



Methodological approaches to the development of a profессиogram for a physical education teacher

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Annotation

The article describes the main methodological approaches to the development of a profессиogram of a physical education teacher at a school educational institution, taking into account the requirements of innovative technologies.

The system of pedagogical abilities, skills and basic functions that a graduate of the Faculty of Physical Education should possess is presented.

Keywords

Professional activity, monitoring, ability, professional skills, component, basic functions, profессиogram.

In the independent Republic of Uzbekistan, improving the quality of education is a priority problem of pedagogical science. The most important document in the system of higher humanitarian education, at the stage of training physical education teachers, is the profессиogram of a teacher of a secondary school, where the main functions of his pedagogical activity are established, as well as the requirements for the knowledge, skills, abilities and personal qualities of the teacher necessary for the implementation of these functions.

The profессиogram of a physical education teacher is an ideal model, which presents the main qualitative aspects of a personality, his qualification characteristics and requirements for his knowledge, abilities, abilities and skills, psychophysiological capabilities and the level of motor readiness.

The professional activity of a physical education teacher is associated with mental tension significant physical activity, conditions associated with the influence of external regional factors.

An indispensable condition is that a physical education teacher must have good health, constantly keep fit, have mental, aesthetic, organizational and communication skills.



All practical activities of a teacher should be pedagogical and to be formed on the basis of motivational education is "love for children" and his professional interest in physical culture and sports.

Taking into account the progressive changes in pedagogical science, with the introduction of innovative technologies into the theory and practice of pedagogical of whom the collective of educational institutions, all professional abilities of a physical education teacher can be divided into ideological, moral, communicative, volitional, intellectual and motor qualities.

Constant monitoring of the pedagogical activity of the teacher of physical culture, conducted at the department of theory and methodology of physical culture, made it possible to identify certain patterns aimed at identifying the necessary professional abilities for the pedagogical activity of graduates.

The system of pedagogical abilities of future physical education teachers can be divided into:

- 1) didactic ability - the ability to convey educational material in an accessible way.
- 2) academic ability - the ability for the forthcoming work in this specialty.
- 3) perceptual abilities - the ability to penetrate into the inner world of the student.
- 4) verbal abilities - the ability to clearly and clearly express their thoughts and feelings using speech, facial expressions and pantomime, to have a commanding voice;
- 5) organizational skills - the ability to organize students in the classroom and extracurricular activities, to form and direct the team to solve the assigned tasks;
- 6) authoritarian abilities - emotional and volitional influence with pedagogical tact, to achieve authority among students;
- 7) communication skills - the ability to establish close contacts, establish relationships that are appropriate for the implementation of pedagogical activities;



8) pedagogical imagination - to foresee the consequences of pedagogical activity, in the ability to predict the development of the necessary professional qualities.

It should be indicated that in the learning process, the student must possess the necessary professional skills:

Constructive skills physical education teachers help to select and design educational material presented in state standards, to carry out long-term and current planning.

Organizational skills of the teacher associated with the ability to organize working hours, correctly choose your location in the gym during the lesson, use trained students as assistants, organize the work of sports sections in selected sports, sports competitions and holidays, etc.

Communication skills in this profession, they occupy a special place in the pedagogical process and are conditionally divided into three groups: proper communicative, didactic and oratory.

Properly communicative, they are expressed in the ability to come into contact with schoolchildren. Didactic skills are aimed at the conscious attitude of students to the development of educational material. Oratory skills are associated with the culture of speech.

Gnostic skills are associated with the knowledge of individual students and the class team, the analysis of pedagogical situations, the ability to use educational methodological and scientific literature, to carry out the simplest research and analysis of the results.

One of the most important components of the professional activity of a physical education teacher is the practical mastery of the performance technique *motor actions in* accordance with biomechanical laws. Correct display of physical exercise and possession of student insurance elements indicate the effectiveness of educational activities.

The theoretical and practical knowledge of a physical culture teacher determines the professional readiness for pedagogical activity, while the teacher's erudition plays an important role here.



The general knowledge of a physical education teacher includes his worldview and general culture, special include psychological pedagogical, biomedical and physical culture and sports knowledge.

A physical education teacher is obliged to possess information on the individual components of his students, their age and sex characteristics, character, abilities, inclinations, health and physical status.

A physical education teacher must have operational knowledge and be aware of all innovations in the field of his specialty.

Physical culture and health and sports activities in the school system of public education is part of the pedagogical process and therefore decides educational, upbringing and recreational tasks.

The main functions of a physical education teacher include:

- 1. Educational functions are aimed at** the formation of moral and spiritual values of the student's personality.
- 2. Educational and educational functions are aimed at** transfer of special knowledge and skills to students in the field of physical culture and sports.
- 3. Management and organizational functions** aimed at organizing lessons, classes in sports clubs, sports competitions and holidays.
- 4. Design functions** are aimed at long-term and current planning of physical culture activities, training loads and expected achievements of students.
- 5. Administrative functions** physical education teachers are aimed at material support of the physical education process.

The above listed components of the pedagogical activity of a physical culture teacher are inextricably linked and have mutual influence.

The annual monitoring of the quality of professional training of a physical education teacher for pedagogical activity, taking into account the introduction of modern innovative



technologies into the educational process, allows us to create a modern professionogram of a specialist in physical culture for the public education system.

The professionographic method allows you to design a professional the growth of a physical culture teacher is one of the methods for self-observation and self-analysis, contributing to the professional growth of a physical culture teacher.

Differences in the requirements for the physical fitness of specialists dictate the need for professionally applied physical training, which is a specialized type of physical education, aimed at the formation and improvement of the properties and qualities of a person, which are essential for a specific professional activity¹.

FROM With the help of the means of professionally applied physical training, various professionally important sensory, mental, motor, organizational and pedagogical skills are formed and improved, knowledge and skills are acquired, a high level of functioning and reliability of all main body systems and mental processes is provided²..

The main factors that determine the general orientation, tasks and content of professional-applied physical training of students of a special faculty are:

- the nature, volume of incoming information and the conditions for its perception by students in the process of educational activities;
- the nature of the main professional motor actions;
- special external conditions of professional activity.

The specific conditions of the teacher's labor activity require the development of the corresponding special physical qualities. The upcoming work of a physical education teacher

¹Khasanov A.T. Structural - Functional Model of Preparing Specialists Pre-Conscription Military Education Uzbekistan.//Eastern European Scientific Journal. Ausgabe 1-2018. -S.32-35.

²Khankeldiev Sh.Kh., Zhabborov K. Research of the readiness of a graduate of the Faculty of Physical Education for innovative activities. //Pedagogy. 2016. -№6.-C.104-109.



will be associated with working conditions in the open air at low or high temperatures, which requires the body's resistance to cold, heat, sharp fluctuations in temperature effects, general endurance, good condition of the cardiovascular system, and the thermoregulation system. These factors determine the main tasks of professionally applied physical training:

- development of the leading physical abilities for the profession;
- formation and improvement of auxiliary-applied motor skills;
- increasing the body's resistance to external influences;
- upbringing of strong-willed qualities specific to this profession;
- increasing the functional stability and adaptation of the body to adverse regional influences.

The content of the professiogram includes a detailed description of the working conditions, its nature and specifics. They are determined by the specifics of movements, actions and techniques. At the stage when solving the assigned tasks of professional-applied physical training, it is important to select the appropriate means, the choice of effective methods and forms of their implementation.



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