



Practical Training of Future Teachers of Physical Education for the Use of National Types of Physical Education in University

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Abstract: The article carried out a comprehensive scientific analysis of the problem of professional training of future physical education teachers for the use of national martial arts in professional activities in the context of further development and implementation of an integral system of professional training of specialists in Uzbek kurash; substantiated theoretical and methodological principles of professional training of future specialists in national martial arts in higher educational institutions; the organizational and methodological conditions for the implementation of this process are determined.

Keywords: Profession, teacher, physical culture, system, university.

In modern conditions, the problem of effective training of future physical education teachers for the use of national martial arts in their professional activities is not solved, first of all, for such reasons as the lack of special scientific and methodological literature, as well as the lack of training programs for specialists in higher educational institutions, where not only the features of technical and tactical training and sports training, but also the history, philosophy, ethnic laws of national sports, their health-improving orientation, the peculiarities of using elements of national sports in educational institutions. Thus, contradictions arise between: a significant increase in the number of graduates of the faculties of physical education and their unwillingness to use national martial arts in their professional activities (sports and physical culture and health); the needs of modern educational institutions in highly qualified physical culture specialists who own the technology of using national martial arts and the lack of organizational and methodological conditions for the training of such specialists in higher educational institutions of Uzbekistan of III-IV levels of accreditation; the requirements of society for the training of future teachers who are ready to use national martial arts in their professional activities, and their qualifications in accordance with the educational and qualification level; the content of professionally oriented disciplines and pedagogical technologies for the implementation of this content; focus on new models of the educational process in higher education and the traditional training of a specialist. The solution of the above contradictions requires the search for more flexible approaches to increasing the level of professional training of future physical education teachers.

The theoretical analysis of the basic concepts of the study regarding the professional training of future specialists in national martial arts gave us the opportunity to conclude that a specialist in Uzbek kurash must have the ability to pedagogical, psychological, legal, geological, research, medical activities, as well as historical and local history, patriotic, health, etc.

Training and retraining of specialists in the field of national martial arts has traditionally been associated with advanced training of physical culture and sports workers, which, in the absence of basic education in Uzbek kurash, did not solve the personnel problem of training such specialists. Higher pedagogical educational institutions in Uzbekistan were focused on training only qualified teachers of physical education. To develop the concept and model of professional training of

specialists in national martial arts, we carried out a historical and pedagogical analysis of both the development of national martial arts in Uzbekistan and the analysis of foreign experience in training specialists in this area. The conducted analysis showed that the most weighty ideas for introduction into professional training of specialists in Uzbek kurash should be: wide use of information technologies; strict criteria for the selection of applicants; the adoption of a law that fixes the employment of persons with vocational education; the expediency of the functioning of the social qualification structure of personnel and assets. Let's take a closer look at the main provisions of the concept of professional training of future specialists in the field of national martial arts, developed by us, in particular, Uzbek kurash. Firstly, the professional training of future specialists is considered as an integral system, which is built on the basis of the organic unity of the general, personal and individual. Professional training of future specialists in Uzbek kurash, as a general thing, is a component of professional training of future specialists in physical culture and sports; as a personal one, it has its own specifics, due to the peculiarities of the professional training of future specialists in national martial arts; as an individual - reflects the dependence of the effectiveness of training on the personal qualities of the future specialist, his psychological culture, ability to teach and coach. Therefore, the peculiarity of the professional training of future specialists in the field of Uzbek kurash lies in the fact that such a specialist must possess professional skills inherent in both a physical education teacher and a teacher-trainer of Uzbek kurash. Secondly, the professional training of future specialists in Uzbek kurash must be carried out in the system of professional training of future specialists in physical culture and sports. We have developed a model of professional training of specialists in Uzbek kurash that reflects a holistic and continuous process of this training, which meets the educational and qualification levels - bachelor, specialist, master.

The model reveals the process of professional training of future specialists in the field of Uzbek kurash in accordance with the goal, tasks, principles, reflects an integrative approach to the professional training of future specialists, since it integrates both the training of specialists in physical culture and sports in terms of content, selection of forms and methods. and experts of national martial arts. In the content of professional training of future specialists in physical culture and sports at the educational qualification level "Bachelor of Physical Culture and Sports", the invariant and variable parts of professional training are highlighted. The invariant one includes the humanitarian, socio-economic and fundamental disciplines, which are studied according to the curriculum for the training of physical education teachers and involves the integration of individual topics devoted to the study of Uzbek kurash.

The variable part includes professionally oriented and selective academic disciplines, which are studied according to the curriculum for the training of physical education teachers with the integration of professionally oriented disciplines in Uzbek kurash. At the bachelor's level, the professional training of future specialists in the field of Uzbek kurash is aimed at deepening general education, the formation of fundamental and professionally oriented knowledge and skills necessary for solving typical professional tasks, as well as preparing students for the further acquisition of the specialization "Uzbek kurash".

At the level of "specialist", according to the model, the professional training of future specialists in Uzbek kurash is aimed at studying fundamental and professionally oriented disciplines ("Theory and methods of teaching Uzbek kurash," Psychophysical and health systems, "Equestrian training", "Technique and tactics of Uzbek kurash, "History and Spiritual Foundations", "Fundamentals of Survival"), practical field training during undergraduate practice, etc.

At this stage, the emphasis is on professional training with the acquisition of initial practical experience. At the "Master" level, according to the model, the professional training of future specialists in Uzbek kurash is aimed at mastering by students the basics of scientific and teaching activities in higher educational institutions.

In this regard, such disciplines as "Methods of scientific research in physical culture and sports", "Physical education and coaching and teaching work in higher educational institutions", "Fundamentals of lecturing" are added to the block of disciplines of the educational qualification level "specialist".

After graduation, masters receive a second specialty - "trainer-teacher in Uzbek kurash", which makes it possible to work both in institutions of physical culture and sports, and to engage in pedagogical, research work in higher educational institutions.

No less important in the psychological and pedagogical training of future specialists in Uzbek kurash is their readiness to implement "subject-subject" relations in the systems "teacher - student", "coach - athlete", which largely depends on the personal qualities of the specialist.

At the same time, the personal qualities of a trainer-teacher, unlike a physical education teacher, are predetermined by the specifics and features of this type of activity. It should be emphasized that in the course of training such types of practices are used - active, industrial and professional development practice (pre-diploma).

In addition, field camps play an important role. There is no doubt that the teacher's activity should be aimed at creating organizational and methodological conditions for the professional training of future specialists in Uzbek kurash and include stimulating and motivating students to study; selection of content, forms and methods of study of students; organization of practical classes; internship; introduction of innovative pedagogical technologies, control and evaluation component, self-improvement, development of educational and material support.

That is why, in the process of experimental testing of our model, we used the criteria of both the effectiveness of the activity and the criteria for the professional readiness of future specialists for sports and recreational activities. In the course of the research, the following was developed and implemented: a curriculum for training specialists in physical culture and sports with a specialization in Uzbek kurash; curricula and work programs for all special disciplines of specialization.

An analysis of the results of the experimental work testified that according to all criteria, both the professional activity of teachers and the preparedness of students, there is a positive trend. However, the conducted research does not solve all the problems of professional training of future specialists in the field of Uzbek kurash in higher educational institutions.

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