

FUNDAMENTALS OF THE TRAINING SYSTEM FOR FUTURE PHYSICAL CULTURE TEACHERS

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Abstract: In this article, improvement of the professional training of future physical education specialists, ensuring the personal orientation of physical education and sports training, forming physical culture, improving the quality of education, creating a systematic educational trajectory and architecture, and a new pedagogical and the development of organizational foundations and the objective factors affecting it are highlighted.

Key words: - physical culture, physical activity, determines the low physical activity of students, the main reasons are motivational approach, systematic educational trajectory and architecture, sports and physical training, constitutional approach, valeological thinking, competence, irrational approach .

Annotatsiya: Ushbu maqolada bo'lajak jismoniy tarbiya mutaxassislarining kasbiy tayyorgarligini takomillashtirish, jismoniy tarbiya va sport mashg'ulotlarining shaxsga yo'nalganligini ta'minlash, jismoniy madaniyatni shakllantirish, ta'lim sifatini oshirish, tizimli ta'lim traektoriyasi va arxitekturasini yaratish hamda yangi pedagogik va tashkiliy asoslarini ishlab chiqish hamda unga ta'sir etuvchi ob'ektiv omillar yoritilgan.

Kalit so'zlar: - jismoniy madaniyat, jismoniy faoliyat, talaba, larning jismoniy faolligi pastligini aniqlaydi, asosiy sabablarini motivatsion yondashuv, tizimli ta'lim traektoriyasi va arxitekturasini, sport va jismoniy mashg'ulot, konstitutsional yondashuv, valeologik tafakkur, kompetensiya, irratsional yondashuv.

Аннотация: В данной статье рассмотрено совершенствование профессиональной подготовки будущих специалистов физической культуры, обеспечение личностной направленности физкультурно-спортивной подготовки, формирование физической культуры, повышение качества образования, создание системной образовательной траектории и архитектуры, новой педагогической выделяются развитие организационных основ и объективные факторы, влияющие на него.

Ключевые слова: - физическая культура, двигательная активность, определяет низкую двигательную активность студентов, основными причинами являются мотивационный подход, системность образовательной траектории и архитектуры, спортивно-физкультурная подготовка, конституциональный подход, валеологическое мышление, компетентность, иррациональный подход.

At the current stage of education reform, changes in the field of professional training of a specialist in physical culture are typical. Social practice requires improving the quality of training of pedagogues in the field of physical culture. This is directly related to the characteristics of his professional activity. It is necessary to achieve the maximum result by spending less time and resources. The main goal of the preparation is to develop the technology of formation of professional qualities in the process of training pedagogues in the field of physical culture using effective and effective pedagogical methods.

The main task of higher education institutions is to turn higher education into the preparation of specialists who have thorough knowledge based on theory, who can think in a scientific way and who can demonstrate their creative skills in a practical way. The institute should provide its graduate with the necessary knowledge, skills and a system of forming the necessary personal qualities to start a successful creative work. When creating a model of a specialist, it is necessary to

determine the essence of professional activity, structural structure, duties of a specialist, as well as requirements for it.

B.A. According to Ashmarin, pedagogical activity includes tasks such as knowledge, skills and competences in the field of educational subject, as well as independent education based on the growing needs of society and regularly improving their skills. the activity of a visiting teacher can be considered as in a brochure.

V.M. Vidrin distinguishes three stages of expert modeling. The first is to study the field of future work, its character, functional tasks, determine external factors, and determine the level of social influence of this profession among other professions (profession model). The second is to determine the characteristics necessary for a specialist to work at a high level: his intellectual level, willful, moral, physical, mental characteristics of a person, aspects of his character, etc. (specialist model). The third is the development of a system of tools and methods that serve to form such characteristics for the benefit of the future profession (preparatory system).

Teaching technology should be aimed at simplifying the educational process. In this, the goal of teaching is achieved by improving the quality of education and saving time, using the power of the teacher and the student at a minimum level. According to experts, any knowledge becomes powerful when it requires thinking and independent research from the student to find the right answer to the question. Therefore, it is important to use active methods of teaching in the educational process, to mobilize students' previously acquired knowledge and to create problem situations that encourage them to acquire new ones. This problem can be effectively solved when teaching students with the help of complex technologies aimed at increasing the activity of learning during classes and increasing their professional level is introduced into the educational process. In this regard, pedagogical HEIs should create a concept of prospective training of teachers, taking into account the fact that teaching takes place in conditions of time shortage.

The problem of raising the active life position of specialists in the field of physical culture is urgent, and it is necessary to increase their theoretical knowledge, practical skills and qualifications, as well as better training of these specialists in creative activities and independent education and work on themselves. It will be aimed at them to be in search regularly. In addition, from the pedagogical point of view, in the process of teaching students, it is necessary to use the tools and methods of pedagogical influences that encourage positive motives of creative activity and the ability to find creative solutions to the problems of the educational process. It is also necessary to involve students in the process of creative research, which requires the skills of mobilizing their abilities. Problem-based teaching is understood as a teaching system that covers all forms of educational activity organization, which basically involves the use of educational problems. Learning problems can be a task (problem, assignment, exercise) that cannot be solved by staying ready or by example: it requires mastering new knowledge and being able to use it creatively. A necessary link of problem-based learning is the creation of a problem situation: in this, the student learns that the problem exists and for its solution. he feels that his knowledge is not enough.

In accordance with the requirements of the program, during the professional-pedagogical training of students, conditions are created that model their knowledge, skills and abilities, as well as their pedagogical activity.

The professional-pedagogical orientation of teaching, which requires the systematic organization of the entire educational process, is based on the following principles:

- targeted orientation in the selection of education and training tools and methods;
- Continuity, sequence, integrity of the educational process during the entire period of formation of a teacher's personality in higher educational institutions;
- unit of education and independent education, education and independent education.

One of the means of successfully preparing students for work is pedagogical practice that is maximally close to professional activity. Pedamaliyot allows to understand the laws and principles of education and upbringing, as well as to acquire professional skills and qualifications and experience of practical activity, and at the same time to understand the scientific and theoretical foundations of the teacher's work.

He believes that the new social and educational tasks of the higher education institution should be based on a new attitude towards the goals of the mutual cooperation of pedagogues and students. N.G. Yershova. Ta'limning an'anaviy tizimi sharoitlarida talaba iste'molchi rolida qoladi, garchi uning o'rni ta'limning barcha bosqichlarida faol bo'lmog'i lozim. Bunda talaba ta'lim maqsadiga erishish usullari va yo'llarini tanlashlari lozim.

The author also thinks about the need to optimize (condense) the educational process based on mutual pedagogical cooperation between the teacher and the student. One of the manifestations of such cooperation is the training of students on module technology. The system of training specialists in physical education for general education schools does not meet today's requirements.

The superficial teaching of most general education, as well as most sports subjects (many of which cannot be used for the physical education of general school students) leads to unnecessary overloading of students and their preparation in accordance with modern requirements. does not allow.

The basis of pedagogical skills is the acquisition of teaching methods or didactic skills (the ability to deliver knowledge and skills in an understandable and interesting form; the main purpose of which is to train pedagogues to perform actions and physical system of pedagogical activity in finding a creative solution to specific tasks for improving characteristics). Based on this law, many authors describe the professional requirements as didactic skills that a physical culture teacher should acquire.

According to the information presented in the literature about the requirements for the professional activity of a physical culture teacher, the skills to solve the main tasks of physical education as a general requirement

the existence of relative requirements is noted, i.e. training to perform movement actions, development of physical characteristics, formation of knowledge about the importance and rules of physical culture, forming the needs and skills of independent physical culture bring up

Based on the requirements formulated in the state educational standard, one of the goals of education in general, and in particular the main goal of the education system, is the formation of abilities related to project activities, physical

consists of the ability to collect and use models in the educational process.

It is necessary to develop educational activities based on the use of modern means and methods of teaching, which are closer to the activity of a physical culture teacher in terms of the content and conditions of implementation of the students and are directed to the state educational standard.

The task of a physical culture specialist is to make as many people as possible enjoy physical culture, to organize creative activities that are of great importance in the formation of a healthy lifestyle, and to become an effective factor in mastering the methods of achieving physical fitness.

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