

ЖИСМОНИЙ МАДАНИЯТ ЎҚИТУВЧИЛАРИДА СОҒЛОМ ТУРМУШ ТАРЗИНИ ШАКЛЛАНТИРИШГА ТАЙЁРЛАШНИНГ ПЕДАГОГИК АСОСЛАРИ

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Аннотация

Ушбу мақола бўлажак ўқитувчиларда фуқаролик ва ватанпарварлик компетенциясини ривожлантириш мезонлари ва кўрсаткичларидан “Ўзлюксиз маънавий тарбия концепцияси”ни жорий этишда тарбияланганликни баҳолаш индикаторлари сифатида фойдаланилган. Натижада бўлажак педагогларни талабаларда Ватанга садоқат компетенциясини шакллантиришга тайёргарлигини ташхис этиш имконияти ошган. Тадқиқот доирасида ишлаб чиқилган ватанпарварлик туйғусини ривожлантиришнинг компетенциявий ёндашувга асосланган интерфаол шакл, метод ва воситаларидан “Тарбия фанини ўқитиш технологияси” қўлланмасини ишлаб чиқишда фойдаланилган. Мазкур таклифлар бўлажак педагогларни тарбиявий фаолиятга тайёрлаш, уларда фаол фуқаролик позитсиясини ривожлантиришга имкон яратган.

Таянч сўзлар: Ватанпарварлик онги, ватанпарварлик дунёқараши, маънавий-ахлоқий, фуқаролик-ватанпарварлик, ҳарбий-ватанпарварлик, спорт ва ватанпарварлик, педагогика, бўлажак ўқитувчилар, тарбиявий фаолият, таълим, тарбия, компетенция, модернизация.

ПЕДАГОГИЧЕСКИЕ ОСНОВЫ ПОДГОТОВКИ К ФОРМИРОВАНИЮ ЗДОРОВОГО ОБРАЗА ЖИЗНИ У УЧИТЕЛЕЙ ФИЗИЧЕСКОЙ КУЛЬТУРЫ

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Аннотация

Данная статья была использована в качестве показателя оценки воспитанности при введении "концепции непрерывного духовного образования" из критериев и показателей развития гражданско-патриотической компетентности будущих педагогов.

В результате возросла возможность диагностики готовности будущих педагогов к формированию у студентов компетенции лояльности к Родине.

Разработанные в рамках исследования интерактивные формы, методы и средства, основанные на компетентностном подходе развития чувства патриотизма, были использованы при разработке учебно-методического пособия "педагогическая наука и технология обучения".

Эти предложения позволили подготовить будущих учителей к воспитательной деятельности, развить в них активную гражданскую позицию.

Ключевые слова: Патриотическое сознание, патриотическое мировоззрение, нравственно-нравственный, гражданско-патриотический, военно-патриотический, спортивно-патриотический, педагогика, будущие учителя, воспитательная деятельность, образование, воспитание, компетентность, модернизация

PEDAGOGICAL BASES OF PREPARATION FOR THE FORMATION OF A HEALTHY LIFESTYLE AMONG PHYSICAL EDUCATION TEACHERS

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Annotatsiya

This article was used as an indicator of the assessment of upbringing when introducing the "concept of continuous spiritual education" from the criteria and indicators of the development of civil and Patriotic competence of future teachers. As a result, the ability to diagnose the readiness of future teachers to form students' loyalty to the Motherland has increased.

The interactive forms, methods and tools developed in the framework of the study, based on the competence-based approach of developing a sense of patriotism, were used in the development of the educational manual "pedagogical science and technology of education".

These proposals made it possible to prepare future teachers for educational activities, to develop an active civil position in them.

Keywords: Patriotic consciousness, Patriotic Outlook, moral, civil-Patriotic, military-Patriotic, sports-Patriotic, pedagogy, future teachers, educational activities, education, upbringing, competence, modernization.

Developed countries in the world are paying special attention to strengthening their cultural heritage, cultural and moral values on the path of spiritual and cultural development in the context of globalization. This in turn is due to the innovative approach to the educational process and the active implementation of pedagogical technologies. The effect of innovations introduced into the educational process directly depends on the level of professional and pedagogical creativity and development of the teacher. Great importance is attached to the

provision of innovative areas of training of qualified personnel based on the carbon declaration, World Education Forum, Millennium Development Goals, education for all and a competency approach at the Lisbon conventions. Within the framework of the Bologna Process, attention is strengthened to the research of the problem of ensuring the variability of active and interactive forms of education, the development of professional-pedagogical creativity of future teachers on the basis of a competent approach.

Social and organizational and pedagogical conditions aimed at developing the creative capabilities of the individual in world practice, the formation of scientific and methodological support and information and educational environment, solving the problems of professional-pedagogical creativity based on the diagnosis of components of the educational process, comprehensive management of the quality of education, student-pedagogical-student attitude to the implementation of, effective use of the possibilities of a competency approach in revealing the essence of creative competence (creative thinking, the ability to embody, analysis-synthesis-generalization), new methods of development in the vision of innovative technologies has become a disadvantage.

The transition of education in our republic to new paradigms assumes not only innovative approaches to the self-consequential development of students, but also the improvement of the methodological foundations of this process. In particular, "to form a healthy lifestyle in our society, to create conditions suitable for students of the time, especially the younger generation, to regularly engage in physical education and mass sports, to strengthen confidence in their will, strength and capabilities in youth through sports competitions, to improve courage and patriotism, to mature feelings of loyalty to the motherland, as well as, large-scale work is being carried out aimed at the systematic organization of the selection of talented athletes among young people and the further development of physical education and mass sports.1 in higher educational institutions, it is important to improve the theoretical and practical content of students' knowledge, develop professional knowledge, skills and abilities that will be necessary in pedagogical professional activities, develop creative educational technologies.

PF-4947 of February 7, 2017, PF-5368 of March 5, 2018, and PQ-2909 of April 20, 2017, "on the strategy of action for the further development of the Republic of Uzbekistan"., This dissertation work serves to some extent in ensuring the implementation of the tasks set by the decisions of the Cabinet of Ministers of February 13, 2019 "on approval of the concept of the development of physical education and mass sports in the Republic of Uzbekistan for the period 2019-2023" and other regulatory legal acts related to this activity.

The connection of the study with the research work of the institution of Higher Education, where the dissertation was performed. Dissertation research PZ of scientific research plans of Bukhara State University-2017-0927124-digital" development of pedagogical activity on the basis of cooperation in educational institutions " (2018-2020.) as part of a practical project on the subject.

The purpose of the study is to improve the scientific and pedagogical foundations, conditions and technologies of the formation of pedagogical culture in future teachers of Physical Culture and to develop scientific and methodological recommendations for their use in higher educational practice.

Research tasks:

analysis of pedagogical and psychological features and factors of the formation of professional culture in its students;

clarification of the stages and didactic parameters of the formation of professional culture, pedagogical communication in future teachers;

clarification of the criteria and indicators of the development of professional competence on the basis of the technology for the formation of professional culture in its students and the methodological support of non-audience training on the topic "sports ethics and aesthetics;

The process of formation of pedagogical culture in the future teachers of physical culture of Bukhara, Fergana, Urgench state universities, Kokand State Pedagogical Institute was selected as the object of the study, and a total of 390 students were involved in the experimental work. Methods, forms, paths, tools and technologies for the formation of professional culture were selected in future teachers as the subject of research.

Methods of research are the study of scientific and methodological literature on the topic, analysis, generalization, pedagogical observation, sociometry (interview, questionnaire, test, interview), pedagogical experience-testing and mathematical-statistical processing of information.

The scientific novelty of the study consists of:

improved on the basis of prioritizing pedagogical reflection (self-awareness, perception, Assessment, Management) in accordance with professional needs, pedagogical-psychological features and factors of the formation of professional culture in students;

improved on the basis of design of didactic parameters of systematization of educational materials in the formation of professional culture, pedagogical communication in future teachers, design of pedagogical communication tasks, interactive methods of working with pedagogical communication materials (interactive dictation, virtual travel, mental attack;

in order to formulate pedagogical culture on the basis of indicators and criteria in future teachers, pedagogical and psychological requirements and recommendations were developed on the conduct of lectures and seminars, conferences, introduced into the practice of physical education and sports directions of Bukhara, Fergana, Urgench state universities, Kokand State Pedagogical Institute.

The reliability of the research results is based on the theory of cognition and the work of scientists, Methodists and practitioners of Republican and foreign countries in the field of pedagogical education; the application of mutually complementary research methods

corresponding to research tasks; analysis of experimental and test work and quantitative and qualitative provision of research results, and confirmation of the results obtained by competent structures.

Scientific and practical significance of research results. As a result of the study, pedagogical science is enriched with scientific and pedagogical views, theoretical approaches to the formation of pedagogical culture in future physical culture teachers. It was also explained by the fact that the content, specifics, technologies, ways of organization, forms and methods of the process of formation of pedagogical culture in future teachers, scientific and methodological recommendations on the organization of the educational process are used in the educational process.

In the dissertation work, scientific-practical based approach and recommendations are established with the development of instructions for organizing the process of formation of pedagogical culture in future teachers of higher educational institutions, enriching content, ensuring quality and efficiency, and improving the skills of lecture texts, special courses in addition to the audience, educational materials, teachers of future physical culture.

Introduction of research results. The future physical culture is based on the scientific results obtained in improving the competence of professional culture, pedagogical communication in teachers:

proposals and recommendations for determining the pedagogical-psychological characteristics and factors of improving the competence of pedagogical communication in students the materials of a special program of non-audience training on the topic "sports ethics and aesthetics" are integrated into the educational plans and programs of The Bachelor of physical culture (reference book of the Ministry of higher and secondary special education dated March 28, 2019 As a result, the qualification requirements for the professional training of future teachers are enriched on the basis of the system of competencies of pedagogical communication;

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