

CONCEPTUAL FUNDAMENTALS IN THE DEVELOPMENT OF PEDAGOGICAL COMPETENCE OF FUTURE PHYSICAL EDUCATION TEACHERS

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ABSTRACT

The article discusses the pedagogical and conceptual basis for the development of valeological competence of future physical education teachers, in which students learn how to solve problems related to valeological thinking, find the best tools and methods to solve problems, systematize observations and experimental results, plan independent work, the ability to monitor and analyze the results of their work, the level of formation of skills in the use of new information technologies.

KEYWORDS: *Basic Concepts: Physical Education Teachers, Valeology, Common Sense, Mechanism, Teaching And Research Process, Systematization, Control, New Information, Highly Qualified Personnel.*

INTRODUCTION

In the development of socio-economic relations in the XXI century, human intelligence and spirituality are becoming more and more the main coordinating, developing factor and tool. Therefore, in accordance with the laws of the Republic of Uzbekistan "On State Youth Policy", "On Education" and the "National Program of Personnel Training" to bring up young people with a high level of knowledge, physically healthy and spiritually rich, comprehensive, independent thinking, has created a solid legal basis for the education of enterprising young people who are able to take responsibility for the future of our country, mobilize their potential in the interests of the people, to realize their intellectual and creative potential. At the same time, the analysis of the situation and the measures taken in the field shows that one of the most pressing issues for a wide range of young people is the lack of a system of healthy lifestyle skills in students of higher education institutions, which make up the majority of young people. At the same time, the development of valeological competence in future physical education teachers is one of the most important issues and requires special research. [1]

In our country, caring for the health of young people, the formation of a healthy lifestyle, the acquisition of skills of regular, independent participation in physical culture and sports is an integral part of the educational process. It is no coincidence that the head of our state Sh.M.Mirziyoev has put forward 5 important initiatives to raise the morale of young people and meaningfully organize their leisure time. In particular, the second initiative is aimed at creating

the necessary conditions for physical training of young people, to demonstrate their abilities in sports. In recent years, a large-scale work has been carried out in our country to promote physical culture and sports, to ensure that young people follow a healthy lifestyle. The activity of sports clubs has been revived, regular competitions in mass sports have been held.

The Action Strategy for the Further Development of the Republic of Uzbekistan identifies priorities such as "education of physically healthy, mentally and intellectually developed, independent-minded, loyal to the Fatherland, strong outlook on life, deepening democratic reforms and increasing their social activity in the development of civil society." It is important to improve the socio-pedagogical mechanisms for the development of healthy thinking in students, the development of practical and technological systems for the development of valeological culture. [2]

Education is an important factor in determining the socio-economic development of our country, in which the social development and physical, mental and spiritual development of the individual plays an important role. Among the important dominants of human activity in the XXI century are his education, upbringing and healthy lifestyle. One of the issues that has been in the public eye for the last decade is the protection of the health of the population and citizens.

This problem is especially important for the student period. According to statistics, 90 percent of general secondary school graduates have problems with this or that disease. When such entrants are admitted to the 1st stage of higher education institutions, 12% of them are diagnosed with various medical diseases, and in the 4th stage, these figures show an increase of 25-30%. Outbreaks appear to be exacerbated between the ages of 19 and 25, according to medical statistics. Adolescents are at risk due to emotional stress, high mental load, in some cases, the ability to adapt to the living environment, as well as the adaptation of interpersonal relationships, various respiratory and intestinal inflammatory diseases as a result of extra income from school.

One of the factors negatively affecting the health of students of higher education institutions is the fact that activities related to complex technological processes do not take into account the internal energy reserves of educational entities, do not consciously treat their own health, do not pay enough attention to health technologies.

Resolution of the President of the Republic of Uzbekistan No. PF-4947 of February 7, 2017 "On the Strategy for further development of the Republic of Uzbekistan", No. PQ-3160 of July 28, 2017 "On increasing the effectiveness of spiritual and educational work and raising the sector to a new level" , April 8, 2019 [3]

Decree F-5465-con "On measures to develop the concept of development of the national idea at a new stage of development of Uzbekistan" and other relevant legal acts pay special attention to increasing the competence of teachers, ensuring the development of an education system based on equivalence of integration processes. [4]

DEVELOPMENT OF SOCIAL COMPETENCE IN THE TRAINING OF TEACHERS

The Action Strategy for the further development of the Republic of Uzbekistan defines the tasks of "improving the quality and efficiency of higher education institutions based on the introduction of international standards for assessing the quality of education and training, stimulating research and innovation, creating effective mechanisms for implementing scientific

and innovative achievements."Within the framework of these tasks, ensuring the improvement of organizational and managerial, pedagogical mechanisms for the development of social competence in the training of teachers on the basis of innovative approaches to improving the quality of vocational education, it is necessary to develop scientific and theoretical bases for developing valeological competence of future physical education teachers.Tasks such as comprehensive training of students in the field of physical education in higher education, the development of the body's ability to easily cope with various mental and physical loads will be addressed.

Physical education is an event of social significance. It stabilizes human health, promotes all-round development. It teaches him to work productively for himself, his nation and his people, to operate freely in a market economy, to show his full potentialIt prepares to spread the glory of the homeland to the world, to beware of any malicious forces, if necessary, to defend valiantly. In this regard, the development of valeological competence in future physical education teachers is one of the most important pedagogical issues.

Physical education is a wide-ranging conflict that includes physical education, physical education, physical training, physical training, physical culture, physical growth, physical maturity, physical skill, exercise, physical qualities, and more.

In the development of valeological competence in future physical education teachers, physical education includes such qualities as strength, agility, agility, which are constantly needed in the way of life for a person. This in turn contributes to the efficiency of labor activity.The ability to finish any work you start, to achieve the expected results, is faster content. Consequently, it forms feelings of humanity and patriotism in the development of valeological competence in future physical education teachers. Defending the interests of the homeland makes it a habit to dedicate not only one's strength but also one's life if necessary.

The valeological competence of the teacher lays the groundwork for increasing the effectiveness of his pedagogical activity. Valeological competence, which is part of the general pedagogical culture of the pedagogue as a pedagogical phenomenon, combines the following alternatives: knowledge of health technologies, civility; possession of universal values; the ability to have a healthy lifestyle inherent in the national culture and to form it in students; active participation in the social life of the country; respect for the culture of other nations and fostering these qualities in students, and so on.

CONCLUSION

The valeological competence of the teacher serves the realization of the global goals of the educational process: teaching, educating and, most importantly, the development of the knowledge and skills acquired by the students.Valeological competence, which serves to increase the professional potential of a teacher, helps to increase the healthy intellectual potential of students.

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