

## Some Peculiarities and Requirements of Physical Training and Sports

*Ataev O. R. (PhD)*

*Uzbek State University of Physical Culture and Sport*

**Abstract:** One of the problems in the field of physical culture and sports is the formation of a system of teaching staff, training of mature personnel for the field and of course knowledge. This article discusses the theory and methodology of sports and analysis of personnel training in the field of physical culture and sports in higher educational institutions.

**Keywords:** sport, methodology of sports, physical culture, trainers, science, qualified specialists, professional training.

The foundations of the theory and methodology of sports are laid down in scientific works, which demonstrate the great role of sports in the physical education of the younger generation, scientifically substantiate the fundamental provisions of children's and youth sports, and characterize effective means, methods and organizational forms of sports training. How are the developed countries of the world achieving high development and well-being today in the field of sport? Probably it is because of the huge focus on scientific and educational system of the country? As in all developed countries, in recent years, in order to comprehensively develop our country as well, radical reforms are being carried out in the education system of the Republic of Uzbekistan. These reforms also implemented in teaching sport as well. Therefore, future physical education teachers should be ready for professional activity in different socio-pedagogical and socio-cultural conditions. One of the problems in the field of physical culture and sports is the creation of a system of pedagogical staff, training of mature personnel for the field and knowledge of sport.

Factors inherent in the management of the system of pedagogical personnel in the field of physical culture and sports, namely the regulation of the system of pedagogical personnel in the field of physical culture and sports by various methods, modern techniques and effective management becomes an objective necessity. Today in the field of education it is impossible to achieve a positive result in the training of teachers without the formation of management activities .

In the training of qualified specialists in the field of sports, only the technical and tactical training of sportsmen or their knowledge of medical and biological sciences is not enough. It is also necessary to develop their knowledge on social issues. Especially in the training of qualified coaches, their knowledge and skills about spiritual values will further increase the interest of young people in physical education and sports. Because today in our society it is important to study the attitude of the population to physical culture and sports and attract them to this field not only by improving the educational process of physical culture and sports, but also the role and impact of all factors in the development of the industry.

In the training of specialists in sports specialties in this field, the content of a particular sport, technical and tactical actions, its rules for the organization of competitions are taught in depth.

This, of course, is in line with the requirements of the time, the goals and objectives of the international sports movement. There are problems with the formation of international standards in teaching these processes to students and young learners. It is important to study those problems, to integrate them into the educational process, and, most importantly, to form and implement them in

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students. It is known that physical education teachers, especially in educational institutions, are responsible for conducting classes and trainings on sports as part of the state program.

They emphasize the need to train personnel in physical education and sports, taking into account the teaching-methodological, research and innovative-pedagogical activities of physical education teachers of universities, depending on their professional qualifications. Accordingly, there are special requirements for the training of physical education teachers, general and special issues of their profession (for example, in the field of adaptive physical culture, sports physiology, sports training in the chosen sport, fitness technology, etc.). It improves the quality of the results of the teacher's work and as a result helps to prepare students more deeply physically, stimulates interest in self-healing, increasing the psychophysical reserves of their body.

We know that the study of the attitude of the population to physical culture and sports in our society and their involvement cannot be achieved only by improving the educational process of physical culture and sports. Perhaps the role and importance of qualified pedagogical staff is also important today. In this regard, the approach to the training of scientific and pedagogical staff in the field on the basis of modern requirements is a guarantee of training qualified personnel.

Of course, the issue of educating the younger generation in a healthy way will serve to further increase the attention to physical culture and sports. In this regard, one of the main problems is the management of physical culture and sports, the training of mature personnel for this field, the development of their skills in accordance with modern requirements. In overcoming these problems, it is important to approach physical education and sports as one of the means of education.

Creating and maintaining the necessary socio-psychological conditions that ensure the effective development of future sports and pedagogical skills of students is an important issue in the training process, on the one hand, and on the other hand, mental events, individual psychological characteristics that determine the level of professional development of future professionals in sports covers a wide range of topical issues of socio-psychological science directly related to. It is no secret that today in the field of physical culture and sports, the emergence of modern coaches-educators as one of the main factors in the socio-psychological study of professional abilities, ensuring high sports results.

In modern conditions, the re-understanding and theoretical generalization of the experience gained in teacher training in higher education institutions is of particular importance. Therefore, when analyzing the activities of physical training teachers, their readiness to solve educational and organizational-managerial tasks was weak. This is due, firstly, to the fact that the general knowledge of most graduates does not constitute a single system; second, that theoretical knowledge, skills, and abilities do not form a coherent whole; thirdly, the leading ideas and traditions of advanced pedagogical practice are determined by teachers with insufficient understanding of ways to apply the theory in practice.

We know that each profession has its own characteristics. These characteristics determine the specificity of the knowledge and skills required for professional activity. In order to form a good specialist in sports, one needs not only theoretical knowledge, but also practical skills and abilities that are an integral part of his professional activity. The use of innovative pedagogical technologies in the introduction of new management principles and standards in the system of training highly qualified athletes, the implementation of these technologies will increase the effectiveness of training sessions to prepare athletes for competitions.

The system of continuing professional (pedagogical) education envisages the formation of a comprehensively developed, spiritually rich, socially active, intellectually-creative, professionally-

creative, communicative-active person. Today, the problem of finding and introducing new approaches to the practice of improving the professional training of students of physical education institutions, which can allow us to bring our specialists in the field of physical culture and sports to a much higher level.

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