

## IMPROVING THE PROFESSIONAL COMPETITION OF FUTURE PHYSICAL EDUCATION TEACHERS

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### **Abstract**

It is important to implement a system of training specialists in the field of physical culture and sports on the basis of perfect sequence and continuity. This article discusses the specifics of improving the professional competence of future physical education teachers.

**Keywords:** - Competence, physical activity, physical culture, training of athletes, field of physical culture, scientific and methodological support, specialists, professional skills.

### **Introduction:-**

The system of training modern specialists in the field of physical culture is perfectly organized in the country. The Uzbek State Institute of Physical Culture, a leading and central university in the field, trains many highly educated physical culture specialists and sports coaches. Leading scientists and sports coaches of the country teach future specialists at this university. In addition, the existing physical education faculties of the universities and pedagogical institutes of the regions of the Republic provide the education system with a large number of highly educated physical education teachers. In addition to training athletes, the Olympic Reserve Colleges established in recent years also train sports coaches with secondary special education. The scientific and methodological support for the training of specialists in the field of physical culture in the system of secondary special vocational education and higher education in the country is fully organized in accordance with modern requirements. In other words, educational institutions are provided with well-developed SST and curricula, textbooks, various textbooks.

The system of training specialists in the field of physical culture and sports has been introduced on the basis of perfect sequence and continuity. However, in order to further improve the process of

training specialists in accordance with modern requirements and to fully meet the requirements of the STS, it is advisable to make some changes in the content of the system of training physical education teachers with higher education. Based on many years of pedagogical observations, experiments and discussions with leading professors of the Republic and experienced professors and teachers of physical culture, the following was revealed.

Hence, the concept of a teacher's professional competence represents the unity of an individual's theoretical and practical training in the holistic structure and describes his or her professional skills. The professional activity of a teacher is pedagogical activity as a type of his labor activity. The term "pedagogical" refers to a person's belonging to a pedagogical profession that serves pedagogical activity. Thus, the terms "teacher's professional activity" and "pedagogical activity" carry the same semantic burden. Therefore, the terms "professional competence" and "pedagogical competence" can be used as synonyms. Professional competence - the main concept is the description of pedagogical activity.

Educational sports activities will be interesting if they have practical application and are reflected in the main professional activity.

1. The professional competence of a teacher in the field of physical education is an integral characteristic of the business and personal qualities of a teacher and is sufficient for the implementation of competent decision-making activities, reflecting the level of knowledge, skills, abilities and experience.
2. The professional competence of a teacher of physical culture is formed under the influence of the content of his personal thoughts and feelings, values, level of development of interests and needs, level of physical development, level of mastery. motor skills and abilities.

The peculiarities of the pedagogical activity of a specialist in physical culture, the specific tasks of his work determine the specific content of the complex of components of this profession, the basic, professionally necessary knowledge and skills as a teacher. Psychological and pedagogical competence means knowledge, abilities, skills, as well as ways and means of their implementation in practice.

It should be noted that one of the main factors in the further development of physical culture and sports in our country is the potential of specialists in this field. Therefore, it is necessary to fully meet the requirements of the system of training in the field of physical culture and sports. It is also advisable to enrich the system with some new requirements based on the above proposals.

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