

Improving Competences in Musical Rhythmical Gymnastics in Future Teachers of Physical Education and Physical Culture

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Abstract

It is important to implement a system of training specialists in the field of physical culture and sports on the basis of perfect sequence and continuity. This article discusses the specifics of improving the professional competence of future physical education teachers.

Keywords: *competence, physical activity, physical culture, training of athletes, field of physical culture, scientific-methodical support, specialists, professional skills.*

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The system of training modern specialists in the field of physical culture is perfectly organized in the country. The Uzbek State Institute of Physical Culture, a leading and central university in the field, trains many highly educated physical culture specialists and sports coaches.

Rhythmic gymnastics is a healing type of gymnastics. Its main content consists of elements of URM, running, jumping, dancing, and is performed mainly in a continuous way, accompanied by melodies-rhythmic music.

Rhythmic gymnastics creates a questionnaire of special exercises, which improves the health of participants, improves mood, enjoys muscle movement, and increases the tone of the nervous system. All this strengthens a person's health, increases the ability to work. Rhythmic gymnastics can be practiced by anyone; it is highly effective and fun. Rhythmic gymnastics affects all parts of the body and the development of physical qualities such as agility, flexibility, endurance. Accompanied by music, it influences the rhythm of movement and raises the mood of the participants. Exercisers try to move faster, which increases the effect on the body.

Rhythmic gymnastics may have focused on athletic development, but the exercises did not focus on developing endurance, strength, and flexibility. Rhythmic gymnastics complexes consist of more dance movements that meet the needs of the trainee in dance.

Gymnastics complexes have their own characteristics. First of all, these complexes use exercises that have aerobic properties (running, jumping), as well as exercises that increase stretching, flexibility, joint movements.

Second, not only disco tones, but also music by national composers and folk dances are used for musical accompaniment.

These exercises not only help to create a beautiful movement, but also affect the spiritual world of a person. It is therefore an effective tool for people to relax in educating a young person.

The leading scientists and sports coaches of the country teach future specialists at this university. In addition, the existing physical education faculties of the universities and pedagogical institutes of the regions of the Republic provide the education system with a large number of highly educated physical education teachers. In addition to training athletes, the Olympic Reserve Colleges established in recent years also train sports coaches with secondary special education. Scientific and methodological support for the training of specialists in the field of physical culture in the system of secondary special vocational education and higher education in the country is organized on the basis of modern requirements. In other words, educational institutions are provided with well-developed SST and curricula, textbooks, and a variety of textbooks.

The system of training specialists in the field of physical culture and sports has been introduced on the basis of perfect sequence and continuity.

However, in order to further improve the process of training specialists in line with modern requirements and to fully meet the requirements of the STS, it is necessary to make some changes in the content of the system of training physical education teachers with higher education. Based on many years of pedagogical observations, experiments and discussions with leading professors of the Republic and experienced professors and teachers of physical culture, the following was revealed. In recent years, some Olympic-educated athletes have entered physical education faculties to improve their professional skills. However, the student will have some difficulty in continuing his or her next career and improving his or her skills. For example,

the university lacks experienced coaches and professors in some sports. It is this that to some extent disrupts the continuity between secondary special vocational education and higher education. Based on the above, it is important to do a number of things to further improve the system of training specialists in the field of physical culture. It is also advisable to make it mandatory for graduates of physical education faculties to meet the requirements of 2 or 3 sports levels (categories) in the sports included in the physical education curriculum of general and secondary special vocational education.

The specific features of the pedagogical activity of a physical culture specialist, the specific tasks of his work determine the specific content of the complex of components of this profession, the basic, professionally necessary knowledge and skills as a teacher. Psychological and pedagogical competence refers to knowledge, skills, abilities, as well as ways and means of their implementation in practice. Addressing this phenomenon, scholars argue that we are talking about special and professional competencies in the field of science being taught; Methodological competence in the field of methods of formation of knowledge and skills in students, socio-psychological competence in the field of communication processes, differential psychological competence in the field of motives, abilities, directions of students' activity.

The teacher's activity is both transformative and controlling. You need to be competent to manage your personal development. A teacher's professional qualification is expressed in the unity of his / her theoretical and practical preparation for pedagogical activity and characterizes his / her professional skills.

The main components of a teacher's professional competence are:

- socio-legal competence;
- knowledge and skills in the field of interaction with government agencies and people, as well as professional communication skills;

Individual competence:

- continuous professional growth, the ability to understand themselves at work;

Special competence:

- specific types of activities for self-fulfillment (including physical education and sports);

Autocompetence:

- Adequate understanding of their social and professional characteristics;

Extreme competence:

- Ability to move in suddenly difficult conditions.

Pedagogical culture is a specific form of general culture in the context of the pedagogical process. Pedagogical culture mainly includes the worldview, moral, professional, emotional, aesthetic, physical and hygienic aspects of culture.

Every teacher has a responsibility to instill in his or her students the skills of a healthy lifestyle, both verbally, in practice, and in appearance. That is why there is no doubt that every science teacher needs a professional in the field of physical culture. A teacher's physical culture is a measure and method of a person's creative self-awareness in communication and in various forms of physical culture, as well as in pedagogical activities aimed at mastering and creating the

values of students' physical culture. Pedagogical education provides a set of disciplines related to the development of teachers' professional competence in the field of physical culture. According to the curricula and programs, these are:

1. physical education and training;
2. physical education and sports;
3. physical education and recreation;
4. physical education and rehabilitation;
5. physical culture and adaptation;
6. Physical culture - post-adaptation.

All of these activities, if done correctly, should be aimed at developing the skills of non-professional physical education, including health, sports and physical activity, and a healthy lifestyle.

It is known that the Republican Student Sports Association "Student" has gained its potential at the traditional conferences on the development of physical culture and sports in the country. The main role was played by the formation and improvement of a healthy lifestyle of schoolchildren and students, the promotion of national games and sports, children's sports and women's physical education. Attention was paid to a wide range of issues related to the expansion of research results of young scientists, talented researchers, masters and even students, the application of the results in practice, the role and responsibilities of talented scientists. They can be found in the collections of the Republican scientific-practical conferences held in Jizzakh (2005-2007), Bukhara (2007), and Termez (2008). Sport is an artificial creation of a conflict situation, a unique model that reflects this reality. Educational sports activities are interesting if they have a practical application and are reflected in the main professional activity.

1. The professional competence of a teacher in the field of physical education is an integral characteristic of a teacher's business and personal qualities and is sufficient to carry out competent decision-making activities that reflect his level of knowledge, skills, abilities and experience.
2. The professional competence of a teacher in the field of physical culture is formed by the content of his personal thoughts and feelings, values, level of development of interests and needs, level of physical development, level of mastery of motor skills and abilities. In order to form this quality of a teacher, it is necessary to form psychological, scientific-theoretical, practical, psychophysiological and physical preparation for professional activity in the field of physical culture.

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ContributionsThe concept of a teacher's professional competence expresses the unity of a person's theoretical and practical training in the whole structure and describes his / her

professional skills.

Thus, the terms "professional activity" and "pedagogical activity" of a teacher carry the same semantic burden. Therefore, the terms "professional competence" and "pedagogical competence" can be used as synonyms. The concept of professional competence is a description of the main pedagogical activity.

It should be noted that one of the main factors in the further development of physical culture and sports in our country is the potential of specialists in this field. Therefore, it is necessary to fully meet the requirements of the system of training in the field of physical culture and sports, as well as to enrich the system to some extent with new requirements based on the above recommendations.

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