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Scientific and theoretical bases for the development of educational institutions' activity in the sphere of physical culture and sport

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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, generalization of experience of domestic and foreign coaches and specialists, analysis of documents of the educational process of sports educational institutions (diaries of athletes, annual individual plans, competition protocols), pedagogical observation, pedagogical testing, pedagogical experiment, mathematical statistics.

Results: As a result, in the Chirchik Olympic and Paralympic Sports Training Center the skill of interaction between coach, leading specialist (scientist) and athlete increased by 16.0%, in the Samarkand Olympic and Paralympic Sports Training Center the same skill increased by 12.0%, and in the Nukus Olympic and Paralympic Sports Training Center the increase of this skill was 16.0%

Conlcusion: In the Chirchik Training Center for Olympic and Paralympic sports practical training sessions were organized according to the principle of interaction “leading specialist (scientist) - coach - athlete”. As a result, coaches achieved the development of skills of interaction with the leading specialist (scientist) and athlete by 16%, skills of identification of deficiencies in 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%.

Keywords: achievements of science, Paralympic Sports Training Center, research works, introduction of new innovative, ideas aimed at using the achievements of science.

Introduction

In many countries of the world research works on the organization 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 organization 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, organization of cooperation of sports educational institutions on scientific principles, development of professional skills of coaches are not sufficiently developed. 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 organize cooperation between them on the basis of scientific principles, to study problems and introduce disciplines aimed at developing professional skills in coaches. In order to solve these problems, at the normative-legal level, the tasks are established “to improve the quality of training of qualified personnel with comprehensive knowledge in the field of physical culture and sport in accordance with international standards, to accelerate the development of science, to further improve the processes of training of highly qualified competitive coaches-teachers, specialists and scientific workers in the field of sport”.

Scientific research on the problems of training qualified specialists in the field of physical culture and sport is conducted in leading foreign research institutions and higher education institutions in the field of physical culture and sport. Scientific research on this issue is conducted in the leading research institutions of developed countries, such as the University of Liverpool [United Kingdom, Liverpool], Australian Institute of Sport [Australia, Canberra], Hungarian University of Physical Education [Hungary, Budapest], Lithuanian Sports Academy [Lithuania, Kaunas], Beijing Sports University [People's Republic of China, Beijing], Korean National Sports University [Republic of Korea, Seoul], Russian State University of Physical Culture, Sports, Youth.

According to the results of the analysis of scientific and scientific-methodological sources it was found that scientific research was conducted on the following issues: developed a methodology for teaching specialized disci-

plines with adaptation to the field, as well as joint study of problems in the context of subjects [Liverpool University, UK], developed ways of using the results of research work in the learning process [Australian Institute of Sport, Australia], developed a modular training aimed at independent learning the concept of continuity of education in sports educational institutions was developed, which eventually led to the development of adapted teaching of disciplines to the type of sport [Russian State University of Physical Culture, Sports, Youth and Tourism, Russia], the methodology of teaching a block of disciplines aimed at improving the practical experience of specialists was developed [Belarusian State University of Physical Culture, Belarus].

V.A.Gorovoy, V.M.Naskalav, Y.I.Maslovskaya, Y.A.Yanovich, V.I.Navitskaya, I.I.Guslistova studied the development of physical education and sports education, A.G.Abalyan, E.S.Sadovnikov, V.A.Kudinova, M.S. Leontieva the development of various directions of the system of physical education and sports, A.N.Volkova, A.M.Korchevsky, N.L.Strelnikova tried to study the processes aimed at increasing the activity of the population through physical education and sports.

N.I.Antonova, N.V.Kandaurova, V.V.Gorbachev in their research proved that the correct organization of work on the management of sports organizations, as well as the development of management knowledge among specialists are of great importance in the development of physical culture and sport.

Such researchers as V.A.Antipov, A.G.Gretsov, S.Y.Dutov, S.V.Galitsin proved on the basis of their research work that physical education and sport is one of the effective tools for preventing the development of such vices as drug addiction and smoking among young people.

E.N.Kaldarikov, A.K.Khashkhanok, A.O.Semenova, R.M.Magomedov noted that the development of physical culture and sports should also take into account the capabilities of the regions.

S.T. Shcherbina, R.Z. Osmanov in their studies tried to prove the effectiveness of forming human knowledge about physical culture and sport in the development of this sphere.

E.S. Aivazova, E.S. Kulmametyeva, N.E. Morozova believed that the work on the development of physical culture and sport should begin with the development of volitional qualities of pupils and students in relation to physical culture and sport.

V.A.Semirekov, T.V.Nesterenko, L.Y.Petrova through their scientific research substantiated that the popularization of physical culture and sports at production enterprises is effective for the organization of work, holding major sports events and attracting young people to mass sports.

V.V.Ayusheev, T.V.Khovanskaya paid special attention to the development of physical culture and sports in society, on the basis of supporting the activities of coaches.

Scientists of our country carried out a number of research works to study the issues of training qualified personnel in the field of physical education and sport.

Scientists of our country H.Sh.Khankeldiev, T.S.Usmonkhujaev, R.S.Salamov, A.N.Abdiev, R.D.Khalmukhamedov, F.A.Kerimov showed ways of using scientifically grounded pedagogical theories.

Young scientists S.S.Tadjibaev, A.L.Erdonov, O.J.Dadabaev, K.F.Bayazitov, R.M.Matkarimov, A.A.Kochkarov, M.H.Mirzhamolov, K.B.Muhammadiev, N.T.Tokhtabaev, M.S.Olimov investigated the issues of improving the physical training of athletes.

Methods

The research used such methods as scientific and theoretical analysis of information in domestic and foreign literature, generalization 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 and discussion

As is known, in our society in the restoration and development of health by means of physical education and sport, the skills of specialists in the field and the knowledge of the population on the use of physical education and sport in the restoration of health are of great importance because the availability of qualified personnel in the industry is necessary not only for the development of the industry, but also to eliminate emerging problems, to develop measures for further development. Qualified personnel con-

tribute to the knowledge and experience of young people in the field of physical education and sport.

The results of the conducted research showed that 87% of those with higher education believe that "Physical education and sport are important to ensure health", 83% believe that "To reduce poverty in society it is necessary to ensure health", 67% believe that "Physical education and sport are the primary factors in ensuring health in our society". Among those with secondary vocational education, 57% believe that "Physical education and sports are important to ensure health", 52% believe that "It is necessary to ensure health to reduce poverty in society", 42% believe that "Physical education and sports are paramount factors in ensuring health in our society". Of those with secondary education, 41% responded that "Physical education and sports are important to ensure health", 34% responded that "It is necessary to ensure health to reduce poverty in society", 25% responded that "Physical education and sports are paramount factors in ensuring health in our society"

The results of the study substantiate the increase in young people's knowledge about physical culture and sport, as well as the impact of increasing their knowledge on improving the level of physical culture and sport. This indicates the need for systemic reforms aimed at developing the processes of training qualified personnel in the sector.

Today, there is a penetration of various industries in the field of physical education and sports. These industries are trying to introduce new innovations, inventions in order to generate revenue. This is due to the fact that with the emergence of innovations and inventions in science, there is a need to increase the awareness of specialists about them. Therefore, specialists in the field of physical culture and sports are obliged not only to master innovations, but also to be creative themselves, to develop new ideas, as well as to acquire skills and abilities to implement them in practice. The introduction of the achievements of modern science in the activities of institutions of physical culture and sport, constant professional development courses aimed at improving the competence of coaches, the organization of research work to study the problems of the educational institution and the organization of training sessions based on their results, have a positive impact on the training of student-athletes.

In the Samarkand branch of the Institute of retraining and advanced training of specialists in physical culture and sports conducted training sessions on the modules "Professional competence and skill of a coach-teacher" and "Foreign experience in the field of physical culture and sports", taught at the advanced training course for coaches in sports with the use of our proposed methodology.

At training on the topics "Ways of development of professional competence of the sports coach and improvement of quality of educational process" and "Technology of development of professional competence of the sports coach" of the module "Professional competence and skill of the coach-teacher" the indicators of mastering the material by students increased by 11,8 %, and at training on the topics of the module "Experience of leading countries in the field of sport" and "Experience of preparation of qualified athletes of foreign countries with developed sport" of the module "Foreign experience in the field of physical culture and sport".

Conclusion

Proposals for training qualified specialists by organizing scientific schools *"Physical Education and Sport"* within the framework of actual directions of sport, as well as making scientific, methodical, organizational corrections in the methodical part of the mentor-mentee system have been developed. As a result, the number of scientific schools in the Uzbek State University of Physical Culture and Sport increased to 23.

New scientific developments and commercialized practical projects in this field were used in the development of the *"Mentor-Pupil"* system within the framework of scientific research aimed at strengthening the principles and regularities of sports training in the field of mass sports and Olympic Games.

The mechanism aimed at horizontal and vertical cooperation of the Uzbek State University of Physical Culture and Sport and its branches, Institute of Higher Sportsmanship, Research Institute of Physical Culture and Sport, sports federations, which are organizational and structural links of the *"Educational and Scientific Community"*, aimed at improving the effectiveness of scientific developments in the field of physical culture and sport in educational and scientific activities, has been developed.

The functions of the *"Educational-Scientific Community"* included such tasks as "Determining the effectiveness of the created developments and methods" and *"Organizing a scientific-practical group aimed at conducting experiments"*. As a result, the system of training qualified specialists that determines the effectiveness of sports education was improved. At the same time, it was noted that the developments created in cooperation will be experimented and offered to the development enterprises that find them effective.

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