumps, swimming and jumping from the trampoline, kicking the ball into the goal, etc.

2. Mass performance in exercises and sports (team, group, etc.), holidays, exhibitions - demonstrations at prestigious sports competitions. In both cases, the combination of physical exercises and sports with art (music, dance, etc.) means the concept of physical culture. Therefore, by improving the training system of future physical education teachers, it will be possible to develop the professionalism of working with students by forming physical culture in them, increasing their physical qualities and abilities, professional competence.

Today, the concept of physical culture has become the expression of physical education, and this process has become an educational feature in educational institutions. "For this reason, the famous thinker Ibn Sina said that everyone should always walk in the fresh air, work, relax by traveling to the mountains, go on boats, fight, ride horses, etc. according to their health and vitality. recommended that he should perform active practical actions and get used to it. Ibn Sina tried first of all the ways to perform physical training exercises in moderation and on time, and after the exercises to bathe in water or rub the body with a wet towel.

The purpose of expressing these comments is to improve the health of people of all ages, to raise physical fitness, to maintain the health of sick or disabled people, and to inculcate the basic contents of the science of physical education among the population. In this way, not only doctors and physical education specialists, but also creative people and intellectuals should show initiative. Therefore, it is one of the important tasks to change the attitude of future teachers to physical education and to direct them to the process of sports rehabilitation by increasing their knowledge on how to positively influence the psyche of students.

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