

IMPACT FACTOR (UII) 7,31
IMPACT FACTOR (SUIF) 7,31

ISSN 2250-3311

TJPE

Thematics Journal of Physical Education

Informing scientific practices around the world through research and development



2021

IMPROVEMENT THE QUALITY OF EDUCATION AT PHYSICAL EDUCATION CLASSES WITH APPLICATION OF COMPETENCE-BASED APPROACH

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Annotation . The article deals with the application of the competence-based approach in the process of physical education as a condition for improving the quality of education.

Keywords. Physical education, competence-based approach, individual characteristics.

The problem of training pedagogical personnel is becoming more and more relevant in the context of the development of modern culture and society, digitalization of education and other trends. The problem of training physical culture personnel for general education schools is especially urgent, since physical culture changes its content, using a wider range of physical education and exercise systems than before.

The success of a physical education teacher depends on the level of professionalism. A professional is a specialist who has mastered a high level of professional activity, consciously changes and develops himself in the course of labor, makes his own individual creative contribution to the profession, finds his individual purpose, stimulates society's interest in the results of his professional activities and increases the prestige of his profession in society ...

Physical culture is an organic part of human culture, its special independent area. At the same time, it is a specific process and result of human activity, a means and method of physical improvement of a person. Physical culture affects the vital aspects of the individual, received in the form of inclinations, which are transmitted genetically and develop in the process of life under the influence of upbringing, activities and the environment. Physical culture satisfies social needs in communication, play, entertainment, in some forms of personal self-expression through socially active useful activities.

At its core, physical culture has a purposeful motor activity in the form of physical exercises, which allow to effectively form the necessary skills and abilities, physical abilities, to optimize the state of health and working capacity.

Physical culture is represented by a set of material and spiritual values. The former include sports facilities, inventory, special equipment, sports equipment, and medical support. The latter include information, works of art, various sports, games, complexes of physical exercises, ethical norms that regulate human behavior in the process of physical culture and sports activities, etc. In developed forms, physical culture produces aesthetic values (physical culture parades, sports demonstration speeches, etc.).

The result of activity in physical culture is physical fitness and the degree of perfection of motor skills and abilities, high level of development of vitality, sports achievements, moral, aesthetic, intellectual development.

So, physical culture should be considered as a special kind of cultural activity, the results of which are useful for society and the individual. In social life in the system of education, upbringing, in the sphere of work organization, everyday life, healthy recreation, physical culture manifests its educational, health-improving, economic and general cultural significance, contributes to the emergence of such a social trend as physical culture movement, i.e. joint activities of people to use, disseminate and enhance the values of physical culture.

Today's situation in the world makes the highest demands on the competitiveness of a person, which depends on his ability to learn new technologies, to adapt to new working conditions. Therefore, the modern concept of education is aimed at integrating the final learning outcomes with those planned by the student. This is how the competence-based approach emerged. This approach strengthens the practical orientation of education, enhances the role of the experience of various skills and increases the ability to put into practice the acquired knowledge.

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The competence-based approach is reflected primarily in the materials describing the image - the result of training at the university, and setting the goals and

standards of education - in the qualification characteristics and state educational standards of higher professional education.

When entering competence-based education, it is necessary to understand the essence of the concepts of "competence" and "competence", which are the basic components of a competency- based approach to education. Vocabulary analysis of the concept of "competence" showed the similarity of its definitions in domestic sources. The concept of "competence" is most often interpreted either as a synonym for professionalism, or as one of its components.

The majority of scientists regard competence as the ability to identify connections between knowledge and a situation, to apply knowledge and skills to solve a problem. In other words, competence is what gives rise to skill, action.

It is now generally accepted that a competent specialist in physical culture and sports is a specialist trained to solve all groups of problems arising in his professional activity.

If we talk about the professional competence of a teacher of physical culture, then one should bear in mind that he has a number of necessary competencies. A specialist in this field, in accordance with the standard, should be able to:

- to realize and achieve parity relations between the universal general-human and cultural mission of one's professional activity and its physical culture and sports function associated with the physicality, motor activity and health of the student;

- to provide emotional, aesthetic and, at the same time, comprehensible techniques, means and methods with which he interacts with students;

- to master and teach other skills to accurately perceive people and conduct a dialogue with them in the process of communication in a sports duel, in physical culture events, in leisure activities, etc.;

- to define goals and present in an accessible form the image-result of his activity and the activity of his student, to connect theoretical knowledge with the experience of personal teaching, life and physical culture and sports experience of the one to whom he transfers his knowledge;

At present, against the background of the intensification of the educational process in universities, there has been an alarming tendency to decrease the volume of students' motor activity, which negatively affects their health and physical development. It should be noted that the organized forms of physical education, provided by the university program, satisfy on average 25–30% of the total daily

motor needs of a student and cannot compensate for the general deficit of motor activity.

The urgency of the problem of optimization of the motor regime of students becomes obvious, the solution of which, in our opinion, depends on the practical application of effective means and methods of physical education of student youth.

During their student years, the body of young people is at great risk of developing chronic diseases. One of the ways to maintain health is physical activity, health-improving physical culture.

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