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CONTENTS AND MODERN TENDENCIES OF IMPROVING STUDENTS IN THE FIELD OF SCIENTIFIC ACTIVITY IN THE FIELD OF PHYSICAL CULTURE

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ABSTRACT

This article focuses on improving the prospects of this field of education in the future through the positive implementation of scientific and creative activities of specialists who can meet the parameters of the implementation of scientific and creative work of students in the field of physical culture.

KEYWORDS: *Physical Culture, Student, Knowledge, Integration, Research, Modernization, Skill, Science, Competence, Research Activity, Parameter, Stage, Abstract, Independent Study, Course Project, Graduate Work.*

INTRODUCTION

In recent years, the country has been systematically working to improve the quality and efficiency of the education system, the formation of modern knowledge and skills in preschoolers, schoolchildren and students, close cooperation and integration between education systems and science, continuity and continuity of education. At the same time, the current state of the national education system is necessary to modernize it in accordance with modern requirements, to educate young people as highly educated, physically and spiritually healthy people, to increase the prestige of leaders and teachers of educational institutions. requires the implementation of consistent measures to create conditions **[1]**. This measure requires the formation of specialists with high knowledge and skills who are trained for each education system in the implementation of measures. It is also important to study in depth the scientific and creative aspects of their specialization in order to acquire high knowledge and professional skills.

According to LP Matveev, in the period of development of science, it requires specific scientific research, and thus active physical work in social life and physical education will provide the world with new knowledge aimed at ensuring good health, which is the role of physical culture in the social formation of society. of course of great importance **[3]**. From the above, it can be concluded that it is important to continuously reform the education of physical culture, to involve specialists trained in this system in scientific activities. Scientific activity in the education of

physical culture, forms a person's professional skills and determines the cultural harmony and its value in the concept of "I".

The content and essence of the gradual implementation of the process in the organization of the process of scientific and pedagogical activity of students in the field of physical culture education of higher education should pay special attention to the formation of scientific and professional skills, as well as pedagogical skills of students. However, so far there is no scientific and creative pedagogical activity in the field of physical culture education, which has a systemic basis, including professionals working in physical education institutions.

The disciplines taught in the field of physical culture are inseparable from the system of pedagogical practice, and scientific activity is a coordinated process. Therefore, special attention should be paid to the formation of scientific and professional competencies of students in the field of organization of scientific activity in the disciplines and internships. In this regard, their scientific and creative skills, such as the collection, analysis, narration, adherence to procedures and requirements, summarizing and recommending materials, have a special place.

A competent approach to student research focuses on the implementation of the teacher's assignment on specific issues in the context of communicative responsibilities and assignments for students in libraries, in general, in the context of observation of classes with the audience or under the guidance of the teacher. This competence is interpreted as the ability of students to prepare for future communicative activities and is based on knowledge, skills and competencies in scientific and pedagogical activities. In the context of scientific and creative activities of students in the field of physical culture, special attention is paid to the educational components of scientific and professional competence. Indeed, in the process of educational development, a person understands the internal objective changes, his physical and mental formation **[4]**. Therefore, the most important thing in scientific research is the development of education. In particular, first of all, the person conducting research should pay attention to the level of development of the types of education. This feature is important in scientific processes and plays a special role in the defense of abstracts, independent educational work, course projects and graduate work.

Training of students in the field of physical culture under the guidance and direct supervision of a specialist, so that they can carry out scientific and creative work in a regulated manner and meet the requirements, ensures their bottom-up development in scientific activity. It is also necessary for professionals to understand the scientific activity of students in guiding their scientific and creative work, as well as to approach this process responsibly.

When specialists carry out scientific and creative work of students, they should pay attention to the following requirements:

- Independently carried out research work in professional activities and has sufficient experience in this field;

- knows the requirements for abstracts, independent educational work, course project and graduate work included in the content of scientific activity;

- has a component of orientation of students, understanding the nature of each process and the distinction of the abstract, independent educational work, course project and graduate work included in the content of scientific activity;

- can give instructions and recommendations to students on the organization of the research process;

- Students are able to put forward ideas for improving their research.

Thus, the specialists who can meet the above parameters can lead the further improvement of the prospects of this direction of education in the field of physical culture education through the positive implementation of scientific and creative activities of students.

From the very beginning of the course, students of physical culture begin to realistically master the content of both scientific and professional activities, with or without understanding of scientific activity. N.F. Talyzina defines the work performed in this process by the fact that the learners master the actions in a scientific, material way and are able to perceive the tasks performed in themselves and put them into practice **[5]**. In this case, it is important that students are engaged in scientific activities. His level of professionalism allows the student to master a specific program of scientific activity.

Improving the quality and effectiveness of education in the field of physical culture depends in many respects on the targeted orientation of students to research work. This obliges students to organize both scientific and creative research activities on the basis of a specific system. Research in the field of physical culture consists of a set of goal-oriented creative actions of students' mental activity, the purpose of which is to study, discover, improve and apply new scientific and theoretical knowledge about a phenomenon, event or process in physical education.

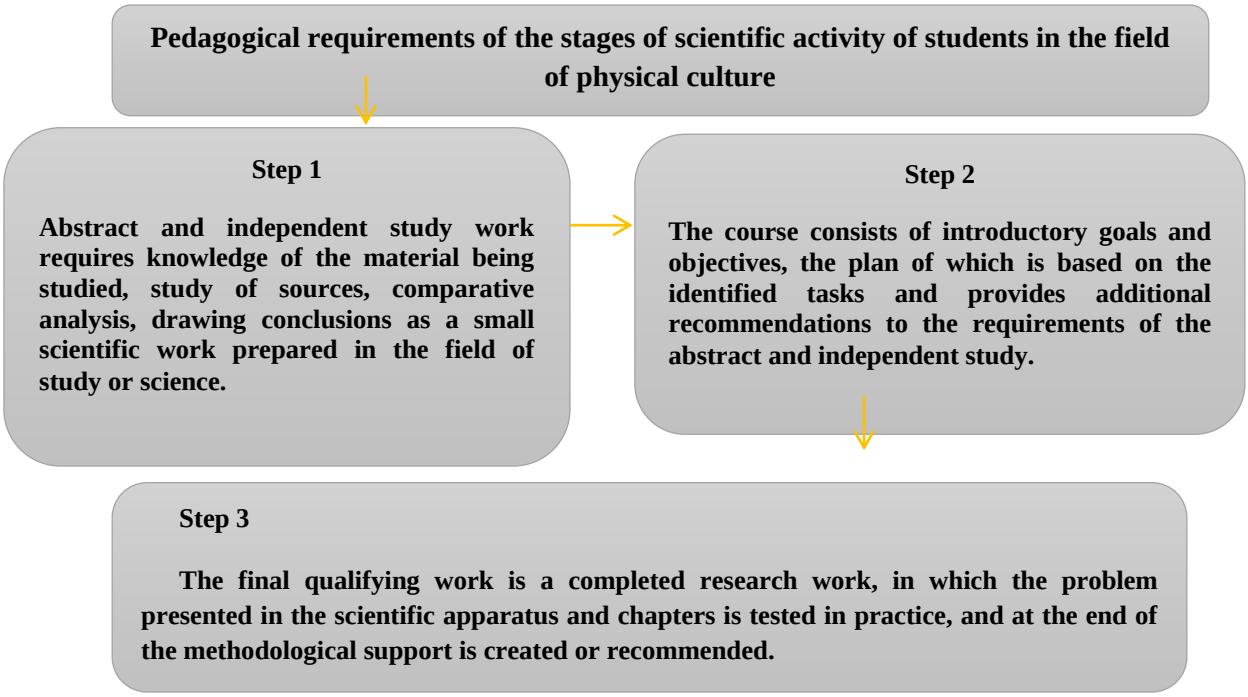
It is known that human development is based on scientific creativity, the professional activity of creative people. Over time, all techniques, technologies, scientific evidence, ideas, discoveries become obsolete **[2]**.

Thus, in the system of continuing education with the changes of time, the development of a set of measures necessary for society based on the requirements of world standards and modern approaches has a special place. In such conditions, the student of physical culture will be able to solve educational problems that lead to productive scientific and creative research instead of educational tasks that encourage reproductive thinking.

Ensuring its continuity in the implementation of scientific and creative activities of students in the field of physical culture education is important. In order to do this, it is necessary to divide scientific and creative work into stages, and in the implementation of these stages there are specific pedagogical requirements

(Figure 1)

(1-figure)



The process of preparing students for research work and training them in the field of physical culture education as a scientific potential is conditionally explained on the basis of the experience gained in the above stages as follows:

1-step. During the 1st year, students prepare and defend abstracts, as well as independent educational work in each subject in order to master the missed classes in academic subjects. By the end of the academic year, students will have the initial knowledge, skills and abilities to conduct small research projects. At the same time, even professors (based on the analysis presented in the first chapter) may not be able to teach students abstracts and independent educational work as a small scientific work. However, we know that scientific knowledge and the fact that some of the professors who work with this activity accept the work done by the students in the prescribed manner increases the responsibility of the students. This shapes their ability to do research.

2-step. In the 2nd year, students prepare and defend a draft course on the final course in general and specialty subjects, along with the preparation of the above abstract and independent educational work. The course is an unfinished project work, but a scientific and creative work with its own conclusions and recommendations. The course project work is mainly supervised by professors with academic degrees and titles. In this case, students will learn a number of research tools and methods, as well as the fundamental knowledge they need to prepare for the final thesis, which will be carried out at a later stage.

3-step. During the bachelor's degree in the field of physical culture education is the final qualifying work as a result of the steps identified in the orientation of students from the 1st year

to research work, in which research is conducted on the topic chosen by students. The research work done by the students will be deepened to a certain extent. Based on the results of the research, the prepared theses are discussed at scientific conferences and seminars. The final qualifying work is supervised by professors and teachers of the department, and the student conducts research work under the guidance of the supervisor and the established plan.This ensures that students 'learned knowledge does not fall into a false steady state. They will also be able to adapt to modern approaches in both scientific and professional activities, to implement educational practices in an integrated manner, and to conduct independent research.

The above steps allow quality completion of research work of students of physical culture.

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