



WAYS TO IMPROVE THE PROFESSION OF PHYSICAL TRAINING AND SPORTS SPECIALISTS

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1.RELEVANCE OF THE TOPIC.

As much as information is needed to meet the spiritual needs of humanity in the age of the Internet, physical education and sports are just as important in ensuring a healthy lifestyle. The reason is that physical culture and sports are one of the means of raising a healthy generation, educating young people spiritually, helping them to become mature people in all respects. Today, the social status of specialists in this field is rising to the leading positions in the world. Because every country, of course, relies on physical education and sports specialists to preserve the gene pool of its nation, its people.

The modern conditions that arise as a result of the development of modern science require the development of professional skills of specialists in all fields.

The report of the President of the Republic of Uzbekistan Shavkat Mirziyoyev on the needs of modern personnel, the involvement of educated youth in strategic areas "Uzbekistan needs advanced personnel in line with the pace of rapid reforms" [1] "In recent years, a number of measures have been taken to improve the education system. Of course, such attention will pay off in the near future. However, at a time of rapid reforms in all spheres, our country needs such advanced personnel. In the current systemic changes, it has become clear that most specialists are not ready for this, their knowledge, skills and abilities do not meet modern requirements. we must deeply understand that. Therefore, the primary task in training physical education and sports specialists to become mature professionals on the basis of modern requirements is to rely on the criteria that determine their qualifications.

2.THE PURPOSE OF THE STUDY.

Today, the most important direction for further increasing the role of physical culture and sports in the development of our country is the development and development of criteria that determine the skills of sports professionals.

In order to ensure the implementation of the Decree of the President of the Republic of Uzbekistan dated March 5, 2018 PF-5368 "On measures to radically improve the system of public administration in the field of physical culture and sports" [2] The resolution "On further improvement of the Center for scientific and methodological support, retraining and advanced training of specialists in education and sports" [3] is also aimed at training highly qualified specialists in physical culture and sports.

3.RESEARCH RESULTS AND DISCUSSION.

In order to determine the criteria and indicators that determine the qualifications of physical education and sports professionals, it is necessary to know their field of professional activity. This is reflected in the following:

Professional activity of physical culture and sports specialists:	- study and improve the physical, mental and functional capabilities of man;
	- development and approval of the principles of active and healthy lifestyle;
	- popularization of physical culture and sports;
	- formation of personality;
	- promotion of universal values;
	- Creation of values of physical culture and sports.

Article 14 of the Law of the Republic of Uzbekistan "On Physical Culture and Sports" of September 4, 2015 states: are specialists in the field of education and sports "[4]. This law stipulates that the qualification requirements for the professions and positions of athletes, coaches and sports referees in sports are determined by a specially authorized state body. Also, sports professionals are "individuals who regularly engage in the sport or sports of their choice, constantly improving their sports skills and participating in sporting events" [5].

Qualification is a set of professionally important qualities, knowledge and skills necessary for the effective conduct of professional activities. It is a criterion of conformity and is an example of a specialist's willingness to work within a particular specialty. Qualifications are obtained as a result of training and practical activities and are a key indicator of a specialist's professional activity.

We will consider the criteria for determining the qualifications of specialists in the field of physical culture and sports on the basis of the following indicators:

1-table
Coaching activities

Qualification criteria:	Coaching activities	- Assess the physical and functional condition of the person, determine his fitness for exercise in certain sports
		- Defining the goals and objectives of the educational process
		- Development of task tools and methods of training
		- Determining the size of the load, the suitability of the individual
		- Evaluate the effectiveness of tools and methods used in the process of education and upbringing
		- Carrying out current and step-by-step monitoring of the general and special performance of students using test systems and making adjustments to the training process
		- Monitoring the effectiveness of physical culture and sports, development and use of techniques to improve it
- Accounting for workloads using computer programs for planning learning processes		

2-table
Research activities

Qualification criteria:	Research activities	- Identification and formation of current problems in the field of physical culture and sports
		- Formation of logic and methodology of scientific research in the field of physical culture and sports
		- Defining the goals and objectives of scientific research
		- Application of scientific research methods and techniques, processing, analysis and registration of research results using computer programs

3-table
Organizational and managerial activities

Qualification criteria:	Organizational and managerial activities	- planning and forecasting the development of physical culture and sports at the local, regional and global levels
		- management decisions in the field of physical culture and sports
		- Analysis and generalization of the activities of state and public administration bodies in the field of physical culture and sports
		- organization and holding of mass sports events

4-table
Recreation and rehabilitation activities

Qualification criteria:	Recreation and rehabilitation activities	- Analysis of the effectiveness of recreation and rehabilitation activities
		- forecasting the conditions and direction of recreation for different categories of the population
		- Development of local, regional, global recreation and rehabilitation programs, selection of appropriate tools and methods for their implementation.
		- organization and holding of mass sports events

The following diagram shows the role of qualification criteria and their indicators in the activities of physical culture and sports specialists, based on the above tables:

4.QUALIFICATION CRITERIA

- Coaching activities
 - Organizational management
- Research activities
 - Recreation and rehabilitation activiteies

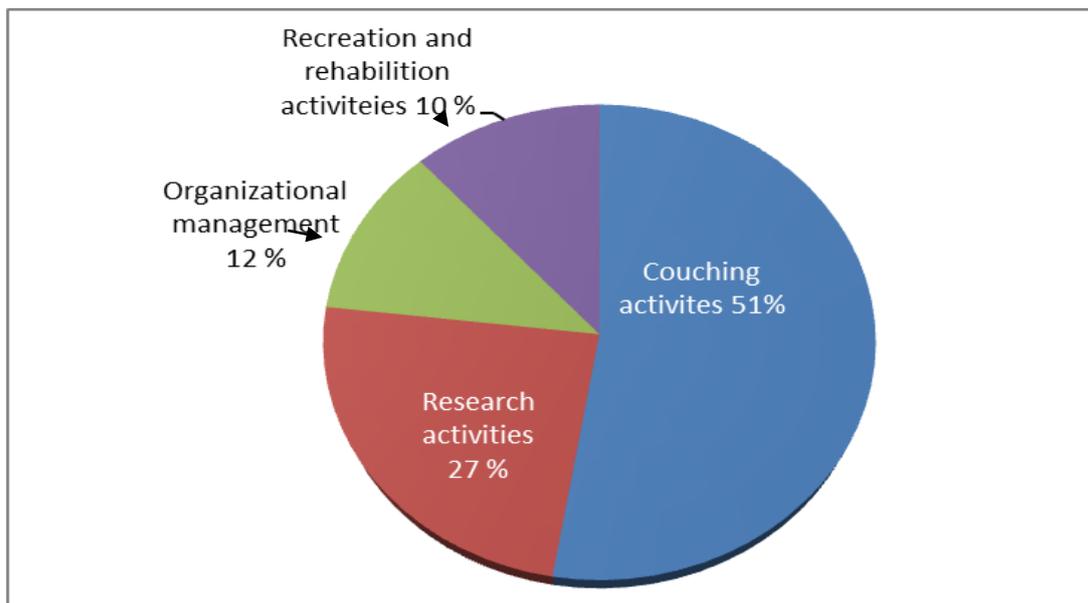


Figure 1. Qualification criteria

* Note. These criteria will be further improved and changed in accordance with modern requirements. To further develop and improve the skills of physical education and sports professionals, we offer the following approach:

5-table
Components of qualification development

Qualification	Knowledge	Skills and Abilities	Competencies	Ways to achieve the appropriate level of competence
Lower
Medium
High

Conclusion. Criteria for determining the qualifications of specialists in physical culture and sports are indicators based on knowledge, skills and abilities in the organization of sports activities.

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