

Scientific and Pedagogical Basis of the Activities of Physical Education Teachers

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Abstract. *In this article, the main terms encountered in the scientific pedagogical activity of the future physical training teacher, the correct organization of pedagogical activity, the future of physical training teachers in the course of scientific pedagogical activity aspects to be considered and what approach is needed, as well as the organization of innovative and technological activities of the future physical education teacher.*

Key words: *Physical education, pedagogical activity, pedagogical skills, innovative activity of the future physical training teacher, creativity, technological approach.*

One of the priority areas of our country's policy is the education of a physically and spiritually healthy generation. Indeed, today, in the context of increasing globalization processes in the countries of the world, the education of a highly spiritual and physically developed generation is one of the most important factors determining the future of our Motherland and the implementation of the noble goals of our people. A legal basis has been created for this noble cause, large-scale work is being carried out. In particular, the Resolution of the President of the Republic of Uzbekistan Shavkat Mirziyoyev No. PP-3031 of June 3, 2017 "On measures to develop physical culture and mass sports" and Decree No. PF-5368 of March 5, 2018 "On measures to radically improve the public administration system in the field of physical culture and sports" are of particular importance in the further development of this area. One of the main goals of these decrees and resolutions is to further deepen theoretical and practical knowledge in this area, the correct formation of concepts and terms related to the skills and qualifications of physical education. Indeed, in the era when globalization processes are becoming more and more intense, in this regard, attention to physical education teachers who are directly involved in the general and special physical training of young people is becoming increasingly important. After all, one of their important merits is the direction of students to such professions as educational, cultural, medical, industrial construction, production, and secondly, to a certain extent, this serves to equip them with special physical training. Today, teachers educating the younger generation are required to fully master modern innovative technologies, have skills in the rational use of information and communication tools and generally know all the secrets of education. When studying issues related to the scientific and pedagogical activities of future physical education teachers, first of all, it is advisable to analyze the content and essence of the concepts associated with this phenomenon. In particular, we see that the very concept of "physical education" has been given several definitions. "Physical education is a pedagogical process aimed at improving the morphofunctional aspects of the human body, forming and improving basic motor skills, abilities and related knowledge that are important for life" Definitions such as "Physical education is education and physical exercises aimed at comprehensive strengthening of the body, aimed at improving health" are given. In different fields, be it a mathematician, physicist, historian or physical education teacher, his style of

work is directly related to pedagogical activity. The meaningful and high-quality conduct of the lesson, in turn, is closely related to his pedagogical skills, pedagogical abilities, pedagogical qualifications and pedagogical activity in general. The famous Russian teacher V. A. Sukhomlinsky expressed his definition of pedagogical activity as follows: "One of the secrets of pedagogical leadership is to arouse in the teacher an interest in the systematic study and analysis of his own work. Whoever tries to distinguish between good and bad in lessons, in communication with students, to promptly inform them of his achievements and shortcomings, will achieve half the success of pedagogical activity" [12]. From this point of view, a young future physical education teacher, who has just begun his pedagogical career, cannot completely relax physically and mentally or completely surrender to peace. As is known, this feeling in psychology is called "relaxation" and is perceived as an assessment of negative situations in people's work. In order for each future physical education teacher to fully master pedagogical skills:

- firstly, to master their subject based on the requirements of the era;
- secondly, to have psychological and pedagogical knowledge (to be able • to use methods that correspond to the character of the students);
- thirdly, to develop pedagogical curiosity and determination.

It should be noted that each future physical education teacher, along with teaching physical education exercises to students, is constantly engaged in their education and upbringing, communicates with them. Since each student is constantly developing mentally, spiritually and physically, the future teacher must be in constant communication with them, take into account their psychological characteristics and physiological characteristics, study the mechanisms of influence, first of all, the theory of psychology and pedagogy, constantly develop their professional activities.

In this regard, we believe that future physical education teachers in the course of their scientific and pedagogical activities should pay special attention to the following:

- have a perfect command of the system of knowledge about physical education;
- have the skills and qualifications for full-fledged teaching of physical education exercises to students;
- knowledge of the basics of general methodological sciences, in particular, current issues of public policy, in addition to mastering their subject;
- the ability to independently analyze social problems and the processes occurring around them, from their point of view;
- gaining knowledge about the spiritual appearance of students in the learning process;
- the ability to apply modern pedagogical and psychological knowledge, based on the age characteristics of students;
- the ability to independently master, improve and use in their work newly acquired knowledge on a scientific basis;
- the ability to independently use regulatory documents in their scientific and pedagogical activities;
- maintaining a culture of communication;
- the ability to analyze the acquired knowledge based on a critical approach;
- the ability to clearly convey the acquired knowledge to students;
- developing a sense of responsibility for their profession;
- mastering one of the foreign languages in the process of pedagogical activity as a means of professional qualification or scientific communication;
- the ability to effectively use modern information technologies;

- the ability to use modern pedagogical technologies in pedagogical activity, etc.

Also, future physical education teachers must have a perfect command of the terminology of physical education used in pedagogical activity. Of course, clear, precise and appropriate use of terms by the teacher directly affects the quality of physical training of the student. After all, each of us widely uses physical education terms in our daily lives. We can meet and encounter them in almost all subjects available in educational institutions. It should be noted that "today in the world there are more than 15 thousand concepts and terms characteristic of about 300 sports" [10]. Future physical education teachers should be able to speak deeply, effectively, logically, beautifully in their pedagogical work with students and be able to use pedagogically significant phrases in their place. It should not be forgotten that the teacher's speech is a source of inspiration for each student, and should not be rude, offensive, humiliating or attacking a student, even if he or she has inadvertently angered him or her and violated discipline, but should be able to get out of the situation in a positive way. When a teacher conducts a lesson, his or her voice should be an instrument for managing the audience. When explaining exercises related to physical education, he or she should be able to raise and lower the voice in the right place to indicate what the students should focus on.

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