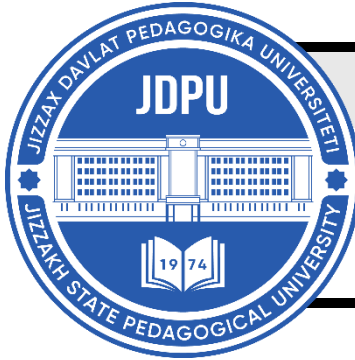


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**PEDAGOGICAL ASPECTS OF EDUCATION OF FUTURE
SPECIALISTS IN PHYSICAL EDUCATION AND SPORTS*****Alisher I. Olimov****PhD, Associate Professor**Jizzakh State Pedagogical University**Jizzakh, Uzbekistan**E-mail: olimovalisher6777@gmail.com****Ahadjon T. Khasanov****PhD, associate professor**Fergana state university**Fergana, Uzbekistan**E-mail: khasanov@mail.ru*

ABOUT ARTICLE

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Abstract: This article describes the professional and pedagogical training of specialists in the field of physical culture and sports, the effectiveness of professional aspects, forms and methods of improving professional training, the quality of professional competence and their essence. The necessity of developing innovative special programs for improving professional and pedagogical competence is substantiated, proposals and recommendations on its components are developed, and conclusions are presented.

INTRODUCTION

It is an urgent issue to improve the quality of training qualified personnel with comprehensive knowledge in accordance with international standards in the field of physical education and sports, to rapidly develop science in sports, and to further improve the processes of training highly qualified competitive trainers-teachers, specialists and scientific staff. Future specialists in physical education and sports should be ready for professional activity in various socio-pedagogical and socio-cultural conditions. One of the important problems is to create a system of pedagogic personnel in the field of physical education and sports, to train mature personnel for the field, to increase their educational qualifications and knowledge based on the requirements of the time. Conducting scientific and research work on improving the process of training specialists in higher educational institutions and

implementing the requirements of the state educational standards set for their professional training, effective training of future physical education teachers on professional activity Forms, methods and tools of organization, application of new innovative technologies to the educational process, creation of educational and methodological resources to improve the professional knowledge skills of future specialists from specialized disciplines determine the urgency of our work.

MATERIALS AND METHODS

The successful activity of a physical education teacher, sports coach, and physical education teacher mainly depends on the level of his professional skills. The higher the professional training of future graduates, the higher the probability that he will become a qualified specialist. The combination of all professional skills in professional activity determines the professional skills of the teacher. This is one of the conditions for training future specialists in physical education and sports, because pedagogical competence requires understanding of a wide range of pedagogical, psychological, social, health and other problems related to education.

One of the fundamental factors of the training of physical education and sports specialists is the interrelationship of the theory and methodology of physical education, sports-pedagogical, medical-biological and psychological sciences. These disciplines provide a deep theoretical understanding of the fundamentals of professional activity of the future specialist, inculcate the ability to implement the main theoretical principles in practice, complement the theoretical foundations with the specific features of each discipline from the point of view of practical implementation.

RESULTS AND DISCUSSION

A physical education and sports specialist must have versatile knowledge of a number of biomedical sciences, because the principles and rules on which he relies, in most cases, the laws of motor activity, the formation of movement skills, body shapes and is based on the development of body functions. Human physiology, sports medicine, as well as sciences such as anatomy, biomechanics, sports hygiene help to determine the root causes of success and failure in the recommendations, to correctly manage the load, to influence the development of the necessary muscle groups, to improve the functions of internal organs, to influence the agenda helps to give reasonable advice, to organize self-control and to make conscious and timely corrections to them.

Lectures, seminars, practical exercises, pedagogical practices and practices, which have their own characteristics related to national and regional differences, remain the main forms of professional training of future physical education and sports specialists in different countries. . Currently, these forms of education are undergoing certain changes under the influence of innovations. It envisages the introduction of video lectures, visualization lectures, project-based seminars. Axiological approaches gradually replace athletic and physical skills. At the same time, individualization takes precedence over group activity. Accordingly, assessment methods should be changed and aimed at

assessing students' physical and theoretical-methodical competences, rather than checking their motor skills, taking into account existing standards, personal qualities and qualities. In addition, individualization and personalization of teaching and assessment methods is important for future physical education teachers to effectively organize the educational process.

The future specialist in physical education and sports should be aware of the current state of these disciplines. It is necessary to master the methodology of anthropometric studies, physiological methods of determining the level of fatigue, the level of development of motor qualities, etc.

Unlike teachers of other specialties, a sports coach should be knowledgeable in general psychology and sports psychology. The success of sportsmen's actions in competition ultimately depends on their determination, ability to suppress negative emotions, mobilize their will and overcome difficulties. A sports teacher should be able to correctly assess the psychological state of not only an individual athlete, but also the team and the whole team at any time and influence them in the right direction.

For a future specialist in physical education and sports, in order to successfully carry out his professional activity, he must acquire in-depth knowledge of theoretical and practical sciences - sports pedagogy, physical education methodology, modern technology of the chosen sport, teaching methodology, training and necessary pedagogical and organizational skills. Sports and gymnastics exercises are the main means of a sports teacher's influence on his students. The memory of the teacher should be kept a large number of these exercises, as well as many systems of their combinations, execution options, he will be able to solve the tasks assigned to him, develop these aspects of his field, which will ensure the achievement of appropriate sports and pedagogical results.

A future specialist in physical education and sports, in his professional career, creative attitude to his work characterizes him as an inventor, scientist, artist. Its purpose is to form ideological, strong, spiritually and physically healthy individuals with highly developed mobility skills.

The emergence of various problematic situations and the teacher's desire to solve them based on his imagination and in a non-standard way develops the pedagogical creativity of a modern teacher. Unification of the pedagogical process - working according to a certain model, the habit of looking for recipes known to everyone - all this negatively affects the reputation of the teacher. Real creativity should be based on the completeness of information, scientific forecasting, the teacher's ability to effectively use various tools, forms and methods of pedagogical influence in a new way and in the educational process.

An important condition for the appropriate solution of the problems that arise before the specialist teacher of physical education and sports is the active involvement of students in scientific research, mastering the methods of scientific research on the problems of sports pedagogy, and the ability to think analytically. development is the pursuit of constant knowledge. Currently, the

practical activity of a sports teacher cannot be effective and cannot be carried out without scientific thinking based on research.

A specialist in physical education and sports not only thinks scientifically, but also teaches it to athletes, that is, he directs them to constantly search for new information, they have the ability to abandon the familiar and more perfect methods, the ability to carefully evaluate the impact of innovations. develops. In his work, he uses all the methods of scientific research - he conducts interviews with athletes, studies their diaries, conducts a series of measurements describing physical development, body condition and the dynamics of sports improvement, organizes observations and experiments. It introduces athletes to the main methods of scientific research, finds the most suitable sports training technique for each of them, achieves perfection in its implementation, develops motor skills, engages in observations and self-experiments to build sports training. .

CONCLUSION

In conclusion, the knowledge and skills necessary to provide comprehensive physical development through the use of relatively elementary motor movements based on basic gymnastics, athletics and sports games for the training of future specialists in physical education and sports. skills need to be inculcated. The ability of future physical education and sports teachers to diversify the used motor tools, change the quantitative measure and intensity of repetitions, the duration and nature of rest during training and between trainings, will help them develop different motor qualities in the unit. will help. Having mastered the basics of pedagogy and natural sciences, future specialists in physical education and sports are the next professional skills

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