

METHODOLOGICAL SYSTEM FOR DEVELOPING FUTURE TEACHERS' PHYSICAL CULTURE THROUGH SPORTS PEDAGOGY

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Abstract: This study has developed a methodological system for developing the physical culture of future teachers using sports pedagogy tools. The main goal of the study is to identify effective methods for the formation of physical education and a healthy lifestyle in the professional activities of future teachers and the instillation of the principles of a healthy lifestyle in students. This work considers the components of physical culture, the theoretical foundations of sports pedagogy, methodological approaches, and a system of training to increase the level of physical fitness. The practical significance of the methodological system is that it contributes to increasing the professional competence of future teachers, the effective use of physical education tools in the pedagogical process. The results of the study identify opportunities for strengthening personal health through sports activities, supporting physical and mental development, and implementing advanced methods of sports pedagogy in the educational process. This methodological system is intended for general secondary educational institutions and pedagogical universities.

Keywords: Physical culture, Sports pedagogy, Methodological system, Professional competence, Healthy lifestyle, Pedagogical process, Training system, Theoretical foundations, Practical significance.

МЕТОДИЧЕСКАЯ СИСТЕМА РАЗВИТИЯ ФИЗИЧЕСКОЙ КУЛЬТУРЫ БУДУЩИХ УЧИТЕЛЕЙ ЧЕРЕЗ СПОРТИВНУЮ ПЕДАГОГИКУ

Аннотация: В данном исследовании разработана методическая система развития физической культуры будущих учителей с помощью инструментов спортивной педагогики. Основная цель исследования – определение

эффективных методов обучения будущих педагогов в их профессиональной деятельности по формированию физического воспитания и здорового образа жизни, а также привитие студентам принципов здорового образа жизни. В данной работе рассмотрены компоненты физической культуры, теоретические основы спортивной педагогики, методические подходы и система тренировок для повышения уровня физической подготовленности. Практическая значимость методической системы заключается в том, что она способствует повышению профессиональной компетентности будущих учителей, эффективно использовать средства физического воспитания в педагогическом процессе. Результаты исследования определяют возможности укрепления здоровья личности посредством занятий спортом, поддержки физического и умственного развития, внедрения передовых методов спортивной педагогики в образовательный процесс. Данная методическая система предназначена для средних общеобразовательных учреждений и педагогических вузов.

Ключевые слова: Физическая культура, Спортивная педагогика, Методическая система, Профессиональная компетентность, Здоровый образ жизни, Педагогический процесс, Система обучения, Теоретические основы, Практическая значимость.

Introduction

In today's globalization process, improving the quality of personnel training in the education system is of great importance. In turn, physical culture and sports pedagogy play a special role in the professional training of future teachers. This is necessary not only to form a healthy and active lifestyle of future teachers, but also to instill a commitment to a healthy lifestyle in the upbringing of the younger generation. Physical culture is an important factor affecting a person's physical fitness, health and social activity. Therefore, the implementation of modern approaches and methods of sports pedagogy in the educational process is one of the urgent issues. Sports pedagogy allows developing a person's physical qualities

through physical education, realizing educational and educational goals. The relevance of the study is that the development of physical culture of future teachers is necessary to increase their professional competence, provide students with in-depth knowledge about a healthy lifestyle, and educate them as physically and spiritually mature individuals. The development of an effective methodological system in this area plays an important role in strengthening the professional training of future teachers.

Literature analysis and method

The methodological system for the development of physical culture of future teachers through sports pedagogy is developed based on the consideration of methodological opportunities and the effective use of integrated educational opportunities. This includes the use of the opportunities of educational activities in the development of social and professional knowledge and skills in students, the physical education of students in the field of physical culture in the opportunities of sports activities is not only a process consisting of purely sports competitions, but also the formation of physical and volitional qualities and qualities in young people through this education. During the performance of physical exercises, will, speed, agility, endurance are cultivated in young people, their health is strengthened, working abilities, mental activity are increased, moral norms such as courage, honesty, determination, independence are formed, and a step towards maturity is taken. In physical education lessons, the teacher sets himself the goal of developing individuals who are mature in all respects, sincere, pure-minded, courageous, steadfast, and determined, who will be able to defend the Motherland in the future. From this point of view, the innovative organization of the activities of future physical education teachers, the renewal and enrichment of the educational content are of great importance. Along with the development of the educational process, the urgent issue facing the demands of today is the theoretical and practical preparation of students of the physical education department for innovative activities, the achievement of efficiency in the physical education of the

younger generation. After all, only a physically fit, healthy person will have the opportunity to fully demonstrate his intellectual and spiritual potential. In this sense, a comparative and analytical study of the historical experiences of the physical education system in our country, a generalization based on critical observation of practical experiences, allows us to properly organize the innovative activities of physical education teachers, and determine its promising strategy.

Therefore, there is a need to conduct targeted pedagogical research.

In Uzbekistan, optimal pedagogical methods are being sought to improve the work style of physical education teachers working in the education sector. However, these attempts remain fruitless due to the following shortcomings:

- the "Physical Education" lessons, which are part of the block of specialized disciplines in preparing students in the physical education field for professional activity, are not being modernized;
- within the framework of the research, the pedagogical process is not adapted to meet the educational needs of students;
- physical education teachers do not sufficiently assess the possibilities of using physical exercise design technology in providing students with modern knowledge;
- the desire to form students' educational needs and create conditions for their satisfaction is not sufficient;
- the use of didactic situational tasks in the physical education field for students is not carried out systematically and systematically; the implementation of physical-cultural-educational work outside the classroom in this context is not at the required level;
- the technology of designing physical education for students in their future specialties is often carried out through the use of random exercises (their content is considered outside the form, is not expressed in a coherent manner, and the form is observed to be carried out separately from the content);
- students of the physical education direction, as well as teachers of

secondary general education schools of tomorrow, need recommendations on the modern methodological and theoretical foundations of this problem (especially theoretical and pedagogical). Based on the above, it can be noted that today the technology of organizing professional activity in the training of future physical education teachers is not studied as a separate subject of research.

The development of physical culture of future teachers through sports pedagogy and their preparation for professional activity is carried out as follows: predicting the success of the intended innovation as a whole and its individual stages; comparing the innovation with other innovations, selecting the most effective of them, determining their significance and degree of accuracy; checking the level of success of the implementation of the innovation. Teachers' preparation for professional activity is carried out in three stages:

1. Analysis of the teacher's activity in the period before the introduction of the innovation in pedagogical activity.
2. Analysis of the period of active formation of professional activity.
3. Analysis of activity in the period after the introduction of the innovation into the pedagogical process.

In professional activity, a teacher should be a progressive, productive creative person, with a wide range of interests, a rich inner world, and a thirst for pedagogical innovation. Professional activity consists of motivational, technological and reflexive parts. This process is carried out in two directions: the formation of professional readiness to perceive the new and the training to act in a new way. In the organization of professional activity, the cognitive activity of students and its management are of particular importance.

As a result of the professional activity of the physical education teacher, the physical fitness of students, individual and psychological characteristics, their sphere of motivation are comprehensively studied, methodological complexes are created that provide a continuous didactic system for physical training in school and extracurricular activities; various competitions, educational events promoting a

healthy lifestyle: conversations, evenings, sports shows are organized, students' interest in sports is taken into account, they are involved in sports clubs, the physical, mental and intellectual abilities of students are developed; the pedagogical and psychological environment in the family, classroom and school is comprehensively studied, and their cooperation is developed.

The goal of developing the physical culture of future teachers through sports pedagogy is to form their desire for innovation, the ability and skills to work independently, and to improve their skills in conducting lessons and extracurricular activities using modern pedagogical technologies and interactive methods. In this case, the physical education teacher must demonstrate the following abilities in professional activity:

- uses creative motivation in lessons, evaluates professional activity;
- cooperates with students in their creative interaction;
- organizes their work with determination, responsibility and honesty;
- determines the need for professional activity;
- prepares for involvement in creative activity;
- aligns personal goals with professional activity, etc.

In pedagogical culture, such components as the culture of communication, professional and communicative activity of students of the physical education direction play an important and decisive role. The professional and pedagogical activity and communication of students of the physical culture direction are considered an important factor in improving the quality of professional training of specialists in the modern education system.

Students of the physical culture direction are characterized by the development of professional competence based on the integration of educational and sports activities, the ability to perform certain professional actions to solve educational and methodological and spiritual and educational tasks. This is based on the specific knowledge, skills and abilities of students, and, first of all, the culture of pedagogical communication.

The specific features of the development of physical culture of future teachers through sports pedagogy are expressed in the following:

- in developing their physical qualities and abilities to the optimal level;
- in being attentive to the beauty, plastic freedom and health of the human body (due to active engagement in physical education);
- in the perception of certain forms of physical education and sports achievements as aesthetic phenomena;
- pedagogy in sports has a high aesthetic value, in which this sporting event "reveals itself as a value of the individual in its specific emotional integrity, contributes to the comprehensive development of the individual, the expansion of the boundaries of his freedom and individuality," and creates an opportunity for the discovery of his hidden intellectual and creative potential.

Students of the physical culture direction should know professional communication, be physically and spiritually educated, and have the ability to attract students to sports in the future. Understanding, understanding and integration of sports and aesthetics, sports and ethics, sports and communication, sports and culture, sports culture and personal development - pedagogical culture in practice - are complementary and inseparable concepts. In the process of forming students of the physical culture direction, the beauty of sports, that is, its own beauty, embodiment, the fact that it arouses high pleasure in pedagogical activity, leaves deep impressions and evokes unforgettable emotions, is especially important. Thus, the professional and personal world of a physical culture teacher should have its own unique, diverse goals and content, and be socially oriented. The most important thing is that future physical education teachers improve their communicative competence, enter the socio-physical culture of the school, the life of the being, and have a creative approach to them.

Conclusion

This study has developed a methodological system for developing the physical culture of future teachers through the means of sports pedagogy. The

results of the study showed that through physical education and sports activities, future teachers have the opportunity to strive for a healthy lifestyle, form professional competence, and instill the principles of a healthy lifestyle in students. The theoretical and methodological foundations of sports pedagogy are of great importance in the development of physical culture, helping to organize this process systematically and effectively. It was found that through the methodological system it is possible to increase the physical fitness of future teachers and strengthen their motivation for a healthy lifestyle. This system includes the use of physical training, health-improving sports, and pedagogical games. The use of sports pedagogy methods in the educational process gives effective results in supporting the physical, mental and spiritual development of students. By integrating the components of physical culture into the curriculum, the desire of future teachers to a healthy lifestyle and the level of physical culture increase. The results of assessing the effectiveness of the methodological system showed that the use of sports pedagogy tools gives high results in improving the professional training of future teachers. The scientific and practical significance of this study is that by applying the methodological system to the educational process, the effectiveness of physical education and sports activities can be increased. The results of the study can be widely used in the professional training of future teachers, and can serve as effective methodological guidelines for the formation of physical culture and a healthy lifestyle.

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