

The Problems of Preparation of Future Physical Education Teachers for Professional Activity on the Basis of Sports Coaching

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Abstract – The problems of preparation of future physical education teachers for professional activity on the basis of sports coaching, improving students' behavioral strategies, creating conditions for professional and personal development, suggestions and recommendations on effective professional cooperation with future athletes and the realization of internal potential are given in this article. Also, thought and reflections on performing future professional functions for future physical education teachers, creating conditions for educators to open opportunities in the field of sports, being aware of personal resources and internal means of achieving success in professional activities, renewal of professional motivation, systematic thinking and effective problem solving are shown.

Keywords – Sport, Coaching, Physical Training, Coach, Motivation, Pedagogue.

I. INTRODUCTION

Today, the preparation of future physical education teachers for professional activities on the basis of sports coaching is being clear as a socio-pedagogical necessity.

The notion “coach” in the field of sports appeared in the 20th century. In English: “coach” means “sport tutor”, “physical training teacher”, as well as it is used in the context of leading, teaching and coaching activities for sportsmen [1]. Coach consultants together with group managers, leaders start to appear in the modern sport teams. It is vital to describe the notion “coaching” as a part of the research. Coaching is the activity of acting as a sport tutor, leading in the field of sports, decision-making of positive qualities in students and trainees.

Sports coaching is important in the future activities of students and in improving their physical fitness and effectiveness in this area, prepares professionals to work in sports clubs, sections and additional courses [2]. Especially, sports coaching serves to improve sports activities of future physical education teachers in general secondary schools. In preparing future physical education teachers for their future pedagogical activities, sports coaching requires students to work on themselves - to develop themselves physically, spiritually, intellectually, to manage their emotions and they are manifested in the following: to combine sports and training environment; to manage the activities and learning process of sports additional courses, sections, clubs; to encourage and to evaluate students' achievement and development in learning and sports; to motivate and assist students in the field of education and sports; to develop students' achievements in sports.

II. MAIN PART

The activities of coaches in sports are determined by the relationship between the process of training and physical training. This activity is based on the formation of a harmoniously developed personality, their high cultural and spiritual level, high personal qualities of the teacher, his sense of patriotism, prestige and duty, his approach to humane principles, as well as practical skills of organizing educational work among students.

In the educational process, sports coaches act as instructors who provide the humanitarian factor. Their personal qualities - the personal qualities of the pedagogue, which determine the humanitarian factor in the educational process, include: stringency, truthfulness, integrity, kindness, suavity. These qualities should determine the importance of the pedagogue to the students. Personal qualities affect teaching and educating skills.

Sports coaches teach students to interact with each other, to manage his behavior in emotional interactions, to use different ways of interaction, to mobilize the will in strengthening physical qualities, to be self-directed and to maintain coherence in team interactions.

Pedagogical activity of a physical training teacher - professional activity of the pedagogue, aimed at solving the problems of education and physical training of students and carried out by means of pedagogical interaction. The teacher does several of these activities: *teaches, nurtures physical qualities, guides, organizes, promotes, organizes sports competitions, stimulates students' achievements in sports*. All of this is directly or indirectly focused on solving the tasks of training and physical education. Hence, motivation during the pedagogical activity of future physical education teachers - target stage, the stage of understanding the situation is manifested; motives are born, mental preparation for the activity is created, goals and objectives are set and changed; the teacher's influence on the mental development of the students is coordinated; methods of pedagogical self-analysis (diagnostics, prediction, control) are used; the task is solved, the pedagogical shortcomings are eliminated.

III. CONCLUSION

Therefore, coaching strategies play an important role in organizing the future professional activities of future physical education teachers. In this regard, it is important that sports coaches have a deep knowledge of the most important mechanisms of interpersonal relationships, the ability to organize the internal communication, interaction and interaction in a harmonious way in team sports.

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