

## ACMELOLOGICAL APPROACH TO PEDAGOGICAL EDUCATION OF A PHYSICAL EDUCATION TEACHER

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### ABSTRACT

*From the first days of Uzbekistan's independence, one of the main tasks was to cover the history of the country and to present all the facts openly. It is known that our country is famous for its great scholars, scientists, commanders and statesmen who have made an invaluable contribution to world culture. In the development of national culture, Uzbekistan has long been one of the leading cultural centers of human history in the world, among the countries of Central Asia, due to its unique features, geographical and natural conveniences.*

**KEYWORDS:** *Approaches, Factors, Principles, Form, Method, Tool, Content, Reproductive, Productive, Creative.*

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### INTRODUCTION

At the beginning of the 7th century, the Arab Caliphate was formed, which included the entire Arabian Peninsula, Iran, the Caucasus, Syria, North Africa, and southern Spain. By the middle of the 7th century, the lands of Central Asia had been conquered by Arab invaders. Indigenous peoples have been at war against the Arabs for many years. However, the Arabs conquered the land, established their religion and culture, and subjugated the peoples of Central Asia to Islam. The socio-political reforms carried out by the Arab Caliphate and the formation of a single religion of Islam also affected the cultural and spiritual life. Islamic values, as an integral part of the spiritual life of the people, had a worthy place in their way of life and behavior. In Islam, Muslims are encouraged to keep their bodies clean, to rest, and to teach their children to be polite from an early age. But women were not allowed to be free, to walk with open faces, to work with men on an equal footing, to compete in equestrian sports. [1]

In the VII-VIII centuries, the development of science in the Arab Caliphate, socio-economic development in Movarounnahr and Khorasan in the IX century began a period of spiritual growth - the "Renaissance of the East" - the Renaissance. During the reign of Caliph Harun al-Rashid (786-833) and his son Ma'mun, the BaitulHikma (House of Wisdom) Academy was established in Baghdad. During the reign of Caliph Harun al-Rashid (786-833) and his son Ma'mun, the BaitulHikma (House of Wisdom) Academy was established in Baghdad. In Movarounnahr, as in the whole East, encyclopedic scholars such as Al-Khwarizmi, Abu Nasr Farabi, Ahmad Fergani, Abu RayhanBeruni, Abu Ali ibn Sina, who are world-renowned for their services in the field of science and enlightenment. [2]

Al-Khwarizmi argued that cognition differs from intuition by logical imagination: cognitive cognition is a partial knowledge, a "logical" statement, and cognition is real, an important aspect of cognition. Khorezmi made an important contribution to the theory of knowledge. He was one of the first to develop an algorithmic solution to a mathematical problem based on a table that showed the motion of celestial bodies. He argued that mathematical ideas underlie the vital necessity of human lamentation, and that scientific discoveries are the result of practical human needs. [3]

Farobi's views on the ways, methods and means of education are also valuable. He said that good qualities in a person are created in two ways - through education and upbringing. He said that good qualities in a person are created in two ways - through education and upbringing is formed with fat. If education combines theoretical qualities, then education combines innate qualities - theoretical knowledge and practical professional, moral qualities, education is carried out by word and study, and education is carried out by practical work, experience, yhe training is done through practical work, experience. The interrelationship of both mental and moral education plays an important role in the development of a person. The methods of education and upbringing recommended by Farobi are still relevant today. [4]

In Beruni's works, in educating the reader:

- o'quvchinizeriktirmaslik;
- Not teaching the same thing or the same subject in education;
- Membership, consistency;
- It is taught to pay attention to such aspects as interesting, visual presentation of new topics.

According to Beruni, morality should be the most important quality of a person. This quality does not suddenly take shape. He said that the interaction of people, the social environment - is part of the development of society. Beruni emphasizes the importance of three things in human development: heredity, environment, and upbringing. This is also recognized in modern pedagogy. [5]

In his writings, Ibn Sina's advice that exercise should be performed in different forms and styles, depending on one's age, gender, health, health and illness, is very important. Based on Ibn Sina's activities and experiences, he gave specific instructions on the need for a different approach to physical activity during childhood, adolescence, youth and old age. This heritage of scientific and pedagogical education has made a significant contribution to the development of physical culture of the peoples of the world. Ibn Sina described "physical training as a voluntary action that forces a person to breathe deeply and consistently." According to Ibn Sina, a person who does not engage in physical activity suffers from ingiehka pain (narrowing of the limbs) because his limbs become weak as a result of inactivity [6]. He divided the types of physical education into two main groups:

- 1) Actions of a person in the course of work;
- 2) Special physical training activities.

When the great scholar said physical training, he meant mainly special physical training activities. There are many types of exercise and they are divided into fast, thin, light, strong and

weak groups. Ibn Sina included the fastest forms of physical training as shooting, fighting, archery, brisk walking, javelin throwing, hanging, one-legged jumping, fencing, javelin throwing, and horseback riding. The light and delicate type of exercise includes jumping rope, standing or lying on a swing, boating and boating, and other movements. A strong form of physical training includes exercises such as shooting with one's own shadow, playing ball with big and small balls, wrestling, lifting stones, and stopping a galloping horse. According to Ibn Sina's advice, during physical training, fast and violent movements are performed, alternating with light ones, and not performing a certain movement for a long time. In the treatment of various ailments, he recommended the use of spiritual nourishment, the means of pleasure, such as various trips, voyages, sailing, enjoying nature. Ibn Sina recommended special exercises for each member to correct the disease. Including massage exercises, the ulamawas divided into the following types: a powerful massage that strengthens the body; weak massage that softens the body; sedative continuous massage; moderate body massage. He also divided the massage into rough or light methods. Rough massage is performed with a coarse cloth. Light massage is done with a light cloth. He said that massages are mainly performed to tighten loose limbs, tighten soft ones, soften roughness and soften hard ones [7].

He also taught about physical massage:

- 1) Massage in preparation for physical training;
- 2) Post-workout massage.

The importance of massage in accelerating the circulatory system, improving respiration, and the proper functioning of the digestive system is fully reflected in the scientific and practical education of the scientist. Ibn Sina considered rest, sleep and proper nutrition to be the most important factors in maintaining good health. [8]

Based on the views of our encyclopedic scholars above, based on the acmeological approach, the approaches, factors, principles, form, method, means, content of the physical education teacher are reflected in the following table (Appendix 1). The acmeological criterion is a measure of a student's professionalism, productivity, and the development of personal and logical thinking skills. Acmeological criteria include motivation, personal qualities, self-control, reflexivity, creativity.

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