

SOCIAL AND PEDAGOGICAL MECHANISMS OF PREPARATION OF FUTURE PHYSICAL EDUCATION TEACHERS FOR PROFESSIONAL ACTIVITY ON THE BASIS OF SPORTS COACHING

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ABSTRACT:

Suggestions and recommendations on the preparation of future physical education teachers for professional activities on the basis of sports coaching are given in this article.

KEYWORDS: physical education, sports, coaching, professional activity, cognitive.

INTRODUCTION:

Nowadays, different methods and approaches are used in the field of sports coaching when working with educational entities. A coaching service that is recognized as an important means of influencing the work of individuals and the organization as a whole, opening up new opportunities as one of the new methods (I.Bobrova, R.Brod, V.Zimin, I.Lutsenko, N.Plotnikova, A.Savkin), modern management in coaching style is to look at these educational subjects as a huge additional resource of the educational institution, where each participant is a unique creative person who can solve many tasks independently, take the initiative, make choices, take responsibility and make decisions [1].

MATERIAL METHODS:

Training of sports professionals dedicated to the works of N.G. Bagdasaryan, M. N.Berulava, O.A.Ershova, 3.D.Jukovskaya, V.M.Jurakovskiy, M.M. Zinovkina, M.G. Lapusta. It is considered in research works of V.I.Marsheva, B.S.Mitin, V.P.Rachkov, N.A.Selezneva, V. P.Simonov, S.P.Timoshenko and others.

An analysis of the literature and research on the problem shows that in preparing future physical education teachers for their future careers on the basis of sports coaching, special attention should be paid to the following aspects: introduction of sports coaching technologies in the educational process and finding effective ways; the main criteria for the formation of emotional competence of educational subjects are identity awareness, identity management, emotional sensitivity, relationship management (L.M.Krol, E.A.Purtova); identification of internal and external components of emotional competence based on criteria.

As a result of the introduction of sports coaching technologies in the research, the following main criteria that make up the emotional competence of the subjects of education – identity awareness, identity management, emotional sensitivity are directed to the management of professional activity. These criteria define the internal and external components of emotional competence, which constitute the overall level of emotional competence [2].

MAIN PART:

As a result of the analysis of the literature, a feature of interest in the world of science became clear, that is to say, the main components of emotional intelligence are present in the classifications of important professional qualities of professionals. As A. S. Petrovskaya pointed out, the concept of emotional intelligence reflects the idea of the unity of affective and intellectual processes. In a

broad sense, the ability to know, understand, and manage emotions (their own feelings and the feelings of other people) in a broad sense belongs to HI (D.V.Lyusin). Therefore, differential education and training that takes into account their physical, intellectual qualities and internal capabilities in preparing future physical education teachers for future professional activities on the basis of sports coaching will eliminate the imbalance in brain activity, prevent or reduce fatigue in physical activity. Otherwise, cognitive dissonance occurs in students. Disruption of hemisphere cooperation, blocking of leading hemisphere activity, and strain of relatively less active hemisphere leads the student to a state of neurosis while reducing the effectiveness of teaching. In the organization of the educational

process, it is important to identify this identity in students and the use of sports coaching technology. For this purpose, taking into account the neuro-pedagogical characteristics of the learners, the choice of methods and techniques is considered expedient. In the learning process, a variety of active and interactive methods can be used to activate the right hemispheres of the brain to a certain extent.

The role of representative systems is important in preparing future physical education teachers for future careers based on sports coaching.

| Physiological condition | Representative systems | | | |
|-------------------------|------------------------|---------------------------|--------------------------------|--------------|
| V; A; K; D | Visual | Audial | Kinesthetic | Discrete |
| Body condition | The body is straight | The shoulders are lowered | The head is tilted to the side | Upright body |
| Fast | + | - | + | - |
| Quick | + | + | - | - |
| Power | + | + | + | + |
| Breathing | From the chest, high | With the abdomen, slow | Variable | Monotonous |
| Flexible | - | Variable | + | - |

As shown in the table, in future physical education teachers, the leading representative system can be viewed as a specific static adjustment of brain activity (visual, audio, kinesthetic, and discrete). In physical training classes, when future physical education teachers perform certain exercises, they see, hear, feel, and simply draw conclusions from the facts, in addition to static work order, they have dynamic adjustments of the brain, their actions are manifested when they are “switched off” from the preferred representative system (for example K) and “connected” to one another (V, A, D).

By way of a conclusion, sports coaching is important in the future activities of students

and in improving their physical fitness and efficiency in this area, preparing professionals to work in sports clubs, sections and additional lessons.

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