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ISSUES OF TRAINING AND EDUCATION OF SPECIALISTS IN THE FIELD OF PHYSICAL CULTURE IN HIGHER EDUCATION INSTITUTIONS

Annotation: This article provides information on the role of physical education and sports in the continuous education system and the training system of future physical education teachers.

Also, issues of training of specialists in the field of sports in the higher education system and the main requirements set for the system of training of specialists in this field today are mentioned.

Key words: physical culture, continuous education, well-rounded person, physical education teacher, special training, professional activity, physical development, specialist, organizational ability.

АННОТАЦИЯ: В статье представлена информация о роли физической культуры и спорта в системе непрерывного образования и системе подготовки будущих учителей физической культуры.

Также представлены вопросы подготовки специалистов в области спорта в системе высшего образования и основные требования к действующей системе подготовки специалистов в этой области.

Ключевые слова: физическая культура, непрерывное образование, целостная личность, учитель физической культуры, специальная подготовка, профессиональная деятельность, физическое развитие, специалист, организаторские способности.

Physical education and sports are one of the main factors in making people healthy from childhood, preparing them for work and daily living conditions, and achieving longevity. Therefore, the role of the family environment and educational institutions is incomparable in making the young generation physically healthy, morally pure, and mentally mature. It is in educational institutions that the process of imparting knowledge and education to the young generation is complicated, and thanks to the hard work of teachers-pedagogues, our students prepare for life and work and become owners of the profession they are interested in. Among such teachers, the place of our teachers in the field of physical culture and sports is of special importance. Today, future pedagogues studying in the field of physical culture at a higher educational institution should feel the need to work hard to train the young generation to be physically healthy and talented athletes, and understand that all the secrets of this profession must be mastered perfectly [1].

In our society, a student of higher education institutions can use the conditions and opportunities created in modern schools, is demanding of himself and his work, can start educational activities in general education schools, is a master of his work, has mastered the secrets of his field in

every way, develops himself and his knowledge and talent, requires a specialist who can fully implement the process.

In recent years, in the higher educational institutions of our country, the preparation of future physical education teachers for educational activities, along with the formation of socially active and spiritual maturity feelings in the individual, it is the responsibility of future teachers-pedagogues to make young people who love the Motherland, have faith, benevolent, intelligent, honest, clean, humanitarian, philanthropic, spiritual - he has the task of educating morally competent. Only young people who can embody these qualities can become morally mature, socially active individuals and real specialists [2]. First of all, we will pay attention to the content and essence of the concept of preparing future physical culture and sports specialist for educational activities. Readiness for educational activity is a special psychological state, which requires the structure of a certain action in the subject and the constant focus of attention on its execution, patience and endurance. One of the important aspects of professional training of future specialists in the field of physical education in higher educational institutions is that the specialist himself loves sports, has special training and talent in the relevant areas of sports. Because preparing young athletes for the society in tomorrow's labor activities and increasing their interest in sports, training talented athletes is fulfilling the society's demand. At a time when the development of society as a result of education plays an important role in the life of every country, physical education and sports are an important process in the domestic and foreign policy of the country, as well as in the life of society. It is the fact that the continuous education system of physical education and sports has a positive character in all its links, which serves the well-being, health and development of the society and its power. Therefore, in the years of independence, consistent measures are being taken to popularize physical education and sports in our country, to further strengthen its organizational and legal foundations, to create the necessary conditions for promoting a healthy lifestyle among the population, especially among young people, and to improve the mechanisms of social protection of athletes.

A certain number of knowledgeable and qualified specialists in the field of physical education and sports, to comply with the requirements of state standards in the activities of republican, regional and territorial organizations, as well as those who conduct sports training in state and non-state, public and international organizations, to prepare athletes for effective participation in Uzbekistan and international competitions capable specialists are needed [3]. Physical education and sports specialists perform multifaceted, multi-functional and professionally complex work every day during their professional activities, including providing physical education, wellness and sports services related to the human personality and their health. This requires them to take personal responsibility for their work, special attention and professional skills in performing especially high-quality work and providing services. It is especially important that experts in this field regularly work with teenagers and young people, and their responsible approach to educational work.

As a physical education and sports specialist and teacher constantly work with equipment and equipment related to sports activities during their activities, they are required to have special knowledge in the process of teaching and training. Future specialists in physical education and sports will carry out organizational work in their activities, including many competitions. This means that in order to organize and carry out the quality of sports training methodically, it is necessary to prepare thoroughly in advance [4]. Therefore, it is suggested to take into account the following factors in the activities of specialists who are studying in higher educational institutions and who are preparing to carry out educational work in the field of physical education as teachers in the field of physical culture and sports in the future:

- that the work of physical education and sports specialists is related to the human personality and their health;
- to know how to use special manuals and educational tools that require special knowledge from a specialist in physical education and sports, to have special knowledge;
- knowing the psychological and pedagogical characteristics and personal qualities of each age group when working with teenagers and young adults;
- must have organizational abilities, skills and qualifications to organize and conduct planned events.

So, in recent years, as a result of constant care, active actions and participation of the state and society in the process of reforms in the field of education, the system of training future physical culture and sports coaches and teachers is developing and improving.

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