

TRAINING OF HIGHLY COMPETENT SPECIALISTS IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS

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Abstract

This article describes the system of training sports specialists in higher educational institutions, the processes associated with increasing the competencies of students. In addition, the requirements imposed by our government and the President on the system of training specialists in the field of sports, and the tasks set to fulfill these requirements, were highlighted.

Keywords: Sports specialist, professional competence, competence, process, qualification, personnel training system.

INTRODUCTION

In Uzbekistan, much attention is paid to the development of sports and physical culture. During the years of independence, an effective system of training professional athletes, coaches and judges has been created in the country. The implementation of these goals in every possible way contributes to the wide promotion of a healthy lifestyle, the education of comprehensively developed youth, and the further development of physical culture and sports in the republic. An important legal basis for the reforms carried out in this direction is the Law of the Republic of Uzbekistan “On Physical Culture and Sports” and other regulatory legal acts aimed at attracting citizens, especially youth, women and children, to physical culture and sports.

Today Uzbekistan is in the full sense of the word a sports country. A healthy lifestyle is widely approved among young people, and mass sports are ensured. Uzbek athletes, achieving high victories at prestigious international competitions, demonstrate to the whole world the high sports potential of our country. The results achieved by our athletes at the 2016 Olympic and Paralympic Games held in Brazil introduced Uzbekistan to the sports community of the world as a country where sports are developing at an accelerated pace. This is what we are rightfully proud of. Young boys and girls defending the colors of the national flag, professionals of individual and game disciplines, demonstrating exceptional training and phenomenal skills at representative forums, eloquently confirm that they represent a country with rich sports traditions. The results of the measures taken are manifested in the growth in the number of our compatriots involved in sports and winning prizes in various international tournaments.

The adoption of a number of resolutions and decrees of the President regarding the promotion and development of sports in Uzbekistan in subsequent years indicates that the development of this area is within the framework of state policy. In particular, the President of the Republic of Uzbekistan signed a decree “**Measures to further improve the system of training and scientific research in the field of physical education and sports**” can be a clear example of our words. According to the decree, special

attention is paid to providing and training qualified personnel in the field of physical culture and sports, adapting the educational process to international standards and digitalizing the management system, further increasing the pedagogical and scientific potential and radically improving the quality of research work, as well as achieving high results. through the transfer of advanced foreign sports and educational technologies, a number of tasks have been identified for this. According to this decree, a number of events were carried out at the faculties and departments of physical culture of higher educational institutions, in particular:

- educational programs are formed according to the program for training specialists in the field of sports, taking into account the experience and study of foreign universities with a high international rating;
- a system for training highly qualified specialists in a number of sports has been introduced;
- in order to constantly improve the sports skills of students and receive education based on variable (replaceable) training plans for personal trajectories, the educational process is organized on the basis of a credit-modular system and this system will be fully implemented by the 2024/2025 academic year.¹

Particular attention is paid to the comprehensive development of the pedagogical competencies of specialists studying in the field of physical culture and sports. After all, only highly qualified specialists prepare and educate the younger generation capable of achieving high results in various fields of sports. As a result of the reforms carried out in the field of sports in recent years, it can be noted that the training of sports specialists has begun to bear fruit. A number of sports schools and lyceums began to operate in the regions of our republic. As a result of the change in the attitude of our youth towards sports, the athletes of our country win gold medals in a number of prestigious sports competitions and have the opportunity to raise the flag of our country in front of the world community. In each district, special sports schools began to be created. For example, we can cite the Andijan boxing school, Kashkadar, Surkhandarya wrestling schools and others. The requirements for the training of sports specialists contribute to the further development of sports in Uzbekistan. The system of training athletes, the widespread introduction of a system for training and stimulating sports specialists requires creative thinking from each specialist in physical culture and sports, the use of non-traditional methods and ways of training athletes.

In order to form promising, talented athletes among students, systematic work is carried out, in particular:

- constant monitoring of the interests and abilities of students in sports in the learning process from the first year, as well as the selection of students in the areas of sports;

- at the level of each faculty, department, the formation of groups of talented youth in sports and their involvement in regular sports of their choice;

- providing practical assistance and comprehensive support for the participation of students in international Olympiads;

- the establishment of additional incentives at the expense of the educational institution for those who have taken prestigious places and awarded medals at republican, international olympiads and competitions;

- wide promotion of the achievements of student-athletes by the Youth Union of the educational institution, youth departments;

- regular organization of competitions among university students and selection of athletes to prepare for international competitions.²

¹ O'zbekiston Respublikasi Prezidentining 03.11.2022-yildagi PQ-414-sonli "Jismoniy tarbiya va sport sohasida kadrlarni tayyorlash hamda ilmiy tadqiqotlar tizimini yanada takomillashtirish chora-tadbirlari to'g'risida" gi qarori.

²Xoliqov, I. (2022). Sport sohasida iqtidorli talaba yoshlarni saralab olish va maqsadli tayyorlash tizimini takomillashtirish. Buxoro davlat universitetining Pedagogika instituti jurnali, 2(2).

Particular attention is paid to the selection and training of highly competent trainers, constant work is carried out to improve their professional skills, knowledge and skills. In higher educational institutions of the Republic, selection for coaching positions is carried out strictly on a competitive basis. With the participation of leading specialists from foreign countries, systematic work is being carried out to exchange experience in training specialists in the field of sports. Directly in the faculties and departments, the growth of sports achievements of students in sports is monitored. Training and training of a specialist have become purposeful. As a result of systematic work on the part of coaches, students achieved high results in various areas of sports.

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