

DEVELOPMENT COMPETENCIES OF FUTURE PHYSICAL CULTURE TEACHERS IN USING DIGITAL TECHNOLOGIES

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Abstract

This article discusses the importance of digital technologies for future physical education teachers. The most problematic competences for teachers of this subject, i.e. the ability to use digitization technologies, have been studied.

Keywords: Digital technology, Innovation, Physical culture, Pedagogy, Competence.

INTRODUCTION

It is no exaggeration to say that the attention paid to education in our country encourages every student to achieve high goals. Any education and upbringing system is formed and develops in a certain social, scientific-technical, economic, cultural and, finally, political environment. The extensive coverage of digitalization innovation topics in scientific research conducted in recent years confirms once again how relevant this topic is. The volume of information, which is constantly increasing, serves to increase the intellectual potential of the society. In order for future physical culture teachers to effectively use information technologies in the course of their work, they should first of all create the basis for the formation of their own information environment. Because it is not a secret to anyone that one of the main problems of physical culture teachers goes back to this topic. It is no exaggeration to say that special attention is being paid to topical issues such as digitalization of IT technology from the side of President Mirziyoyev Shavkat Miromonovich, which served as a unique motivation not only for computer technology specialists, but also for representatives of the field of sports and physical culture.

MAIN PART METHODOLOGY

The President of the Republic of Uzbekistan on the introduction of modern information technologies into the educational process and improving the skills and qualifications of teachers Resolution No. PQ-191 of September 28, 2005, Resolution No. 200 of June 6, 2002 of the Cabinet of Ministers of the Republic of Uzbekistan "On Measures for Further Development of Computerization and Introduction of Information Communication Technologies" No. 25 of February 16, 2006 on the further improvement of the system of retraining of teaching staff and improvement of their qualifications indicates that attention is paid to this issue as a priority of state policy. First of all, the formation of digitalization skills in future physical culture teachers is a very important factor. In many cases, physical culture teachers try to continue their work in the field of education after finishing sports. For this reason, special processes such as digitization and innovations are being taught in the qualification requirements of physical culture teachers. That is, in the minds of physical culture teachers, digitalization of innovative technologies, if they conduct their activities using the most advanced technologies in the course of teaching, will increase the student's interest in the subject. Nowadays, taking into account the rapid growth of socio-economic changes and scientific and technical development among future physical culture specialists in secondary schools and

higher educational institutions, future physical culture specialists and o It takes a certain amount of time to master new ideas and new modern information technologies in the thinking and receptive activities of students. It is a very important component for every teacher to be able to interest his object through modern technologies. In many cases, if you ask students and young people about their interest in the science of physical culture, you will get a very negative result, the main reason being that science teachers cannot attract new technologies to their field is a big problem. For this reason, we will be able to see that if the future physical culture teachers are trained in this direction from the bachelor's period, they will become mature specialists in their field in the future.

THE RESULT

It is recognized by pedagogic scientists that one of the most important indicators of the future physical culture teachers is to improve the possibilities of using computer technologies in the current educational institutions, to use such technologies in the educational process.

U.Sh. Begimkulov emphasized the need to create a computer information environment in educational institutions and an information base of a level that can meet the requirements of the present time, to develop hypertext and multimedia, imitation in teaching, communication systems, input, systematization, storage and use of necessary information using computer technology suggests creating a recommended database for It is emphasized that future physical culture teachers should pay attention to the following in the process of effective organization of the educational process based on modern information technologies.

Especially the forms of remote classes organized based on the requirements of the present time include basic factors such as digitization of computer technologies that future physical culture teachers need to know. In order to meet the requirements of the present time, big sports are primarily dependent on technology, and in order to be able to explain the forms and methods of physical culture, the competencies of future physical culture teachers must be comprehensively formed. is an important factor.

Future physical culture teachers should follow several important rules when using modern information and communication technologies in the pedagogical activities of educational institutions. In the pedagogical activities of future physical culture teachers based on modern information technologies:

- Forming complex processes such as being able to develop the technological basis of education at the level of modern requirements;
- The task of forming special skills and qualifications for organizing the teaching process on the basis of modern technical tools;
- Due to the openness of distance courses, the need to pay attention to the complexity of their quality requirements and control the quality of educational materials;

It is no exaggeration to say that one of the most important tasks for future physical culture teachers, considering that the new era is rich in technologies, is to strive for news full of innovative ideas, and above all, to be able to work in sync with the times. .

If we take into account that the main subject of human resources management is innovation and new technological processes, we will be able to set ourselves the task of training future physical culture teachers. Arming students with general and special pedagogical knowledge, improving the professional skills of physical culture teachers. To achieve this goal, effective use of advanced experiences in the field of science for students to acquire theoretical knowledge and apply it in practice in successfully solving goals and tasks in the field of education. The main and important features of the development of physical culture of students are to direct students to achieve personal development through regular exercise, to acquire physical qualities through continuous self-awareness, to acquire basic spiritual competencies such as willpower, hard work, and courage. The need to clarify the level of regulation of the learning process

with motivational and cognitive components gives a unique meaning in revealing the essence of the topic.

CONCLUSION

First of all, as a conclusion, it can be said that the attention paid to this field by our president in our country encourages us to further develop and work for the potential of this field. The training of future physical culture teachers is not a process that takes place only by force, but it is a very important task to prepare educated physical culture teachers with the most advanced innovative technologies. Taking into account that the 21st century is the age of technology, studying the activities of developed countries based on their technological advancement and advancement, first of all, forming our own mechanism, and further improving our skills to use the most advanced technologies in order to form our vision of a physical culture teacher. necessary. If we take into account that the main task of a physical culture teacher is to promote a physically healthy lifestyle among the young generation, if we introduce digitalization of this activity with innovative technologies, using new technologies into their scope of activity, the field of physical culture will also be improved. It is no exaggeration to say that it will be formed as the most advanced technologies and join the ranks of leading sciences. It should be an important goal for the future physical culture teacher to be mature in all aspects.

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