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Analysis of experimental work on the preparation of future physical education teachers for professional pedagogical activity

Mamirov Azim Kholmurzayevich[1]

[1]Samarkand State Institute of Foreign Languages, Samarkand, Uzbekistan

Abstract

Purpose: Development of proposals and recommendations for the implementation of the pedagogical foundations of professional self-development of future physical education teachers in higher educational institutions.

Methods: Comparative study and analysis of philosophical, sociological, pedagogical and psychological literature on the problem; – study of the SED (state educational standard), curricula and programs, educational and teaching aids;-socio-pedagogical (observation, conversation, questionnaire, survey, testing) and pedagogical experiment-testing; monitoring; analysis of results; mathematical and statistical processing.

Results: The lower the significance level was taken during the experiment, the higher the confidence level was at the end. But it seems that this possibility is limited by the results that can be achieved in practice. For example, students of the Uzbek State University of Physical Culture and Sports had a 68% readiness level for innovation at the beginning of the experiment, and 91.4% at the end of the experiment. Accordingly, if at the Bukhara State Pedagogical Institute students demonstrated 70.4% at the beginning of the experiment, then at the end of the experiment this indicator was 89.4%, if at the Kattakurgan branch of Samarkand State University at the beginning of the experiment this indicator was 59.8%, then at the end of the experiment this indicator was 89.7%. Thus, in the control group, the high level was 61% at the end of the experiment and 93.7% in the experimental group. That is, the gap between the growth rates of professional self-development of future physical education teachers in preparation for teaching activities amounted to 12.6%.

In the course of the study, the skills of preparing for pedagogical activity in the professional self-development of future physical education teachers due to planned, systematic and purposeful experimental work showed high rates in experimental groups. The results of the experiments and their qualitative characteristics showed the improvement of technologies for preparing future physical education teachers for pedagogical activity in professional self-development. This was confirmed by positive results according to the diagnostic scheme.

The reliability of the research results is explained by the fact that the applied approaches, methods and theoretical data are obtained from official sources, the effectiveness of the presented analyses and experimental work is justified by means of mathematical and statistical methods, conclusions, suggestions and recommendations are put into practice, the results obtained are confirmed by competent structures.

Conlcusion: The practical significance of the research results serves to increase the effectiveness of technologies for preparing future physical education teachers for innovative activities in the preparation of regulatory legal acts and action programs for further improvement of the system of higher educational institutions of pedagogical profile.

Keywords: physical education, sports, teacher, self-development, professional activity, pedagogical activity, development, innovative technologies.

Introduction

It is known from world experience that the role of future specialists in physical culture and sports is of particular importance in the development of physical culture and sports. This, in turn, is due to an innovative approach to the educational process and the active introduction of pedagogical technologies. The effectiveness of innovations introduced into the educational process directly depends on the level of professional pedagogical creativity and teacher development. This circumstance dictates the need to develop mechanisms for the development of future physical education teachers on the pedagogical basis of professional self-development.

In educational institutions of developed countries, much attention is paid to the practical importance of the role of students in developing their internal potential in maintaining health and playing sports, and forming a healthy lifestyle [1]. Therefore, in the development of the sphere of physical education and physical culture, raising it to the level of world standards, improving the quality and effectiveness of education, it is important that it is based on democratic principles that correspond to socio-economic development and modern requirements.

In recent years, wide opportunities have been created in our country for the development of the professional potential of future specialists in the processes of ensuring the integration of the personnel training system with priority areas of science and technology development. And also by widely attracting foreign

investments, expanding the sphere of paid services and other extra-budgetary funds, create centers of technoparks, foresight, technology transfers, startups, accelerators in higher educational institutions and bring them to the level of scientific and practical institutions that research and predict the socio-economic development of relevant industries, spheres and territories [2];

There is an increasing need for research work to identify socio-pedagogical mechanisms for preparing future physical education teachers for pedagogical activities of professional self-development. Based on the development of general cultural and professional competencies of teaching staff, the issues of research of tasks aimed at accelerated adaptation to new technologies, improvement of self-development mechanisms become relevant.

"On measures for further improvement and popularization of physical culture and sports in the Republic of Uzbekistan" (dated January 24, 2020 № PD-5924). To a certain extent, this scientific article serves to implement the tasks defined in the Decree of the President of the Republic of Uzbekistan "On measures to raise the system of spiritual, moral and physically harmonious education of young people to a qualitatively new level" (August 14, 2018, DP-3907), as well as Decrees of the President of the Republic of Uzbekistan dated March 5 2018 № DP-5368 "On measures to radically improve the system of public administration in the field of physical culture and sports" and the Resolution of the President of the Republic of Uzbekistan dated 04.20.2017. № RP-2909 "On measures for the further development of the higher education system" and other regulatory legal acts related to this activity.

Methods

–To scientifically substantiate the possibilities of professional self-development of the preparation of future physical education teachers for pedagogical activity;

–identification of the relationship between individual aspects of the professional activities of future physical education teachers, personal qualities and professionally significant characteristics;

–development of a self-development model and its improvement in the formation of professional skills of future physical education teachers;

–development of methodological recommendations on the use of modern approaches and advanced foreign experience in organizing the activities of future physical education teachers for professional self-development;

–the interrelation between the individual aspects of the professional activity of future physical education teachers, personal qualities and professionally significant features is revealed.

Results and discussion

The state requirements for pedagogical technologies of training future physical education teachers for professional pedagogical activity are being improved. A system of didactic tasks on the topic has been developed and put into practice "Preparation of future physical education teachers for pedagogical activity on professional self-development".

Electronic educational resources and recommendations on improving the technologies for preparing future physical education teachers for professional teaching activities, such as the "Sports model", are being developed and used in pedagogical universities.

The research work uses a method common in pedagogy: a study of students divided into 2 groups – experimental and control (test). The educational process in the test group was organized in a traditional way, 390 students of almost the same level of training (3-4 year students) took part in each group. The results of the experiment were determined by its versatility, an adequate measure of the number of respondents and the variety of the complex of didactic control tasks.

For optimal design of the content, forms and ways of conducting research experiments or achieving an educational goal within the framework of the tasks set, the level of effectiveness of improving technologies for preparing future physical education teachers for innovative activities has been determined.

The collection and analysis of materials from the main experience in the 2021-2022 and 2022-2023, 2023-2024 academic years was carried out at the Kattakurgan branch of Samarkand State University, Bukhara State Pedagogical Institute, Uzbek State University of Physical Culture and Sports, and technologies for preparing future physical education teachers for professional activities based on self-development were tested (see table 1).

Table 1. **Future physical education teachers who participated in the experiment**

N	Name of the educational institution that participated in the experiment	*Number of respondents*		*Total*
		Control group	*Experimental group*	
1.	Kattakurgan branch of Samarkand State University	55	55	110
2.	Bukhara State Pedagogical Institute	60	60	120
3.	zbek State University of Physical Culture and Sports	80	80	160
				390

During the experiment, a system of didactic tasks was used to facilitate future physical education teachers to maintain or demonstrate skills of readiness for professional pedagogical activity.

The skills of preparing future physical education teachers for professional pedagogical activity largely create the basis for the competent organization of their future activities, bringing creative motives into it, and forming strong-willed qualities. The degree of significance when applying criteria to determine the effectiveness of these results was chosen based on how much the properties of the objects in the resulting sample differ from each other.

Conclusion

These differences are determined by the readiness of students for professional and pedagogical activities, motor competence, sports equipment, a variety of levels of formation of human qualities and dependence on a number of factors (university conditions, material and technical base, competence of teachers, psychological characteristics, gender, etc.) [3]. Therefore, these factors were seriously taken into account when organizing the selection. The scientific significance of the research results is explained by the fact that the proposed models, mechanisms and structures are used to improve the effectiveness of teaching and preparing future physical education teachers for pedagogical activities for professional self-development in educational institutions, organizing educational processes based on an innovative approach, improving curricula and programs, developing a system for training future physical education teachers.

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AUTHOR BIOGRAPHY:



Azim Kholmurzayevich MAMIROV

Employment
Lecturer at Samarkand State Institute of Foreign Languages, Samarkand

Degree
MD

Research interests
Physical education and sport, Theory of physical education, Analyzing of sport competitions

E-mail:
mamirovazim33@gmail.com