



Improvement of Pedagogical Skills of Physical Education Teachers in the Process of Training and Re-Training

Mirzakulov Isajan Musajanovich

Associate Professor of the «Social Sciences» Department of the Tashkent Davlar Transport University

Akhmetov Rustam Dilshotovich, Rakhmatov Jasur Khamidulloevich

Academy of Armed Forces, Department of Internal Affairs, cycle of engineer-technical tools, lieutenant colonel

Annotation: *This article presents several ideas on the development of the system of training and retraining of teachers and trainers today. Also, the relevance of several decisions and decrees related to the process in our Republic is given, through these legal documents, it is necessary to educate teachers and trainers of the field as personnel suitable for the needs of the times.*

Keywords: *training, retraining, physical education, sport, education, institution, listener, trainer, pedagogical skill.*

Date of Submission: 05-03-2023

Date of Acceptance: 15-04-2023

Enter. In recent years, the popularization of physical education and sports in our country, promotion of a healthy lifestyle among the population, creation of necessary conditions for the population to practice physical education and sports, and ensuring the proper participation of athletes in international sports arenas have become one of the priority directions of our state policy. In this regard, our President Sh.M. Mirziyoyev's decisions and decrees on the development of physical education and sports, opinions and comments made at the meetings of video selectors focused on the field, and in several legal documents, this issue is clearly expressed. In particular, the decree of the head of our state No. PF-5924 of January 24, 2020 increases the total number of people regularly engaged in physical education and sports to 30%, the total number of young people participating in sports organizations and institutions to 20%, the quality composition of trainers and specialists in state sports education institutions, in particular, attention was paid to gradually increasing the number of employees with higher education to 80%. Also, in the decision of the Cabinet of Ministers No. 918 adopted on November 19, 2019, it is significant that they are assigned responsible tasks in the provisions of the Regulation on the proper promotion of the work of trainers, instructor-methodists, certification of trainers and the procedure for granting them a permit. Because it is true that the development of the field of physical education and sports depends on educated, high-level, creatively thinking devotees of their field. Therefore, the quality and effectiveness of practical training in physical education and sports directly depends on the pedagogical skills of teachers.

Literature review. Changes in the socio-cultural, economic and political life of the society at the beginning of the 21st century strengthened the processes of reforming the education system and

improving the qualifications of teachers as an important element of it. Pedagogical systems and teachers' activities have become the focus of researchers. During this period, a number of researches were conducted on the system of advanced training courses for teachers and their re-submissions as factors of the development of schools, lyceums, vocational colleges and educational institutions (Zukhra Mirsipasi, Farzona Sadot Haydari, Safari Nurbash, Mustafa Tagizoda, Shaybani) . Muhammad, Reza Tahiri, Hadi Khudodadi, Jamalpiri Allahu, Abbas Tariqi Tahir, Jabiri, Muhsin Safar zad, Husein Nafar, Zuhra Baharvandi, Muhammadreza Falohi, Sadiq Muhammadabadi, Zahra Khomachiyan, Ahmed Kholati Amlashi, Matsuliqa Gafodjan Garoili and others.

Dissertation studies of the listed scientists show that the educational system can develop by introducing innovations created as a result of creativity, innovation, and innovative approach to teaching. Tajik scientists and researchers (Lutfulloev M., Sharifzoda F., Karimova I.Kh., Buidakov H., Sulaimoni S. Ziyozoda T. and others) partially or indirectly dealt with the problems of teacher training. With the efforts of scientists and pedagogical innovators, scientific-theoretical foundations were formed in pedagogy, which allows to develop ideas about the role of the teacher in the development of pedagogical processes.

The ability to implement targeted training of teachers for innovative activities and design processes is based on the works of L.S.Podimova, V.A.Slastenin, P.I.Tretyakov, TI.Shamova. From a practical point of view, the works of pedagogues-innovators of different eras made a great contribution to the development of the pedagogical idea (Sh.A. Amonashvili, IP Volkov, E.N. Ilyin, S.N. Lisenkova, V.F. Shatalov, M. .I. Schetinin and others).

Foreign researchers - Piloti, Toscana Andrea Chronis, John Hayes, Carol Paul, Andrey Henri, Creamer Atila, Secker have also extensively reviewed new approaches to teacher training at this stage.

Research Methodology. Today's practical process shows that there are insufficient pedagogical skills of physical education and sports teachers, their knowledge, skills and competence are not at the level of requirements, and they are not able to adequately convey the existing knowledge and skills to the students.

Conducting exercises through national and action games to those working in educational institutions and their physical development, strengthening their health requires high pedagogical skills from specialists. Therefore, in the system of scientific methodical provision, retraining and professional development of sports specialists, special attention is paid to the issues of improving the pedagogical skills of teachers through the model of «Professional competence and skills of the teacher» as part of general professional subjects. In this regard, in the process of professional development and retraining, introducing the structural elements of pedagogical skills, including pedagogical style, speech culture, pedagogical deontology, communicative ability, as well as the acquisition of knowledge, skills and competencies about the image of a modern pedagogue, and the acquisition of necessary skills based on this knowledge, the quality of the pedagogical process and ensures efficiency.

Analysis and results. It is necessary to solve the following tasks in the process of familiarizing students with pedagogical skills and their structural elements in the centers of advanced training and retraining:

- providing students with theoretical knowledge of the components of pedagogical skills;
- improving their skills of rational organization of pedagogical activities;
- development of skills and competences to effectively implement the pedagogical process;
- to ensure that the listeners have pedagogical and speech skills;

- formation of pedagogical culture qualities in them;
- development of pedagogical skills;
- it is to ensure sufficient mastering of the skills of pedagogical communication and pedagogical observation and pedagogical influence by the students and to improve the qualities of pedagogical culture in them.

In this regard, it is advisable to get acquainted with the essence of the concepts of «skill» and «pedagogical skill» first. Mastery (Arabic «skill» - skill, mastery, dexterity) - performing a job or activity at a high level, without any difficulty, with great skill. Pedagogical skill is a concept that expresses the ability and competence of a pedagogue to organize and manage the pedagogical process in an organizational, methodical, mental and subjective sense. Pedagogical skill is a whole system, which includes a number of qualities, namely pedagogical knowledge, manners, ability, communication culture, ability to exert communicative influence, pedagogical tact and speech technique, pedagogical creativity, pedagogical experience and pedagogical culture.

To be able to establish a relationship with those engaged in the professional knowledge of a physical education teacher in educational institutions, to be able to consistently perceive the essence of pedagogical processes, pedagogical reality, to learn the basics of world pedagogical culture and national pedagogical experience, to apply them to one's own activities based on their integration, to be constantly aware of innovative news, personal generalization of experiences and transfer to participants, professional dedication and mastering of pedagogical technologies are demonstrated. It is appropriate to quote the opinions of Eastern and Western thinkers and pedagogic scientists about pedagogical skills. For example, Abu Nasr Farabi says that «for the educational process to be successful, the educator must be educated».

Ibn Sina expresses his opinion about what a pedagogue should be as follows:

- to be strict and serious in dealing with children;
- pay attention to how children learn the given knowledge;
- use of different methods in education;
- ability to be interested in science;
- to distinguish the most important of the given knowledge;
- providing knowledge in accordance with children's age and intellectual level;
- it is necessary to achieve that each word is at the level of arousing children's emotions.

L. N. Tolstoy emphasizes the activity and virtue of a pedagogue as follows: «If a teacher is only passionate about his work, he will be a good teacher. If the teacher only admires the child like his father and mother, he will be better than the previous teacher. However, if he embodies both qualities, then he will be a perfect and skilled teacher». Therefore, the teachers working in the educational institution today should be the ones who can inspire the students and motivate them.

However, physical education and sports teachers-coaches in educational institutions have very little time for solving educational and educational issues. As mentioned above, the main problem in solving the issue of low efficiency of physical education and sports training is to form the need for the training and to make students interested in it. For this purpose, based on the opinions stated above, it is effective to use different approaches to physical education and sports using modern pedagogical technologies.

For a long time, the concept of physical activity as a system of ideas about the main laws of the development of potential, controlled individualization of human physical movement activity, ways

and means of forming an active attitude of a person to the process of physical development have been discussed. Constantly developing research is being conducted on ways and forms of organizing individual physical activity of young people .

The distinctive feature of ideas is the integrative character of the field of knowledge formed on its basis, the organic unity of its social and biological aspects, and the purposeful integration of scientific and technological bases in the field of its practical implementation. The leading idea in this is the implementation of the task of maturing, taking into account the individual, morpho-functional, mental (psychological) and age characteristics of each person, as well as the process of physical education, as well as motor (movement) capabilities and personal views as fully as possible. is expected to be achieved.

The need of students for physical education is their physical activity, achievements in improving their physical capabilities, increasing the level of vitality and work ability, raising their status and respect in the eyes of others, feeling healthy and being able to manage their physical and emotional state, significant achievements in various activities, encouraged by various forms of reward and the like.

Conclusion/Recommendations. In modern pedagogy based on an approach based on the individual in physical activity, it is aimed at developing the sphere of knowledge and learning of students, presenting them as subjects of activity. It is an activity-based approach, designed to create the most comfortable and optimal conditions for each young professional to develop his personal goals and physical capabilities. Physical education and sports potential in reaching intellectual component successful development with is provided .

In the field of education, the concept of continuous education is widespread and is considered on the basis of an active approach that places high demands on the professional field of a modern specialist. Encourages to find and substantiate the types of fields that have a comprehensive impact on the activity-based approach to personality formation.

Based on the research analysis and opinions, it can be said that the main directions of improvement of the system of development of the student's physical condition indicate the relevance of the mentioned issues. Therefore, improving the pedagogical skills of physical education teachers in the process of professional development and retraining is one of the most urgent issues of the day.

References:

1. Mirzakulov I.M. Physical and practical training processes in youth education . PEDAGOGS magazine. 27.2 (2023): 17-20.
2. I. _ M. Musajanovich, B. Z. _ Nasibovich. Types of Wrestling: Uzbek National Wrestling, Sambo, Judo, Greco-Roman , Pedagogical Approach Based on Freestyle Wrestling . - JournalNX - 7 (12), 327-329
3. KB Mukhamadiev. Theoretical foundations of increasing the effectiveness of the physical education process and the development of ecological culture among students: Monograph/»Innovative Development Publishing House « - Tashkent, 2021
4. KB Mukhammadiev, IM Mirzakulov, AH Karimov . Methodological fundamentals of formation of ecological culture in students . AIP Conference Proceedings 2432 (1), 030054
5. M. _ K. _ Burkhonovich . Physical Education and Sports and Student Health Factor . Berlin Studies Transnational Journal of Science and, 2021.
6. K. _ B. _ Muhammadie v . Man in t afakuri d inium and worldly of knowledge the essence of a . Academic research in educational sciences 3 (12), 429-437