

IMPROVING PEDAGOGICAL MECHANISMS FOR PROFESSIONAL AND PRACTICAL TRAINING OF PHYSICAL EDUCATION STUDENTS

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Annotation: The article discusses the improvement of pedagogical mechanisms of professional and practical training of students of the Physical Culture Department and the fact that the professional training of a teacher is an integral indicator of the result of his professional and pedagogical training, a sign of the level of formation of his professional competence, professional skills and qualifications. The professional training of a physical education teacher is the basis for the success of his professional and pedagogical activities at school.

Keywords: physical health, mechanism, professional, social education, pedagogical quality.

The professional training of a teacher is an integral indicator of the result of his professional and pedagogical training, a sign of the level of formation of his professional competence, professional skills and qualifications. The professional training of a physical education teacher is the basis for the success of his professional and pedagogical activities at school. The study and analysis of philosophical, pedagogical and psychological literature led to the conclusion that at present there is no generally accepted approach to the formation of the concept of a person's readiness for a particular type of activity. The deontological readiness of future physical education teachers for professional activity is a complex and significant professional quality of a person. It is the result of the morally oriented training of a teacher, which includes the

development and adoption of the requirements of professional pedagogical duty, the content of the norms and rules of professional ethics, moral imperatives, ethical principles, pedagogical humanistic values, and implies the implementation of activities and their professional behavior. The socio-pedagogical essence of the deontological preparation of a physical education teacher implies the orientation of the individual to this type of activity and the development of a certain level of knowledge of the norms of professional ethics and the appropriate level of communicative formation. It is important to have the skills that allow you to successfully act in various pedagogical situations within the established professional and ethical rules and within their framework, to successfully communicate with participants in the educational process. The deontological preparation of physical education teachers for professional activity consists of the following components: 1) cognitive (theoretical); 2) motivational value; 3) practical (process-activity); 4) evaluative; 5) creative (creative); 6) affective. The analysis of scientific sources, special literature and existing experience made it possible to reveal the structural organization of the deontological preparation of physical education teachers for professional activity, to identify the components, criteria and indicators of their formation. We would like to reveal the content of the components of the deontological training of physical culture teachers: 1. The cognitive (theoretical) component allows you to systematize information and present it in the form of conceptual rules, to show the logic of working with information. Revealing the relationships and characteristics of the categories of "professional ethics", "professional duty", "professional and pedagogical culture", "education in the field of physical education", "physical education and sports activities" is an important methodological factor, since knowledge in the form of information is widely used in the pedagogical process as a means of ensuring freedom of expression and self-realization of the individual in the field of physical education and sports. The implementation of the content of the component provides the student

with not only the mastery of a certain level of knowledge, but also the formation of the moral worldview of the future teacher, the possibility of constantly updating and supplementing it. The development of this component is associated with the organization of the professional and pedagogical direction of the deontological training process, the actualization of the motives of students' cognitive activity in the field of physical culture. The main indicators of this component are moral and ethical knowledge. - theoretical, methodological, methodological, technological; - knowledge of the moral norms and rules of pedagogical activity, the foundations of pedagogical and psychological deontology, etc.; - manifestation of cognitive activity in the field of professional deontology. The criterion for the formation of the cognitive component was determined: knowledge of deontological principles and deontological knowledge of the teacher. 2. The motivational-value component provides for the development of a set of positive attitudes, needs, interests and values, which form a stable motivation of future physical education teachers to their professional activities based on deontological principles. This component includes two components: a) motivational, which is characterized by the following indicators: interest in the problem of the teacher's professional duty, professional and pedagogical ethics, the need to establish relations with various subjects of pedagogical activity based on moral norms and rules. and the need to study moral norms of behavior in the field of physical culture, pedagogical ethics, the need to increase knowledge about the moral and ethical motives of the teacher's professional activity in the field of physical culture, etc. The presence of motives and needs in the use of moral norms and rules in pedagogical activity in the field of physical culture is an integrative criterion for its formation; b) value (axiological), development indicator - the teacher's knowledge of the role of spiritual and moral values in pedagogical activity in the field of physical education, etc. Its axiological foundations are associated with the problem of understanding values. the foundations of pedagogical

deontology, its role and significance in the professional status of a teacher. The criterion of formation is the problem of professional duty and understanding of the significance of deontological principles in pedagogical activity in the field of physical culture. 3. The practical (procedural-activity) component allows you to directly solve professional pedagogical theoretical and practical problems, set new educational goals, formulate teaching principles, design pedagogical technologies based on ethical norms and rules in pedagogical activity in the field of physical culture. The teacher's ability to implement innovative pedagogical technologies, forms, methods, styles and tools allows you to use promising directions and approaches to organizing activities in the field of physical culture based on deontological principles, taking into account modern requirements, needs and problems of the personality of schoolchildren. The component includes two components: procedural and operational: a) the procedural component of the professional activity of a teacher in the field of physical culture based on deontological principles) includes the following indicators of professional skills: the ability to organize and conduct moral dialogue; organize pedagogical cooperation on an ethical basis; implement the pedagogical process in the field of physical education taking into account the spiritual preparation of students, etc. Criteria for its formation: effective organization of moral education of schoolchildren through physical education; b) the operational (methodological component) is characterized by indicators of skills in the field of methods for organizing the moral education of schoolchildren through physical culture: organizational, constructive, communicative, prognostic, perceptual, etc. Integrative criterion of formation. The component is the teacher's ability to select and implement methodological methods and means of physical culture, sports and recreational activities in the moral education of schoolchildren. 4. The evaluation component performs the reflexive-regulating function of the teacher. It is determined by the level of deontological competence and general and professional culture of the personality of the

physical education teacher and includes the identification of specific areas of professional self-improvement of the individual, his internal development on the basis of deontological principles. It allows diagnosing the level of development of professional and moral self-development forces and deontological qualities and characteristics, correcting and forming one's own professional and moral image. The assessment component consists of three components: diagnostic, corrective and reflective. The diagnostic component is characterized by the manifestation of the following signs-indicators: assessment of professional activity on the basis of deontological principles, introspection and self-assessment. The reflective component lies in the understanding of the importance of deontological principles; understanding the deontological foundations of one's own professional activity. Its criteria are the understanding of the importance of deontological training in professional development. The corrective component is the development of physical education and sports skills of schoolchildren is manifested in the possession of methods for correcting moral education in classes. Its criteria are effective correction and self-correction of deontological activity. 5. The creative (creative) structural component includes the following: elements of professional creative thinking, creative self-development, creative fantasy, moral foundations of joint creativity; the presence and implementation of the incentive function. The integrative criterion for its assessment is manifested in the creative approach to the moral education of schoolchildren in physical education and sports classes. 6. The affective-systemic component includes the following indicators: the manifestation of positive and negative emotions in the teacher's deontological activity, empathy. The integrative criterion for its assessment is manifested in the experience of the emotional and empathetic attitude of students in the moral education of schoolchildren.

A healthy lifestyle is a set of measures aimed at maintaining and improving the health of life activities. It is aimed at all-round development, maintaining

and strengthening health, prolonging creative work capacity, raising working capacity to a high level, and revealing positive qualities in each person. According to most scientists who have studied a healthy lifestyle, each person is determined by the level of health. First of all, every person should know about a healthy lifestyle and have a positive approach to it. If everyone follows the above rule, we should take all possible measures to ensure that the newborn child is healthy. For example, we know from the teachings of the great scholar Ibn Sina that sufficient breast milk for a newborn baby for six months will keep him away from various infectious diseases, make the child strong, and the mother healthy. In households with a baby in the family, paying attention to the mother's food and nutrition is of practical importance for the health of the mother and child. A special place is also devoted to this in Ibn Sina's "Canons of Medicine". A healthy lifestyle should be included in the daily routine of every person, and it includes the following: productive work, properly organized work and rest, the elimination of harmful habits, a pleasant mode of movement for the human body, personal hygiene, exercise, and proper nutrition.

Productive work is the basis of a healthy lifestyle. It is considered an activity that occupies a central place in the daily routine of every person, creating the necessary basis for providing a person with economic security, and on the other hand, creating material wealth. In the process of productive work, physical, chemical, biological and social factors affect human health. During the labor process, people may encounter various unfavorable external factors. Therefore, measures are always taken to prevent unfavorable working conditions.

Properly organized work and rest It is of great practical importance for every labor institution to use mass physical education to improve people's health. Physical education exercises conducted before starting work in some labor enterprises, physical education classes conducted during the labor process,

working out in health centers after work, and participating in swimming clubs serve to maintain health.

Eliminate harmful habits. Habits that have a harmful effect on a person's health: smoking, drinking alcoholic beverages, taking drugs, and engaging in sexual intercourse should be eliminated as much as possible, taking into account the consequences. These are the greatest enemies of health.

A pleasant movement routine is an integral part of a healthy lifestyle. Its basis is regular physical education. In this regard, physical education and sports are in the first place. Mass health-improving physical education and sports are of particular importance. This was also emphasized by Ibn Sina in his time.

Exercise is a powerful health-improving tool. It cures many diseases, prolongs life, maintains creative abilities for a long time, improves blood circulation, normalizes metabolism, and prevents colds. Every person should constantly strengthen themselves with sun, water, air, and physical exercise. Proper nutrition is the basis of a healthy lifestyle. Proper nutrition ensures the proper growth and development of the body, maintains health, maintains high working capacity and prolongs life. Each person should eat in a way that covers the energy spent during the day, covers the need for proteins, fats, carbohydrates, vitamins, minerals.

Physical education is a pedagogical process aimed at comprehensive training. In other words, different phenomena that differ from each other. But, interestingly, they cannot exist without each other. Because physical culture is achieved through physical education.

The current stage of world culture, scientific and technical development, the high flight of human thinking, the revolution of ideas, say our wise people, a healthy body and a healthy mind, which are closely related.

Let's dwell on some of them:

What is the role of the social environment in the formation and maturation of a physically fit generation. If we approach this issue from a philosophical

point of view, the social environment forms social consciousness. The conclusion that follows from this is that the first condition for comprehensive development is the social environment. If we come directly to the social environment that achieves social development, then first of all, it is to form a positive attitude towards sports and provide it with the necessary tools and facilities (the establishment of sports facilities, sports schools, colleges).

When it comes to a positive attitude towards sports, warm words can be said, which can be explained by the fact that, as noted above in subsequent works, various sports events are being held and facilities are being built at a rapid pace. In particular, sports competitions held in universities and secondary schools, which are covered in newspapers, magazines, books, radio and television programs, encourage everyone to play sports, which is good, but despite this, there are also problems in this area that are waiting for their solution. For example, the lack of morning gymnastics exercises (either individually or in groups) that have been broadcast on television in recent years, the importance of physical education moments during daily work is not sufficiently promoted to the general public, and the different and number of minutes of these exercises in relation to different professions and working conditions is not scientifically based, tourism work among young people is almost not carried out, there are insufficient conditions for women and girls (especially in remote rural areas) to play sports, and there are few or no books or manuals on women and girls' gymnastics. At this point, we think it is appropriate to make some comments. It would be useful to organize morning musical gymnastics and evening walks in the fresh air before going to bed in the dormitories of current universities, lyceums and colleges based on a special program for students and pupils. Let us give one example of the type and duration of physical education minutes during work. We all know that in many regions, young people participate in cotton picking. In particular, constant bending, in addition to being tiring, causes back pain. An easy way to get rid of

this is to do exercises for 3-5 minutes every hour directly in the field during the harvesting process. They will begin to clearly notice how useful these exercises are after 3-4 days of regular training.

The fact that sports were valued among women even in ancient times is also expressed in the works of great scientists and thinkers Ibn Sina, A. Navoi, Babur and others. Their courage in labor, especially in battle and in various ceremonies, is mentioned with pride.

Increasing the importance of social education by widely promoting and implementing the positive effects of physical growth (acceleration) on mental growth, the impact of mental labor on human health, the impact of nutrition, sleep, lifestyle on a person and the role of other factors in achieving physical and spiritual maturity is one of the urgent problems of today. It is clear from this that the only treatise (scientifically based) that embodies these means of social education is more necessary than ever. Accordingly, its implementation requires the organization of open bathing, closed bathing areas (beaches) in places, and the provision of baths (especially in rural areas) to be further improved (especially in rural areas).

A 3-minute bath, in addition to having a positive effect on the cardiovascular system and endocrine glands, also gives pleasure and calms the nerves. When bathing on the beach, muscles strengthen, the chest expands, and this can be started as soon as the water temperature reaches 16-17 degrees.

It has been found that healthy people initially start sunbathing for 20 minutes, while people with darker skin start sunbathing for 30 minutes and do not stay longer than an hour and a half.

The role of biological factors in the growth of the human body is the same for people of any century. However, in addition to biological factors, social factors also have a great influence on the growth of people of the 21st century. For example, recreation, relatively improved nutrition, an increase in the amount of information, the direction of human movement towards a specific goal,

improved medical care and sanitary education, and many other factors accelerate human growth compared to previous centuries. This acceleration of growth is called acceleration (Latin for "acceleration"). It has been proven in science that such physical growth, in turn, has an effective effect on physical and mental growth. Such an acceleration phenomenon, combined with the development of science and technology, the acceleration of information delivery, is posing the problem of solving new complex problems for pedagogical and psychological sciences, especially in the field of physical education and education. If this problem is not solved positively, it will lead to a failure between the physical and mental growth and education of our youth. What is this manifested in? As noted above, this problem, if we may say so, is primarily related to the family environment. Family education experiences have been studied, and the use of three tools has been identified. These are the "Authoritarian" (i.e. "prestige"), "free upbringing", and "need" tools. A child raised in the first method grows up afraid of his parents because of their strictness. As a result, he grows up weak-willed, independent, unselfish, ruthless, cowardly and hypocritical.

The second group of young people who receive a "free upbringing" grow up to be sycophantic, selfish, avoid work, lazy, gluttonous, greedy and short-tempered.

According to the requirements of the third method, the child himself strives to "be good". This method, called "self-realization", is a unique upbringing, the essence of which has been cherished for centuries.

In particular, sports are richer in content, more complex and manifest in a unique form (the desire for first place, championship).

When explaining the role of family physical education, it is necessary to emphasize physical exercises at home (lifting weights, running, exercising on various simulators), engaging in various active games. It is enough if there is enough sports equipment for this.

In conclusion, one of the important conditions for the comprehensive upbringing of young people should be to cultivate the harmony of family upbringing with the social environment and upbringing.

Only in this case will the young people develop and flourish such qualities as satisfaction with their work, a positive view of life and people, a high level of the need to be a worthy child of their homeland and people, and a constant desire for excellence, which is actually the highest level of morality and the development of such qualities as humanity and patriotism, community, and citizenship.

In this article, we have only briefly touched upon some issues related to the role of the social environment and upbringing in the harmonious development of the younger generation - the role of the family environment and upbringing in raising a healthy and harmonious generation. In conclusion, we should emphasize that, as our scholars say, "Our youth are our future. Good upbringing is our happy future, bad upbringing is our endless future misfortune, bitter tears, and our unwashed sins before other people and the whole country."

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