© Eurasian Journal of Sport Science 2024; 1(2): 216-219
https://eajss.uz

Improving the mechanisms of the system of training qualified personnel in the sphere of physical culture and sport

Shopulatov Abdimalik Nurullaevich[1]

[1]Uzbekistan state university of physical education and sport, Chirchik, Uzbekistan

Abstract

Purpose: improving the mechanisms of the system of training qualified personnel in the sphere of physical culture and sport.

Methods: The research used such methods as scientific and theoretical analysis of information in domestic and foreign literature, generalisation of experience of domestic and foreign coaches and specialists, analysis of documents of the educational process of sports educational institutions (athletes' diaries, annual individual plans, competition protocols), pedagogical observation, pedagogical testing, pedagogical experiment, mathematical statistics.

Results: The third stage of experimental work was conducted in the system of sports education institutions and aimed at improving the skills of cooperation between coaches, leading specialists (scientists) and athletes in the Olympic and Paralympic sports training centres located in the cities of Chirchik, Samarkand and Nukus. As a result, in the Chirchik Olympic and Paralympic Sports Training Centre the skill of cooperation between coach, leading specialist (scientist) and athlete increased by 16.0%, in the Samarkand Olympic and Paralympic Sports Training Centre the same skill increased by 12.0%, and in the Nukus Olympic and Paralympic Sports Training Centre the increase in this skill was 16.0%

Conlcusion: Proposals for training qualified specialists through the organisation of scientific schools 'Physical Culture and Sport' within the framework of actual directions of sport, as well as making scientific, methodical, organisational corrections in the methodical part of the mentor-mentee system have been developed. As a result, the number of scientific schools at the Uzbek State University of Physical Culture and Sport increased to 23.

New research and commercialised practical projects in the field have been used in the development of the Mentor-Pupil system as part of scientific research aimed at strengthening the principles and patterns of sports training in mass sport and the Olympic Games. Thanks to the launch of the 'UZSPORT-SCIENCE.UZ' platform, the academic disciplines of martial arts students studying at the Uzbek State University of Physical Culture and Sport began to be taught with a sectoral focus. As a result, through logical sequence and variation, specialised, general professional and optional subjects were adapted to the sport.

Keywords: training qualified, Olympic Games, improvement of mechanisms, Foreign experience.

Introduction

In the world, the sphere of physical culture and sport is formed as a social institution and becomes one of the main spheres, the need for which is increasingly increasing in some stages and periods of human life. Particular attention is paid to the restoration of public health through the development of physical culture and sport, the formation of a culture of healthy lifestyles and the education of a physically and mentally mature young generation. This creates the need to bring to a new level the training of qualified personnel and the introduction of innovative approaches in the field of physical education and sport. In many countries of the world research works on the organisation of the system of training of qualified specialists in the field of physical culture and sport on the basis of innovative approaches are carried out. The advanced ideas aimed at using the achievements of science in the training of qualified personnel, improving the experience of coaches in the use of scientific achievements in the organisation of training are being implemented. Despite the introduction of new innovative tools, innovative achievements of various fields of science in the sphere of physical culture and sport, the mechanisms of introduction of disciplines aimed at raising the prestige of physical culture and sport in the society, formation of people's value approach to the sector, organisation of cooperation of sports educational institutions on scientific principles, development of professional skills of coaches are underdeveloped.

In our republic, in order to improve the system of training qualified personnel, it is necessary to study the activity of sports educational institutions, to organise cooperation between them on the basis of scientific principles, to study problems and to introduce disciplines aimed at the development of professional skills in coaches. In order to solve these problems at the normative-legal level, the tasks of 'improving the quality of training of qualified personnel with comprehensive knowledge in the field of physical culture and sport in accordance with international standards, accelerating the development of science, further improving

the processes of training of highly qualified competitive coaches-teachers, specialists and researchers in the field of sport'[1] are established. Based on the above, one of the most important tasks facing scientists and specialists of the industry remains the harmonisation of the activities of sports educational institutions preparing personnel in this field, increasing the knowledge of student-athletes and students on the use of scientific achievements, the formation of mutually beneficial relationships between teachers, coaches and athletes, the implementation of measures aimed at developing the skills and abilities of specialists to use the results of scientific and creative research in the process of training.

Methods

The organisation of research work within the patterns of socio-economic life of society is considered effective, and the application of research results in the field of physical education and sport serves to change the way of thinking of coaches and athletes, i.e. the traditional way of working, as well as developing their skills in working with scientific achievements. The development of the field of physical education and sport has increased the interest of the population and has also contributed to the penetration of various economic sectors into the field. In particular, the wide introduction of innovative technologies into the sphere makes it more attractive and accelerates the penetration of various branches of science.

Results and discussion

In this regard, the organisation of scientific schools of professors with high scientific potential and level, working in a certain direction of physical culture and sport for many years, as well as the definition by these scientific schools of their field will contribute to the growth of branch directions in this field. Scientists and their followers, who created their scientific schools, play an important role in the formation of new directions in the field of physical culture and sport, making a worthy contribution to the development of science and education of our country. This creates the need to organise and develop scientific schools of doctors of sciences in a certain direction of physical culture and sport.

In particular, it is necessary that qualified specialists in the field of physical culture and sport have the skills of joint study of problems in the context of different disciplines, as well as the will to strict observance of scientific ethics, which will give results in the study of problems of interdisciplinary nature, as well as in preventing the penetration of harmful scientific developments and tools in the industry.

In particular, when comparing the disciplines taught at the Uzbek State University of Physical Education and Sport and Liverpool John Moores University, Queensland University, US State Academy of Sport, the Uzbek State University of Physical Education and Sport is the leader in the number of non-related disciplines, and the foreign higher education institutions are the leaders in the number of related disciplines (see Table 3). The results of the analysis showed that the subjects taught at the Uzbek State University of Physical Culture and Sport, unlike foreign educational institutions (Liverpool John Moores University, Queensland University, State Sports Academy of the USA) are not developed in accordance with the profile directions, which in turn does not contribute to the effective assimilation of modern knowledge, as well as training in accordance with the industry.

The pedagogical experiment on revealing and further improvement of mechanisms of training of qualified specialists in the field of physical culture and sport within the framework of modern criteria was conducted in the Uzbek State University of Physical Culture and Sport, Uzbek-Finnish Pedagogical Institute of Samarkand State University, Karakalpak State University, Institute of retraining and professional development of specialists in physical culture and sport and its branches in the cities of Samarkand and Samarkand.

The results of the experiment showed that the knowledge of students of the Uzbek State University of Physical Culture and Sport increased by 14.3%, postgraduate students of the Uzbek-Finnish Pedagogical Institute of Samarkand State University increased by 17.2%, and the knowledge of postgraduate students of Karakalpak State University increased by 17.1%. The results of the experiment showed that there was an increase in the number of students whose knowledge was evaluated as 'excellent', which indicates the effectiveness of training adapted to the field.

The second stage of the experimental work was conducted at the Institute of retraining and advanced training of specialists in physical culture and sports in the process of teaching the modules 'Professional competence

Table. Compatibility of subjects taught at the Uzbek State University of Physical Education and Sport and Liverpool John Moores University, University of Queensland, US State Academy of Sport

N	Compatibility of subjects taught	UzSUPES John Moores University Liverpool (England)	UzSUPES University of Queensland (Australia)	UzSUPES U.S. State Sports Academy	Differences between disciplines
1	Related disciplines	7/11	14/19	16/30	-4/-5/-14
2	Not related disciplines	27/14	20/17	18/29	+13/+3/+11
Total number of items		34/25	34/36	34/59	-9/-2/+25

and mastery of a coach-teacher' and 'Foreign experience in the field of physical culture and sports', which are taught at the advanced training course for coaches in sports.

When teaching the topics 'Ways of developing professional competence of a sports coach and improving the quality of the educational process' and 'Technology of developing professional competence of a sports coach' of the module 'Professional competence and mastery of a coach-teacher' the methodology recommended by us was used. As a result, the indicators of mastering the material by the students increased by 17.6%. And when using our recommended methodology in teaching the topics 'Experience of leading countries in the field of sport' and 'Experience of training qualified athletes of foreign countries with developed sport' of the module 'Foreign experience in the field of physical culture and sport' the indicators of mastering the material by students increased by 17.7%

The results of the experiment showed that in this process it is necessary to build up the experience of mutual understanding between coaches, athletes and leading specialists (scientists), as well as the experience of effective use of scientific achievements by coaches. Organising integrated scientific groups under the Ministry of Youth Policy and Sport and the National Olympic Committee to train qualified personnel in the field of physical education and sport, ensuring the participation of coaches, athletes and leading specialists (scientists) in the process of identifying problems in the organisation of athlete training in sports federations, organising small scientific groups and, based on the nature of the problem, involving biologists, sports doctors, nutritionists and other specialists in these groups, and carrying out systematic work on the formation of the following.

Conclusion

According to the results of research on improving the mechanisms of the system of training qualified personnel in the field of physical culture and sport, the following conclusions are made:

In the course of practical training processes of martial artists the cooperation 'leading specialist (scientist) - coach - athlete' aimed at ensuring the unity of theory and practice in physical culture and sports training was used. At the same time, the main attention was focused on understanding the essence of valid scientific experiments and planning of sports training on the basis of comparative comparison with the real situation.

In the Chirchik Centre for preparation for Olympic and Paralympic sports practical training sessions were organised on the principle of cooperation 'leading specialist (scientist) - coach - athlete'. As a result, the coaches achieved the development of skills of interaction with the leading specialist (scientist) and athlete by 16%, skills of identification of deficiencies in the physical training of the athlete by 12.3% and skills of development of physical training of the athlete using the achievements of science by 13.8%.

References

Kerimov F.A. **(2004)** *Sport sohasida ilmij tadqiqotlar* [Scientific research in the field of sports]. Tash kent, *(in Uzbek)*.

Kuramshin Yu.F. **(2004)** *Teoriya i metodika fizicheskoj kul'tury* [Theory and methodology of physical culture]. Moscow, *(in Russian)*.

Vilenskij M.Ya., Gorshkov A.G. **(2020)** *Fizicheskaya kul'tura* [Physical culture]. textbook for universi ties, Moscow, *(in Russian)*.

Shopulatov A.N. **(2019)** *Bulazhak murabbijlarda zhis monij tarbiya va sport asosida ma'navij qadri yatlarni rivozhlantirish jullari* [Ways of develop ing spiritual values in future coaches on the basis of physical education and sports]. Fan-Sportga [Science-to Sports], 1, 67-72 *(in Uzbek)*.

Gonashvili A.S., Vasil'ev I.A., Shopulatov A.N., Tevari S., Ivan E. **(2021)** *Sportda halollik va ahloqijlikni ta'minlash masalalari* [Issues of ensuring honesty and morality in sport]. Fan-Sportga [Science-to Sports], 1, 3-5 *(in Uzbek)*.

Hajitov O.E., Mengliev B.N. **(2021)** *Zhismonij tarbiya mutahassislarida pedagogik kompetentlikni shakllantirish: "Hard skills"dan "Soft skills" sari* [Formation of pedagogical competence in physical education specialists: from Hard skills to Soft skills]. Fan-Sportga [Science-to Sports], 6, 65-68 *(in Uzbek)*.

AUTHOR BIOGRAPHY:



Abdimalik Nurullaevich SHOPULATOV

Employment
Docent at Uzbekistan state university of physical education and sports

Degree
DSc

Research interests
University's sport, students improve, Physical education and sport, Theory of physical education, Analyzing of sport competitions

E-mail: matonat07@mail.ru