

## **Development of Pedagogical Culture and Competence of Future Physical Culture Specialists in Higher Educational Institutions**

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### **Annotation**

In the article, the development of pedagogical culture and competence of future physical culture specialists in higher educational institutions, exercise. Through national action games, comprehensive information on the improvement of pedagogical culture, pedagogical research, medical examinations and methods of information supply were used.

**Keywords:** pedagogical Culture, National Action Games, archeological, Sports Physical Training, psychological, physical exercises, sports clubs, physical education.

In our society, the educational system carries out effective activities in the formation of a positive attitude towards national values and Customs in young people, in the spirit of loyalty to values and traditions. In the development of physical culture skills in student-youth, along with physical education classes, the creation of a system of folk National Games and travel is an important stage.

The issue of the development of pedagogical culture and competence of future physical culture specialists has always been considered as one of the priorities of state policy. In the educational system, it is also important to introduce a step-by-step, continuity-based physical education lesson in the development of Physical Culture in students on the basis of the state educational standard, to determine individual lesson hours. Through this, the state began to organize work on the basis of a clear strategy, systematically approaching the physical development of the student youth and students, the achievement of comprehensive perfection. In the pedagogical process, fundamental research on the method of pedagogical development of Physical Culture, forms and the creation of educational technology has been established. In particular, in 1999, a physical education program was developed for secondary schools. The content of the program includes gymnastics, athletics, sports and action games, swimming, wrestling, and national dancing, taking into account classes, student age, gender, and fitness. But it was demonstrated that there were several organizational and educational problems in the implementation of this program.

First, while bringing physical education lessons into education was not new, a new approach to it, the methodology for forming the harmony of mental and physical perfection of the student, was very outdated and did not correspond to a new education.

Secondly, the educational system did not have enough material technical base and organizational means of introducing gymnastics, athletics, sports and action games, swimming, wrestling and national dances through a physical education lesson.

Thirdly, the pedagogical-psychological criteria and innovative methodology for the development of Physical Culture in student-youth and students were not perfectly developed.

In the concept of sports development for the period 2019-2023, the creation of a company for the popularization of physical education and mass sports under the "sports - lifestyle" and moving forward in social networks, SPORTS.UZ the tasks of creating an information portal are also defined. The physical education program was later re-edited and modified. In it, the conditions for training and physical development were also included in the special requirements of the student-youth "Alpomish" and "Barchinoy". Through this, the tasks of preparing young people for Labor, vocational and defensive work were assigned. Continuing this process, pedagogical practice was developed on the orientation of students of higher education institutions to the profession as well, on the "conditioning of the spiritual and spiritual will through sports", on the cultivation of physical fitness.

The issue of the development of pedagogical culture and competence of future physical culture specialists of higher educational institutions was carried out in connection with the use of advanced foreign experience, mastering the educational methodology of developed higher education institutions, exchange of experience. Relying on the experience of high-performance horij, physical education classes in most universities and institutes have developed a methodology for using more types such as Sports Games, athletics, depending on the student's hoax, interest. Through this, it was intended to increase interest in the various forms of sports in students, as well as to elevate the skills of Physical Culture in them.

In the process of step-by-step improvement from bottom to Top, based on the acmeological approach to the development of pedagogical culture and competence of future physical culture specialists, the "Alpomish" and "Barchinoy" test and testing process are considered important. In the educational process, special tests "Alpomish" and "Barchinoy", which provide for assessing the physical capabilities of student-youth, checking the state of development of physical culture skills, will be developed in 1999, and from March 1, 2000, its implementation will begin. This is also an organizational and pedagogical practice for the development of Physical Culture in students, in which the current state and level of development are compared.

The process of development of pedagogical culture and competence of future physical culture specialists on the basis of succession is also the basis of an acmeological approach, in connection with the revitalization of traditions, traditions of historical values, the revitalization, restoration and introduction into life of games, competitions and folk National Games formed on their basis. Because, games and physical exercises formed from childhood serve as the foundation for the physical capacity, wellness and maturation of student-young people. In the Uzbek people, national games, contests in festive processions were formed during the works and were important in the growth of young people as strong-willed, energetic and resilient. The importance of educational institutions and sports competitions and physical education related activities held in them will also be high in the formation of the traditionalism of students ' physical culture and physical conditioning through folk games and competitions in the demonstration of national traditions.

By organizing the festivals of national folk games and competitions related to patriotism, loyalty to the motherland, preservation and transfer of national values from generation to generation, in addition to cultivating the level of knowledge, worldview of students of higher educational institutions, the formation of physical culture skills in students and the struggle with national folk games, Horse Games, medicine, stone lifting, rope, giving information about the basis of emergence forms mental and physical exaltation in the ULR.

Teaching various jumps, runs and gymnastic exercises that are difficult to perform through national action games that cultivate the pedagogical culture and competence of future physical culture professionals will be the basis for their physical maturation. Through this, the knowledge and qualifications of students and girls in Physical Culture and the physical and physiological state are improved. After all, the fact that the teacher is comprehensively advanced and exemplary in the teaching of the future generation is also established in the relevant meory documents. In this regard, the formation of a healthy lifestyle in student girls of the pedagogical educational direction, the improvement of their physical culture, is an extremely necessary

condition. Therefore, the physical culture of students and the scientific study of their development, improvement is an urgent issue.

In the development of pedagogical culture and competence of future physical culture specialists in students of a higher educational institution, a consistent and orderly Organization of physical exercises in the pedagogical process is considered important. Through this, the technology of the development of Physical Culture in students on the basis of an acmeological approach is formed. Looking at different stages of social development, on the basis of a rational approach to the education of young people, a set of physical exercises or forms with a strong influence on human physical qualities are selected and special attention is paid to them in education. An example is the five struggles in Ancient Greece. Through five struggles, the level of physical maturation in Greece and the physical capacity of the participants, high physical qualities were determined. Even today, special attention is paid to the physical qualities of students in Advanced Higher Education Institutions. Because, only students with physically high qualities are able to demonstrate high intellectual abilities and become a competitive cadre. But, while this means that the approach that students with disabilities or disabilities will not be strong will be wrong, it will create a wider possibility if each frame is both mentally and physically mature. If so, improving the physical condition of students with disabilities or disabilities, regular work on their recovery also constitute the content of the organizational and pedagogical activity of the higher educational institution.

As a result of the organization of activities related to the development of physical qualities, wellness and health, as well as education in higher educational institutions within the framework of the education of students and young people as a harmonious person in our society, this process is carried out on the basis of an acmelogic approach, interest in sports among young people in our country, It can also be said that these changes are the product of a new approach to the pedagogical process in the educational system in its own way. In the higher education system, it is considered important to form positive qualities inherent in a person, which were promoted by Abu Ali ibn Sino, even in student-youth. These are:

1. Courage is the courage, endurance of a person when doing something, the power that stops evil that has fallen on a person's head.
2. Ingenuity is the power to keep you from rushing in the process of doing something.
3. Brilliance is a power that helps to quickly explain the true meaning of what intuition gives.

Historically shaped Physical Culture Development exercises include running, jumping, scratching, heavy object lifting exercises, throwing, swimming, defending, and attacking, and focus on how highly individuals are performed in assessing their physical qualities and capabilities.

The Austrian scholar-educator K. Gaulgofer and M. The categorization of physical exercises that elevate physical qualities formed by Streicher is harmonized with "pedagogical goals", which are considered important in the development of Physical Culture in student-youth on the basis of an archeological approach.

Physical exercises that cultivate the pedagogical culture and competence of future physical culture specialists can be classified as follows:

1. Equalizing exercises;
2. Shaping exercises;
3. Exercises on maturity;
4. Exercises to perform movements beautifully.

Such a series is the basis for the development of pedagogical culture and competence of future physical culture specialists in the pedagogical process through exercises, as well as the development of mental training and spiritual will of students, the formation of high qualities in

them. Because, today, the insufficient spiritual and mental Will and tolerance in student-youth with high physical maturity and physical fitness is the reason why they cannot show their potential at work, professional activities, sports competitions or other competitions. Therefore, it will be very difficult to achieve high heights in student-youth, as long as "pedagogical activity, such as the development of self-confidence and self-identity, while developing the qualities of Physical Culture, is not created in my education."

In another pedagogical study, physical-pedagogical exercises aimed at the development of pedagogical culture and competence of future physical culture specialists were classified as follows.

1. Simple exercises;
2. Complex exercises or exercises with increased tension;
3. Exercises whose purpose is to study spatial relationships and distribute work according to time;
4. Regular exercises in the form of complex movements.

While defined as a series of exercises that enhance the gymnastic capabilities of young people, especially students, they could not fully ensure the development of Physical Culture on the basis of an acmeological approach.

The fact that a person is healthy, refreshed and energetic in order to live a long and peaceful life, one of the main factors in achieving the preservation of his youth, husk, as well as the ability to work is considered a physical act.

In our republic, fundamental reforms on the upbringing of a physically mature, healthy generation are being implemented in stages.

The resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated May 27, 1999 No. 271 "on measures for the further development of physical education and sports in Uzbekistan" aimed at the formation of a healthy lifestyle in society, wide involvement of all segments of the population, especially young people, in physical education and sports.

The decision included proposals to submit to the ministry to include in the educational plans and programs increased hours of compulsory physical education training in educational institutions in the implementation of the state program of physical education and sports development, to include national sports and people's games in physical education curricula, to revive the activities of, it has been argued that in order to make them healthier, the student house is tasked with monitoring the regular operation of existing partners in hygienic Gymnastics and sports, the creation of conditions for professors and teachers of the institute, students (women) to regularly engage in sports. Therefore, with the training of high-level athletes in higher educational institutions, focusing on more mass sports and wellness work, the formation of a healthy lifestyle in people, regular mass competitions, ensuring the meaningful and high-quality passage of physical education classes serve as a key factor in the development of young people as healthy and competent people and mature educated specialists.

The increase in attention to physical education and sports in the Republic from year to year assumes that students' attitude towards it rises even higher.

In the tasks set out in the law of the Republic of Uzbekistan "on education" and the "national program of Personnel Training", it is indicated that it is necessary to increase the activity of students in physical education and sports and increase the level of physical maturity.

The creation of conditions for students to constantly engage in sports in their free time from classes in all higher educational institutions, it is necessary to establish a special issue.

It is necessary that physical education and sports activities become the daily needs of students, while sports are the main factor in the comprehensive development of students, in a healthy lifestyle, to grow into a harmonious person, to get rid of violations and all sorts of vices.

In the period of 2019-2023 in the Republic of Uzbekistan, the concept of development of Economic Education and mass sports follows the path of full-scale development of the field of physical education and mass sports in our country, at the moment there are serious shortcomings in the country that are unimpeded by this. In particular, " the quality and structure of the contingent of students of sports faculties is not at the level of demand. In order to enter the sports specialty, it was mentioned that they do not have specifics and objective mechanisms for assessing the general physical fitness, mental-emotional data of entrants in order to determine the presence of potential and interest in working in the chosen profession, general language skills with children and adults, adequate level of mental stability and responsiveness.

In the Republic, the support of the population and, above all, young people is a priority. This can also be known from the announcement of 2010 as the " Year of the perfect generation". Its meaning is that the formation of a harmonious generation in this year will be a priority within other issues. This process does not end with just one year, but will continue in the following years, as it is a long process that is associated with the development of the consciousness and spirituality of people.

The perfection of youth and, in general, of a person is determined by the degree of physical, spiritual and mental maturity. The development of these three aspects in harmony can ensure perfection.

A healthy person acts as a creator with great power in any society, is a source of joy, intellectual and physical abilities. Strengthening the health that a person needs remains an urgent problem. From this lies the issue of nurturing the attitude of every member of society to health, which is most important in a person's life. To do this, it is necessary to develop a healthy human model, a pedagogical control system and effective methods and methods of achieving physical maturity.

It is advisable to carry out complex activities aimed at the formation of a healthy lifestyle in society, strengthening the health of the population, raising a physically healthy, spiritually rich young generation, ensuring the widespread involvement of citizens in physical education and active sports.

Solving the main problems of Higher Education prospect development, revising the system of physical education of young people is one of the pressing problems, since according to the results of studies, the level of student health during study is decreasing from year to year. Currently, young professionals graduating from higher education are often not fully healthy, which limits their future productive and socially useful activities, resulting in economic and intellectual damage to the developing state.

Therefore, in pedagogy, youth physical education is considered as a wellness system aimed at maintaining and improving health, the types, methods and methods of health-improving physical education, the formation of healthy lifestyle skills.

The main goal of sports clubs organized outside the lesson will serve to form skills about the profession in the future. Young people who have participated in sports circles are armed with vitally necessary skill skills, overcome difficulties, Show Activity, courage, perseverance, discipline.

The importance of Physical Culture and sports in the upbringing of young people as harmonious and high-quality in all respects is incomparable. Because in the educational system of our republic, we can also know from the work carried out since independence that the physical, spiritual development of youth of the Uzbek national peoples and sports circles is a means.

Sports circles play a huge role in the formation of qualities in life of young people, such as trigger, dexterous, energetic, feeling balanced, protecting oneself from resistance, strengthening health. In the decree of the president of the Republic of Uzbekistan dated February 7, 2017 No. PF-4947 "on the five priority areas of development of the Republic of Uzbekistan in 2017-2021" 4th direction "—" development of sports areas", " formation of a healthy lifestyle among children and young people, their wide involvement in physical education and sports", " involvement in



public sports,"... new children's sports facilities... construction, reconstruction of existing ones" is marked. This in turn means that it has become a vital necessity to pay special attention to the activities of sports clubs.

In business activities, most sports clubs bypass the process of evaluating their activities. In particular, in sports clubs, little attention is paid to this stage. But the monitoring of plans for the same sports clubs and the stage of its assessment is an important process in ideation for the sports industry. If we take the example of holding a sporting event, then this stage will be divided into the following three parts:

- evaluation before the event;
- evaluation during the event;
- Evaluation after the event.

So, the plans that will be developed in sports circles should be monitored in the same order. The assessment carried out regularly increases the effectiveness of the sports institution and programs in it and contributes to a significant positive development of the management mechanism.

It should be noted that physical development, the structure of the torso, the functioning of the cardiovascular system, physical fitness and physical condition are structural elements of Health. Therefore, in order to control a person and achieve his physical maturity, it will be necessary to thoroughly assess physical fitness by a number of indicators (physical development and structure of the body, physical and functional training). Based on the data obtained, it is possible to determine the level of human health. And in order to individualize the process of achieving physical perfection, it is necessary to know the personal characteristics of a person. Various psychological tests can be used for this.

Complex information on which pedagogical research, medical examinations and methods of information supply are used will help to solve the following issues:

1. Determination of physical condition.
2. Assessment of physical development, physical and functional training.
3. Determination of the dynamics of physical maturity of a person.
4. Determination of effective methods of recovery.
5. The study of the planning system for the process of achieving maturity.
6. Individualization of achieving physical maturity.
7. Develop the need for independent regular, practical exercise.
8. Training in self-control methods.

In conclusion, the issue of the development of pedagogical culture and competence of future physical culture specialists of higher educational institutions was carried out in connection with the use of advanced foreign experience, mastering the educational methodology of developed higher education institutions, the exchange of experience. Based on the experience of high-performance sports, it is necessary to develop a methodology in which physical education classes in most universities and institutes are used more often than not, depending on the interests of students, such as Sports Games, athletics, table tennis, swimming. The issue of the development of pedagogical culture and competence of future physical culture specialists of higher educational institutions was carried out in connection with the use of advanced foreign experience, mastering the educational methodology of developed higher education institutions, exchange of experience.

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