



# Mechanisms of Professional Competence Improvement by Preparing Future Physical Education Teachers for Innovative Activity

**Karimova Gulhayo Botirjon qizi**

*Teacher at the Ferghana branch of the Uzbekistan State University of Physical Education and Sports*

**Abstract:** Nowadays, it can be seen from the world experience that new, modern teaching methods and tools are rapidly entering the educational process and they are being used effectively. In our country, the system of effective use of modern technologies in the educational system is aimed at making students become experienced specialists and devotees of their profession in the future. This article provides information about the mechanisms of improving professional potential by preparing future physical education teachers for innovative activities.

**Keywords:** Physical education, movement, personnel, physical culture, sport, exercise, innovative.

*Date of Submission: 13-11-2022*

*Date of Acceptance: 28-12-2022*

In the process of physical culture education and upbringing of our country, it aims to implement the professional theoretical and professional practical training of the future physical culture bachelors based on the requirements of the state educational standards, and to solve it, solves targeted tasks.

At a time when special importance is being paid to the development of physical education and sports, how is the work of improving the qualifications of sports coaches, physical education teachers, guides, and retraining athletes who want to engage in coaching activities going on? What kind of practical work does the center for scientific-methodical provision, retraining and professional development of specialists in physical education and sports under the Ministry of Physical Education and Sports conduct?

- Retraining of specialists in physical education and sports and improving their qualifications is one of the important factors in the development of physical education and mass sports. Because in the process of training, the pedagogue learns about the latest innovations in the field, learns to apply modern innovative technologies in training, and a non-specialist employee who has passed retraining courses becomes a ready-made employee.

One of the important shortcomings of modern professional pedagogical education is its weak influence on the development of the creative potential of future teachers, including physical culture. The analysis of the activities of teachers of modern higher educational institutions shows that the level of pedagogical practice aimed at developing their creative abilities is not sufficient. In the future professional and pedagogical activity of most teachers, the creativity work system, stereotyped methods and methods focused on the algorithmic actions of students prevail. Therefore, one of the most important tasks of pedagogical higher education institutions that train physical

education teachers is to develop creativity in future teachers, to increase their creative potential, to add elements of creativity in the professional and pedagogical activities of future teachers. It consists of preparation for use.

By the creativity of a physical education teacher, we understand the overall quality of the teacher's ability to create original, unique, innovative ideas for various solutions to pedagogical tasks that arise in the educational process. It is characterized by the teacher's ability to see the pedagogical problem in time, develop creative ways to solve it, and act in his own way, not according to a certain template. One of the main conditions for the development of the creative thinking of future physical education teachers is to direct the educational process to the student's personality, taking into account his personal characteristics, inclinations and aspirations. That is, the professional pedagogical education of students involves the use of various approaches of creative teaching focused primarily on the individual qualities of a person.

In physical education classes, the student should learn the following:

- to know the norm of loading, to choose means of forms and styles to solve specific tasks of physical education;
- drawing up the main work plans and taking them into account at various stages of physical education;
- determining the learning results of students, evaluating their success, harmonizing and directing the student to independent work;
- control the work of educational institutions;
- development of a plan of public events, regulations on competitions, their implementation and organization;
- unification of children's social organizations, family and school forces in order to improve the quality of work carried out in the field of physical education with schoolchildren;
- use of special devices and tools related to teaching techniques;
- mastering the basics of new pedagogical technology and using them in practice.

The general laws of physical education in the form of a pedagogical process are considered the subject of study of the theory of physical education. The general rules mean the special aspects of physical training of any class of the population: children, teenagers, young people, middle-aged, adults and the elderly, as well as those who have just started doing physical exercises, qualified athletes.

Physical development is a healing process, which is the gradual determination of changes in the functions and forms of the human body. Three phases can be distinguished in the growth of development: - increase in the level of development, - relative stability and - gradual decrease of human physical capabilities. The most vigorous development occurs in preschool and junior school age and continues throughout all periods of schooling. Physical development is subject to objective biological laws. The most important of these laws is the law of the unity of the environment and the development of the organism. The student should organize children's rest, take into account independent work and work, study conditions.

Creating conditions for physical development provides an opportunity to select talented children. Because talent is passed down from generation to generation. Therefore, not every student can achieve high sports results. However, every worker can ensure his physical development under the conditions of regular and conscientious participation in goal-oriented training, but it is necessary to create conditions for the protection of the body and to achieve decent success in work. In order to

achieve such development, the specially directed and organized activities named "Physical education" are used.

Physical education is a pedagogical process aimed at willful, moral, functional, morphological improvement of a person, and its purpose is to equip students with skills, qualifications and special knowledge to achieve the best results in work and defense of the Motherland. Based on the specific tasks related to physical education, it is possible to look at two sides of it, such as physical education and education of physical qualities. Physical education is part of the general pedagogical concept known as "education" in a broad sense, and educational, knowledge (education) tasks in the educational process are carried out in accordance with educational methods or self- is carried out in the order of self-education.

Movement training (teaching) - imparting physical knowledge (education) according to its main content, i.e. to make a person know how to rationally control his movements, to acquire theoretical knowledge about his analysis and in this way Based on the acquired knowledge, it means enriching the reserve of life-necessary skills and abilities and acquiring theoretical knowledge about them (P.F.Lesgaft). It is necessary for a person to have knowledge about the education of his body in order to be able to rationally use the reserves of movement and opportunities he has acquired and accumulated during his life.

Physical culture is a product of certain historical conditions. In each socio-economic structure, the culture of the body of the members of the society is characteristic for its time, and remains a means of ensuring the all-round perfection of the individual in the form of wealth and property of the entire nation in a certain period of the development of the society or its mandatory condition. Physical culture is a set of achievements in the creation and rational use of special tools, methods and conditions for the achievement of physical maturity of members of society. Among the main concepts of the theory of physical culture, physical culture is a broad, comprehensive concept. The concepts of physical education and sports embody pedagogical processes that have their own directions as a component of the concept of physical culture. In their textbooks written for students of physical education faculties of physical culture and pedagogic institutes, the definition of this concept is expressed as follows: "Physical culture is a set of material and spiritual resources created and used by human society for the physical training of members of society."

To date, this task is controlled by submitting the requirements and norms of the "Alpomish and Barchinoy" health test, which determines the physical fitness of the population of the Republic. Normative standards of test requirements are individualized according to the strengths of each age group. Determining the norm in physical exercise classes is carried out through systematic research of educators, pedagogues, and medical staff. The negative consequences of systematically forcing the body to spend energy through excessive stress for exercise have been proven both scientifically and practically. A physical load of a normal volume for the organism of a sportsman with a certain level of physical fitness may be suitable for a new, just starting to exercise, but it is not considered the norm. In order to withstand the norm for a certain period of employment, great physical and mental stress is required at first, which is natural. But after some time, the body gets used to this physical load and it becomes the norm due to the fact that it suits the strength of the individual. This is considered as a result achieved through the process of training (training), and change is considered positive. It is known that new movement skills are formed on the basis of previously existing movement skills. Accordingly, the main decisive role in the process of physical education is mastery of exercise. The teaching of the material should be done in such a way that its content, power of influence on the organism, plays the role of a new step for the next stage of education. In practice, this idea is formulated as "from the known to the unknown", "from the mastered to the unreconciled", and in the case of physical exercises, "from the fit to the strength". In addition, gradually increasing the difficulty of movement tasks from training to training is one of the main

conditions of the principle of fitness in the educational process. This makes the easy difficult. Demanding to do something that is not suitable to one's strength is definitely considered as ignoring the methodological features of the educational process.

**References:**

1. A. Abdullaev. "Physical culture theory and methodology" (volume 1) / Tashkent / "NAVROZ" publishing house, 2017. - 392 pages.
2. Abdumalikov R. Eshnazarov J. History of physical culture and sports. Study guide Tashkent 1993.
3. Yarashev K.D. Management of physical education and sports. Study guide, Tashkent medical publishing house named after Abu Ali Ibn Sina, 2002.
4. Yunusova Yu.M. Theory and methodology of physical culture. Uchebnoe posobiya Tashkent UzGosIFK 2007g.