

CHARACTERISTICS OF TRAINING OF PHYSICAL CULTURE SPECIALISTS

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Abstract

This article says about specialists of sport culture and specialists on the sphere of sport. To develop their skills and also to get professional practice by modern time. And also are given a lot of important overviews to solve problems by theoretical and practical in this sphere.

Key words. Physical education, specialist, pedagogical education, higher education, educational institution, professor, science, quality, health, re-training, psychology, subject, sport, pedagogical, trainer.

Introduction

The Law of the Republic of Uzbekistan "On Education", a number of radical reforms have taken place in the implementation of the National Training Program. At the same time, it was important to reorient the activities of higher education institutions in the direction of training, retraining and retraining of professional skills in accordance with the requirements of the times. The reforms carried out by the Government of the Republic of Uzbekistan in the field of education, as in all areas, the concept of choosing and acquiring a profession and effective work in the field of physical culture and sports is formed in the student years of higher education. The concept of attitude to the profession is still a serious psychological factor that determines the effectiveness of the specialist, the training of advanced physical education specialists has become one of the most important issues in the organization of their activities in accordance with the requirements of the time.

It is known that the work of specialists in the field of physical culture and sports is divided into physical education specialists, sports coaches, stylists-organizers in industrial enterprises and stylists-teachers in kindergartens. Physical education specialists are mainly physical education teachers, specialists of scientific institutions in this field, centers of advanced training and retraining, as well as physical education faculties of pedagogical universities. Their activities include teaching, conducting research, preparing textbooks, and so on. Such specialists are mainly trained at the faculties of physical culture of the Uzbek State University of Physical Culture and Sports and higher educational institutions of the republic. Training of specialists with secondary education is carried out in pedagogical schools and schools of Olympic deputies.

According to the data, more than 45,000 people work in more than 9,691,000 secondary schools, lyceums, special schools and secondary special education institutions, and more than 18,000 physical education specialists in more than 102 universities. . This figure is about 87% of the number of physical culture and sports specialists in the country. This means that the demand for physical education professionals in schools and childcare facilities is naturally increasing. For this reason, higher and secondary special physical education institutions have greater responsibilities.

Currently, the training of specialists who can meet the requirements of the time at the faculties of physical culture of the Uzbek State University of Physical Culture and Sports and higher educational institutions of the republic is yielding good results. All this serves to strengthen our independence and solve future problems.

Physical education classes, sports classes, various physical education and sports events organized in educational institutions are aimed at educating the physical stability of future professionals. In order for a physical education specialist to rely on the sciences of physical education and sports in the structure of the

educational process, he must have a good grasp of the basics of these disciplines. In addition to knowledge of the subject, the physical education specialist must have a system of knowledge in all disciplines related to pedagogy, psychology, anatomy, physiology, hygiene and medical-human sciences.

In addition, physical education professionals should be trained to:

- Identify general and specific goals of physical education as an integral part of education;
- Defining the goals and objectives of physical education;
- Selection and application of modern methods of education;
- Use of various means of physical culture and sports;
- The ability of physical culture and sports to choose different forms of training, taking into account the age-sexual morphofunctional and individual psychological characteristics, their level of physical fitness, health, as well as socio-psychological characteristics. use of traditions;
- Personal hygiene for students. Use a set of methods and tools to strengthen your body and develop the skills to control its condition;
- Proficiency in methods of medical supervision and pedagogical supervision, methods of ensuring safety in the classroom, methods of first aid;
- Use of methods of self-service skills preparation and preparation of students for lessons;
- Prepare a physical education asset to assist in the organization and conduct of various forms of physical education and sports on a daily basis;
- The analysis of advanced pedagogical experience should constantly increase the level of generalization and creative use, psychological and pedagogical knowledge and professional training.

Physical education professionals are required to be highly organized and proactive, striving to continuously improve the content and forms of their activities.

There is a growing demand for the training of future specialists in the field of physical education and sports in the system of higher education.

The main reasons for this can be expressed on the basis of the following principles:

- ❖ An increase in the number of institutions of all types and categories, an increase in the number of pupils and students.
 - Increased attention and demand for children's sports and the addition of new sports.
- ❖ The proliferation of various sports events and competitions in the field of physical culture and sports and the need to organize them.
- ❖ Demand and need for specialists in the training of fitness services in the construction of sports facilities, health centers.
- ❖ Demand and need for specialists in the organization of public health and cultural events in residential areas.
- ❖ The role of physical education specialists in improving health and productivity in industrial enterprises and various institutions, as well as the growing demand for them.
- ❖ The need for physical education teachers, educators and educators in preschools.

In order to meet these needs and requirements, the faculties of physical education of pedagogical universities in the regions and specialists of the Uzbek State University of Physical Culture and Sports are working hard. The training system mainly trains physical education teachers, coaches and specialists. Students studying in these areas acquire specialized knowledge directly related to the organization and management of physical education and sports. On this basis, talented graduates and young professionals with a certain level of qualification also act as organizers, managers in the field of physical culture and sports.

It is known that the leading scientists of the Republic TSUsmonkhodjayev, Sh.Kh.Khonkeldiyev, AIAtoyev are involved in the training of future specialists in physical culture, especially in the training of talented young people for coaching, study of scientific and theoretical knowledge, involvement in scientific research. , RSSalomov, FAKerimov, KDYarashov, OIbragimov, HTRafiyev, JEEshnazarov's place is invaluable. In short, in recent years, a high level of training of specialists in the field of physical culture and sports. During this period, the number of specialists trained under the auspices of the above-mentioned leading scientists has exceeded 30,000. Among them are more than 15 doctors of sciences and more than 300 candidates of sciences, professors and associate professors.

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