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Problems of training qualified personnel for the sphere of physical culture and sports

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Abstract

Purpose: To study the issues aimed at increasing the knowledge and experience in the effective use of physical culture and sports in the restoration of public health, as well as to analyze the work being done to train qualified personnel in the field of physical culture and sports and identify problems.
Methods: Methods such as analysis of scientific and methodological literature, pedagogical observation, questionnaire were used in the study.
Results: From the research it was revealed that today it is important to develop the knowledge of the population on physical education and sports, that is, to create educational and scientific literature showing the importance of physical education and sports in the restoration of Health, to improve the system of training qualified personnel in this field.
Conclusion: In the development of knowledge on physical education and sports, it is effective to create various modern literature, prepare and distribute booklets, create electronic platforms, post relevant sources on them, post this material on social networks to the attention of young people. It is also necessary to improve the system of introducing foreign innovative developments in the field of physical culture and sports in our country.

Keywords: Physical education, sports, qualified professionals, skills, development, ability, value, value approach.

Introduction

It is known to us that the countries of the world pay special attention to the issues of ensuring the health of their people. Of course, such an approach is partly a consequence of the pandemic, but today's ecological situation, the increasing number of mankind and, as a result, the increasing need for food products, also leads to the emergence of various diseases.

Also, the increase in stratification in society leads to the escalation of indifference in people. As a result, the need to eliminate these problems is increasing. It is known to us that in our society the qualification of specialists in the field of restoration and development of health through physical culture and sports, as well as the people's knowledge on the use of Physical Culture and sports in the restoration of Health is of great importance. Of course, the economic welfare of the people is also one of the main factors. But only economic prosperity itself does not lead to physical education and sports. In this regard, the US can be cited as an example. There, the escalation of obesity in the wake of economic prosperity indicates that the level of physical education and sports is not high.

On the issues of training qualified specialists in the field of physical culture and sports, such scientists of our republic as F. A. Kerimov, A. N. Abdiev, R. S. Salomov, N. N. Tukhtaboev carried out research work, and from foreign scientists V. S. Makeeva, A. G. Morozov, G. Z. Karnaukhov, K. N. Prochinin, A. A. Mushunov, A. G. Moteponenko tried to study scientific methodological and pedagogical aspects of training specialists in physical education and sports.

An analysis of the available literature has shown that the training of qualified specialists in the field of physical culture and sports has not been systematically studied. In this process, it is important to note the factors of knowledge development in the field of physical education and sports, namely the creation of educational and scientific literature indicating the importance of physical education and sports in restoring health, the availability of qualified personnel in the field of physical education and sports, the availability and development of educational institutions that train qualified personnel in the field of physical education and sports. (Figure 1).

In this case, one of the main factors linking the development of the process is the "availability of qualified personnel in the field of physical culture and sports." Because the availability of qualified personnel in the industry plays an important role not only in the development of the industry, but also in overcoming new problems and developing measures for further development. It also creates a value-based approach to regular use in physical education and sports among young people.

According to scientists from around the world and in our country, in order to overcome this situation, it is important to use physical culture and sports wisely, to create a value-based approach (all relations are based on values) by making it a habit. In this regard, it is necessary to develop every factor that contributes to the formation of a valuable attitude to physical education and sports. The formation of valuable relationships in the field of physical culture and sports leads to its regular use.

Methods

The study used methods such as analysis of scientific and methodological literature, pedagogical observation, questionnaire. Scientific articles and research on this issue were analyzed, and a sociological study was conducted among 75 young people. It was attended by 25 young people with higher education, 25 young people with secondary special education, 25 young people with secondary education.

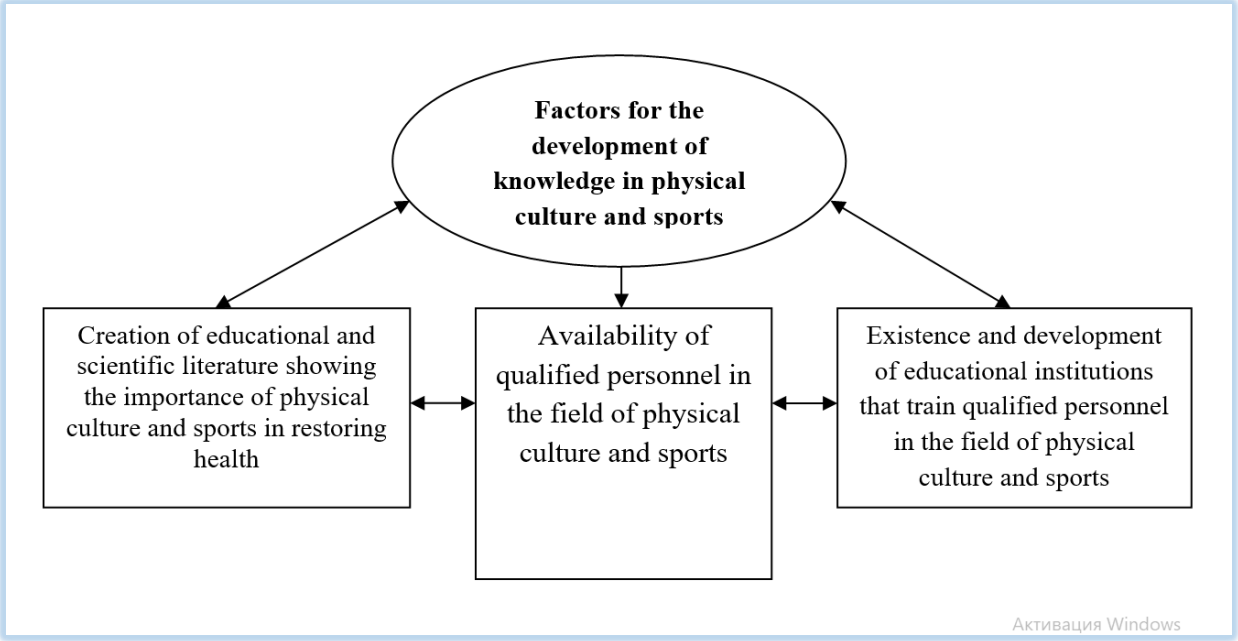


Figure 1. Factors for the development of knowledge in physical culture and sports.

Therefore, we believe that one of the important tasks before us is to study the process of formation of a valuable attitude to physical culture and sports among young people in our country within the framework of scientific laws. "Therefore, health can be approached as a general concept, as a culture of effective use, preservation and rehabilitation of human knowledge and skills, raising the attitude to it as a universal value" (Vilenskij et al., 2020).

According to a public survey of university students conducted by foreign researchers in Moscow, Kharkiv, Almaty and Tashkent, the low level of physical activity among students was 49-78%. In the first year of study, there was a decrease in physical activity by 41%, in the second by 48%, in the third by 65%, in the fourth by 75%, and in the fifth by 87% " (Vilenskij et al., 2020).

In our opinion, one of the factors contributing to this situation is the low level of knowledge of young people in physical culture and sports.

Results and discussion

To our question "Do you think that people's knowledge about physical education and sports in our society is "sufficient"?" - 37.2% of respondents answered - "I think it is sufficient", 62.8% of respondents answered "I think it is insufficient" (Figure 2).

87% of the people with higher education believe that "Physical education and sport play an important role in the provision of health", 83% - bealive "It is necessary to ensure health in reducing poverty in society", 67% - felt that "Physical culture and sport are the primary factors in the provision of health in our society".

57% of those with secondary special education believe that "Physical education and

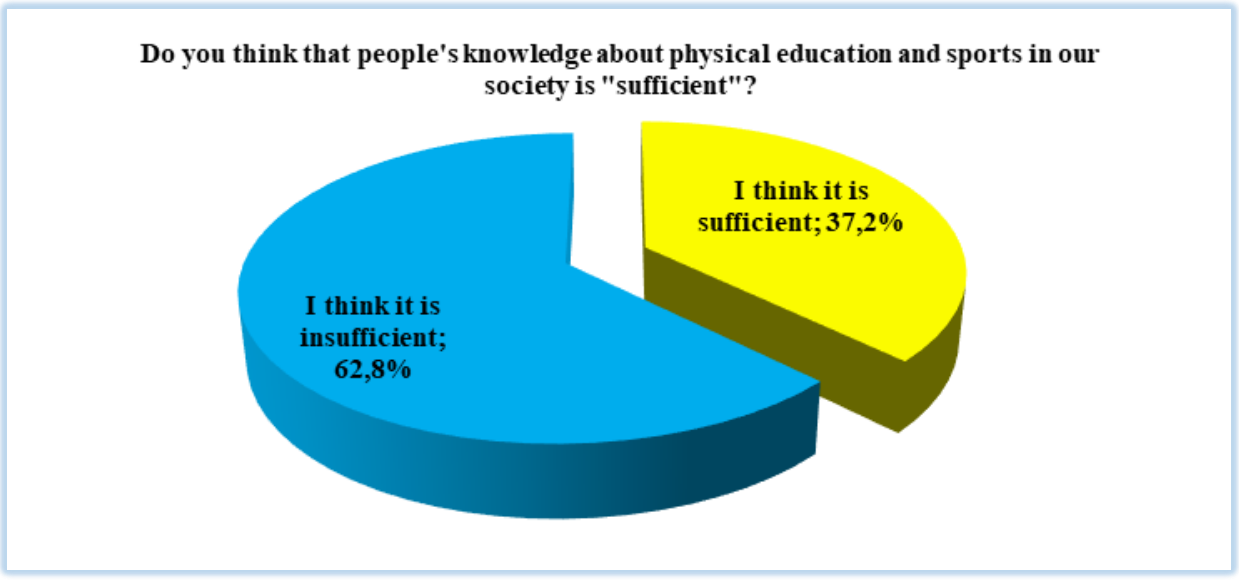


Figure 2. Indicators of people's knowledge of physical culture and sports (%).

sport play an important role in the provision of health", 52% - bealive "It is necessary to ensure health in reducing poverty in society", 42% - felt that "Physical culture and sport are the primary factors in the provision of health in our society".

41% of those with secondary education believe that "Physical education and sport play an important role in the provision of health", 34% - bealive "It is necessary to ensure health in reducing poverty in society", 25% - felt that "Physical culture and sport are the primary factors in the provision of health in our society". (Figure 3).

A healthy lifestyle largely depends on the values of the student, his worldview, social and moral experience. Value attitude implies a free choice of managed and governing social values

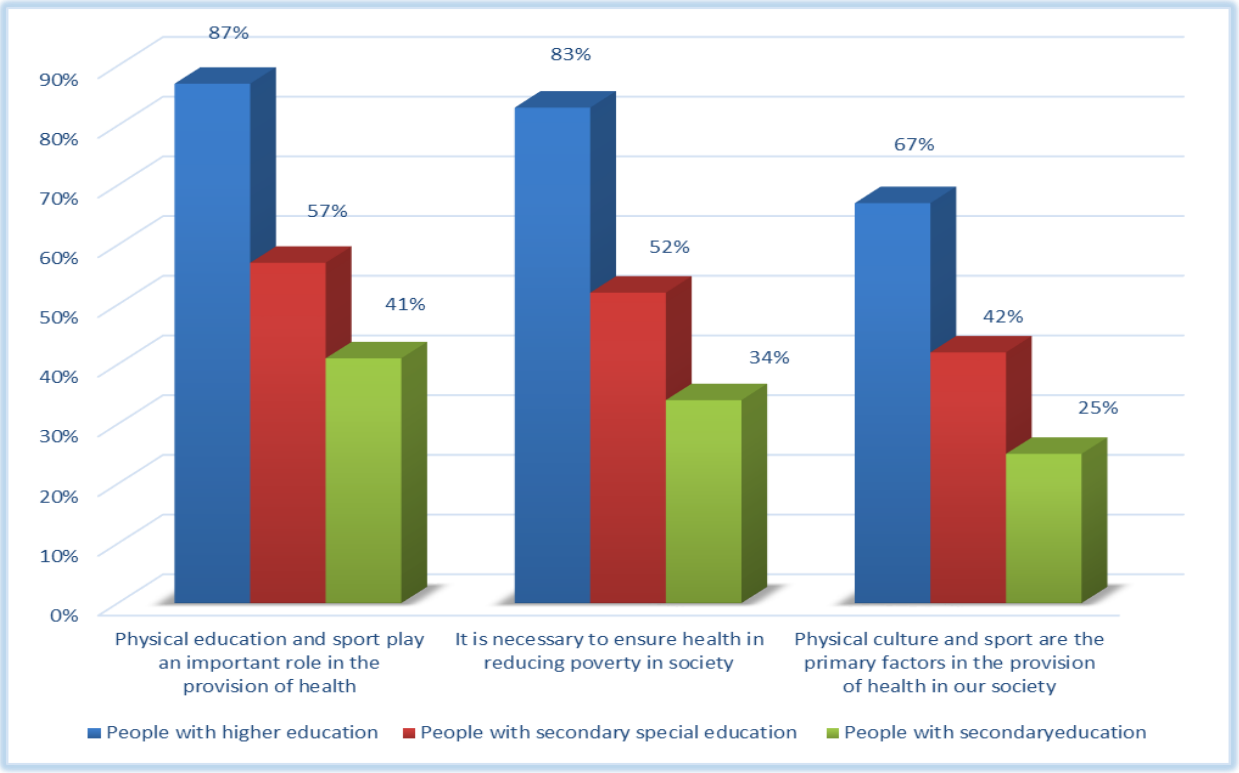


Figure 3. The role of Physical Culture and sports in ensuring health (%).

in human activity. Based on the results of the study, it can be noted that the growth of youth knowledge about physical culture and sports leads to an increase in the level of physical culture and sports. Because today "physical education classes (twice a week) make it possible to move an average of 4.0-7.3 thousand steps, which cannot cover the total need for physical activity during the week" (Vilenskij et al., 2020).

Therefore, in order to increase the level of regular participation in physical culture and sports, it is necessary to pay attention to the systematic organization of work on the formation of interest in physical culture and sports among young people. Experience has shown that in the organization of work in this area, it is necessary to study not only the effectiveness of the use of physical culture and sports in health, but also ways to get economic benefits from it. The rapid change of the modern world is causing many technological processes to enter our lives. As a result, it is necessary to apply each innovation in the field of physical culture and sports, to use its potential in the development of the industry.

Because along with techniques, athletes patterns of behavior also change, which requires new knowledge and, as a result, changes in moral consciousness, raises the issue of sports ethics's attitudes toward behavioral regulation, and expected behavior in games involving physical or mental activity. In the current situation, the demand for the development of new models of sports entrepreneurship is growing.

Today, three most important directions in the development of an entrepreneurial mentality in sports are becoming relevant. Firstly, it is an attempt to rethink the role of innovation and ethics in sports. This indicates the existence of an approach that implies a broad potential for future actions aimed at integrating entrepreneurship into sports ethics.

Secondly, there are unplanned or accidental forms of entrepreneurship in sports ethics. They occur in cases of "spontaneous" change, which is an inevitable moral response to technical innovation. But for technological variability, it is necessary to ensure the institutional supply of conditions. In other words, the strategy of developing ethical control tools should be more preventative than being sensitive to changes.

Thirdly, there are evolutionary forms of entrepreneurship in sports ethics. Changes in sports ethics are always taking place in a certain social environment and belong to a system of interconnected institutions based on values, traditions and culture (Gonashvili et al., 2021).

Conclusion

In general, based on the results of the research conducted and the analysis of available sources, the following conclusions can be drawn on the further development of the processes of training qualified specialists in the field of physical culture and sports:

First of all, since the knowledge on Physical Culture and sports is of great importance in the regular involvement of the people in Physical Culture and sports, it will be necessary to pay attention to the existence of new educational literature and the systematic organization of the work on their creation. In particular, it is important to organize work on the preparation and dissemination of various modern literature, booklets and the creation of electronic platforms aimed at developing knowledge on Physical Culture and sports. Especially effective is the reference of the created sources to the attention of young people in a modern way, that is, in social networks;

Secondly, it is necessary to improve the system of introducing foreign innovative developments in the field of physical culture and sports in our country. Basically, in order to master innovative developments that have undergone experimental approbation abroad, it is necessary to further develop the work of sending our specialists abroad to improve their qualifications in this area. At the same time, it is necessary to organize monitoring of the adaptation of innovative developments to local conditions and their implementation through specialists who have undergone advanced training;

Third, cooperation plays an important role in the development of any sector. In order to learn from the experience of reputable foreign sports organizations, it is necessary to organize projects in cooperation with foreign organizations. Not only the specific innovation should be studied, but also the methodology for studying the process. This will be effective in organizing future research. It is also necessary to develop mechanisms to support and stimulate the work of specialists in the field of physical culture and sports for the publication of scientific articles in journals included in the interna-

tional scientific and technical databases Scopus and Science Direct;

Fourth, it is necessary to systematize the ongoing reforms in the field of physical culture and sports, popularize sports among young people, organize the selection process and focus on the selection of talented athletes for the Olympic reserve. At the same time, the development of the potential of our people in physical culture and sports, the popularization of physical culture and sports, the focus on ensuring the succession between the three generations will contribute to the formation of stable relations in the field.

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