



## The Scientific Pedagogical Need of Improving the Competence of Teachers of Physical Education and Sport Science

**Toshtemirov Otabek Abidovich**

Fergana Polytechnic Institute, Fergana, Uzbekistan

### ABSTRACT

The article analyzes the current state of development of the communicative competence of future physical culture teachers, problems, shortcomings, and ways to overcome them. Also, the interpersonal, intergroup and collective, social forms of communication and their peculiarities in the professional pedagogical culture of future physical culture teachers

### ARTICLE INFO

Received: 11<sup>th</sup> November 2022

Revised: 20<sup>th</sup> December 2022

Accepted: 28<sup>th</sup> January 2023

### KEY WORDS:

education system, content of education, pedagogy, physical education, physical development, physical culture, students, professional pedagogical culture, communicative competence, speech culture

### Introduction

In foreign countries, special attention is paid to the integration of social and economic spheres, training of personnel in accordance with international qualification requirements, formation of their physical culture in education, formation of practice in improving the educational process of the institution and strengthening its scientific and methodological base. The use of quality teaching methods and best practices for learning, such as the methods of forming and developing students' physical culture, balancing indicators, universal quality management, quality assurance, key performance indicators, and continuous education quality improvement. It is important to ensure the spiritual and physical well-being of young people in the world, the formation of healthy life and physical culture through the centuries-old socio-pedagogical phenomenon, physical training. Because sports is one of the factors that give everyone a great opportunity to develop a healthy lifestyle, regardless of their nationality, race or religion.

### The main part

One of the main tasks in the context of educational reforms in Uzbekistan is to improve the health and physical culture of the younger generation. The new model of education aims not only to develop students' knowledge, skills and abilities, but also to develop their physical culture, and, above all, to develop a holistic, physically fit person. Therefore, President Sh. Mirziyoev notes this: "We will continue to attach great importance to the accelerated development of sports, encouraging and supporting athletes who have achieved good results in international competitions." [1]. However, in spite of clearly identified directions for improving the education

system, there is an increase in the number of adolescents and students with poor physical and mental health in recent years.

The country's pedagogical science and education system has a strategic goal that is to create all the conditions for education to help preserve and develop, not to undermine, the health of schoolchildren and students. In this case, the social and pedagogical importance of building a health culture that helps students to realize their dreams in life is growing.

Strategy of actions for further development of the Republic of Uzbekistan for 2017-2021 is in line with improvement of the state youth policy, spiritual and intellectual development, independent thinking, devotion to the homeland, and harmonious development of life.

Decree of March 5, 2018 "On Measures for Radical Improvement of Public Administration System in Physical Education and Sport", the tasks set by President Mirziyoyev at the meeting on September 20, 2018, dedicated to the development of physical culture and sports, "The Concept of Development of Physical Culture and Mass Sports in the Republic of Uzbekistan for 2019-2023", approved on February 13, 2019, the objectives set out in the 5 youth initiatives and other regulatory and legal documents proposed on March 19, 2019 provide for the development of physical health and culture of the population, especially the youth.

The main goal and driving force of reforms in the Republic is the formation of human beings, their harmonious development and well-being, the creation of favorable conditions and mechanisms for the realization of the interests of the individual, and the change of outdated thinking and social behavior patterns.

Students are a distinctive group that is more susceptible to various environmental diseases than other social groups. They are also characterized by varying levels of physical training. Students are considered to have varying levels of physical training and physical development.

The results of the analysis of the existing scientific and methodological literature show that in recent years there has been an increase in the number of students with different levels of physical training.

This trend is typical of many universities in Uzbekistan. Most students are not fully prepared to handle the loads provided by standard curricula. It is difficult to carry out training programs developed by students of this type within the training regimes (according to the physiologically-based sandboxes of the given age groups). This is due to the discrepancy between the physical preparation of a significant number of students and the normative tests performed by them. The fact that many students do not have the necessary motivation for physical education exacerbates the situation. These students are often shown to be inactive in practical exercises, not in elementary exercises, avoiding physical loads, as well as persistence in achieving the results required for optimal functioning of all systems of the body. Activation of the physical activity of such students remains an important issue. The methodology and organization of the process of teaching these students are unique. This results in the need to develop a new methodology for teaching students about physical activity and physical activity to varying degrees.

In recent years, there has been a widespread introduction of new innovative processes in the education system. At the same time, innovation is reflected in the combination of educational initiatives and innovations, and together they lead to global or small global change.

A number of studies have found that higher education institutions do not pay enough attention to teaching physical culture and sports, and that the process of training uses innovative, technological tools. There is a fundamental contradiction between the typical system of teacher training and its individual, creative activity. The development of new methods and approaches to the organization of the educational process, which encourages and stimulates the students' active involvement in the acquisition of professional knowledge, skills and skills, is crucial in improving the system of training specialists in the field of physical culture education. To date, scientific and methodological developments in the field of physical culture and sport in educational institutions are not sufficiently developed.

Traditional teaching methods are no longer able to provide students with the knowledge, skills and abilities required to equip them with modern teaching methods. In this regard, at the current stage of education reform it is necessary to develop new methods and tools of teaching and to integrate them into the educational process. Introduction of new active forms of education into the educational process is one of the main bases for its improvement. The development of modern teaching methods is the most promising direction of training, improvement and professional development of the teaching staff.

The transition to the new paradigm of education in the Republic requires not only innovative approaches to student self-development, but also improvement of methodological foundations of this process. In particular, "Creating healthy life styles in our society, creating conditions for the regular training of the population, especially the younger generation in physical culture and mass sports, strengthening youth's confidence in their will, strength and capabilities through sporting events, courage and patriotism; systematic organization of work on the development of devotion to the motherland, as well as selection of talented athletes among young people and further development of physical culture and mass sports. altirilgan large-scale work is being carried out "[2]. In higher education institutions it is important to improve the theoretical and practical content of students' knowledge, to develop the professional knowledge, skills and abilities needed in the teaching profession, to develop creative educational technologies.

The future physical culture is the quality of teachers' professional training, above all, their willingness to engage in pedagogical communication, the ability to carry out specific professional activities to address teaching and methodological, spiritual and educational tasks. It is based on the specific knowledge, skills and abilities of future teachers, and above all, the culture of pedagogical communication.

Aesthetics in sports are of high value, and this sporting event "reflects the value of an individual in a certain emotional integrity, promotes comprehensive development of the individual, broadening the boundaries of his freedom, individuality" and reveals his hidden intellectual and creative potential.

Future physical culture teachers should be able to communicate professionally, physically and spiritually, and have the ability to engage students in sports in the future. Sport and aesthetics, sports and ethics, sports and communication, sports and culture, sports culture and personality development - Pedagogical culture in practice - are complementary and inseparable concepts of understanding, understanding and integrating the future physical culture teacher. In the process of forming a future physical culture teacher, it is important to see the beauty in sports, that is, their physical appearance, their excitement and excitement in their pedagogical activity, their impressions and their unforgettable impressions.

"The communicative component of pedagogical communication is the coordination of the positions and tasks of the dialogue participants. In the early stages of learning, students do not have the knowledge and experience needed to interact, interact with teachers and classmates. In this process, the teacher becomes a carrier of historical experience. Today, there is a need for teachers to enrich the experience of providing information to students. This requires the activation of teachers' knowledge and experience in building pedagogical communication with students. Pedagogical communication takes many forms. This is directly related to the role of the teacher in the learning process, his personal qualities, and his level of knowledge. In pedagogy and psychology resources, pedagogical communication is analyzed in relation to the way teachers work. There are several classifications of pedagogical method in pedagogical science. Pedagogical attitudes are often interpreted in the form of pedagogical communication. An important aspect of pedagogical communication is the ability to organize the educational process with a student-centered approach [3]".

The emphasis should be placed on the interpersonal, intergroup and collective social forms of communication in the future pedagogical culture of teachers of physical culture.

1. Interpersonal - evaluation and description of each other by interlocutors based on perception, knowledge, understanding, and empathy.
2. Intergroup - Social group communication. Taking into account the specificity of intergroup perceptions, the subject and objects of communication, group interactions, and the type and content of inter-group activities are taken into account.
3. Community-based, community-based communication is built on a cohesive, value-oriented unit of community members.

In conclusion, today it is necessary to consider the development of communicative competences of students in the teaching of physical culture and sports in higher education institutions, to take into account the development of new skills and methods of teaching.

#### References:

1. Мирзиёев Ш.М. Нияти улуғ халқнинг иши ҳам улуғ, ҳаёти ёруғ ва келажаги фаровон бўлади. Тошкент: Ўзбекистон, 2019. Б. 36.

2. Ўзбекистон Республикаси президенти Ш.М.Мирзиёевнинг 2017 йил 3 июндаги “Жисмоний тарбия ва оммавий спортни янада ривожлантириш чора-тадбирлари тўғрисида”ги ПҚ-3031-сон қарори. «Халқ сўзи» газетасининг 2017 йил 6 июндаги 111 (6805)-сони.
3. Педагогика энциклопедия, III жилд. Масъул муҳаррирлар: Р.Сафарова, Р.Жўраев. “Ўзбекистон миллий энциклопедияси” Давлат илмий нашриёти, Тошкент, 2017. Б-91-92.
4. Yigitalievch, E. A., & Radjabbaevich, S. E. (2022). The Importance of Physical Education and Sports in the Organization of Modern Pedagogical Conditions and Needs. *Eurasian Journal of Learning and Academic Teaching*, 13, 21-24.
5. Abidovich, T. O., & Adxamjanovich, A. A. (2020). Modern socio-pedagogical necessity of increasing communicative competence of future physical education teachers. *Academicia: An International Multidisciplinary Research Journal*, 10(5), 52-57.
6. Abidovich, T. O. (2020). Modern pedagogical mechanisms of the growth of physical culture among the students trained in the higher education system of uzbekistan. *European Journal of Research and Reflection in Educational Sciences Vol*, 8(7).
7. Ivanovna, M. A., Abidovich, T. O. A., & Yakubovna, S. A. (2021). Strengthening the Health and Spiritual Maturity of Young People through Physical Education and Sports. *Central Asian Journal of Medical and Natural Science*, 2(6), 64-67.
8. Эгамбердиева, Т. А., & Тоштемиров, О. А. (2021). Талабаларнинг жисмоний маданиятини ривожлантиришда инновацион ёндашувнинг зарурияти. *Fan-Sportga*, (2), 57-59.
9. Yarmanova, Y. B. (2019). Нравственные качества личности дошкольника в его собственном развитии. In *Методы и механизмы реализации компетентного подхода в психологии и педагогике* (pp. 183-185).
10. Тоштемиров, О. А., & Аминжонов, А. А. (2019). Integration of physical and spiritual education social-pedagogical factors. *Scientific Bulletin of Namangan State University*, 1(9), 244-249.
11. Шойимова, Ш. С., Муҳаммадиева, М. М., & Ярманова, Ю. Б. (2018). Педагог касбий деструкцияси ва деформациясининг психологик хусусиятлари. *Интернаука*, (20-2), 61-62.
12. Yu, Y. (2019). Positive trends and development prospects personalities of the child in the team. *European Journal of Research and Reflection in Educational Sciences Vol*, 7(12).
13. Орипова, Н. Х., & Ярманова, Ю. Б. (2019). Проблема и перспектива воспитания детей дошкольного возраста в интересах всего общества. *Наука и мир*, 2(4), 48-49.
14. Kizi, T. M. A. (2021). The concept of professional competence in higher education and the state of its formation among students of the natural science faculty.
15. Ярманова, Ю. Б. (2018). Дифференциальный подход к системе образования. *Журнал научных публикаций аспирантов и докторантов*, (1), 34-35.
16. Tursunboeva, M. (2019). The features of teaching english in higher education. *Theoretical & Applied Science*, (11), 630-632.
17. Kizi, T. M. A. (2021). Teaching natural sciences and english language on the basis of integrative approach in higher education. *Asian Journal of Multidimensional Research (AJMR)*, 10(1), 126-129.