

DEVELOPMENT OF PROFESSIONAL SKILLS AND COMPETENCIES OF PHYSICAL EDUCATION TEACHERS

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Abstract: This article is devoted to the study of the importance of the competence of a physical education teacher in improving the quality of education. Pedagogical strategies, methods and psychological approaches necessary for improving the effectiveness of the educational process of physical education teachers are presented. The possibilities of improving the quality of education by increasing the motivation of students, promoting a healthy lifestyle and developing interest in sports were also considered. The purpose of the article is to further strengthen the role of the physical education teacher and improve the process of teacher training in accordance with changes in the education system.

Keywords: interest, talent, ability, skill, innovation, creativity, healthy lifestyle

Аннотация

Данная статья посвящена изучению значения компетентности учителя физической культуры в повышении качества образования. Представлены педагогические стратегии, методики и психологические подходы, необходимые для повышения эффективности образовательного процесса учителей физической культуры. Также рассматривались возможности повышения качества образования за счет повышения мотивации учащихся, пропаганды здорового образа жизни и развития интереса к спорту. Целью статьи является дальнейшее усиление роли учителя физической культуры и совершенствование процесса подготовки учителей в соответствии с изменениями в системе образования.

Introduction

The role of physical education classes in shaping a comprehensively developed, spiritually mature, and healthy younger generation—the successors of our future—is unparalleled. Through these classes, we can:

- Correct postural issues (rounded shoulders, constricted chests);

- Develop physical qualities (strength, speed, flexibility, endurance, agility);
- Cultivate moral maturity.

This demands that PE teachers:

1. Masterfully teach the sequence and techniques of physical exercises;
2. Captivate students' attention during each activity;
3. Foster self-confidence through creative and competency-based approaches.

The professional competence of PE instructors is thus pivotal in ensuring students' holistic development and lifelong commitment to health.

Literature Review on the Topic

Recent years have seen growing interest in studying the development of professional qualifications, competencies, and creative qualities among school teachers, particularly in the context of physical education (PE).

Russian researcher V. Zaitsev, in his studies, emphasized the pedagogical mastery of PE teachers during lessons. His findings highlight that PE teachers in general education schools not only impart physical skills but also play a crucial role in students' moral and ethical upbringing [4, p. 246].

I. Razuvaev and V. Gavrilova analyzed the psychological competence of PE teachers and its impact on students. They demonstrated that enhancing teachers' psychological competence contributes to students' spiritual and cultural maturity. According to their research, improving education quality in PE requires competent teachers who apply individualized approaches, considering students' age, psychological, and physiological characteristics.

Research Methodology

The study aligns with the Presidential Decree PQ-392 (November 15, 2024) of the Republic of Uzbekistan, titled *"On Measures to Fundamentally Improve Physical Education Teaching in General Secondary Schools and Enhance the Professional Development of PE Teachers."* This decree outlines key tasks for:

- Modernizing PE instruction in schools;
- Establishing an effective system for continuous teacher development;
- Regularly improving teachers' professional and physical skills [1].

Core Competencies for PE Teachers:

1. Teaching health-promoting exercises with proper technique;
2. Sequencing physical activities to develop motor skills;
3. Ensuring safe use of sports equipment;

4. Promoting healthy lifestyles in the community.

The multifaceted and complex nature of these responsibilities places significant demands on PE teachers, requiring them to continuously develop their competencies through self-improvement.

Key Challenges and Responsibilities

- Implementing student-centered approaches tailored to individual needs;
- Integrating innovative methods to enhance engagement;
- Balancing skill development with moral education.

This framework underscores the critical role of PE teachers in shaping a physically and spiritually healthy generation, in line with national educational reforms.

The Concept of "Competence"

The term "competence" originates from the Latin word "competere", meaning "to be suitable" or "to correspond."

- Competence refers to the ability to independently and creatively apply acquired theoretical knowledge, practical skills, qualifications, and personal virtues.

- Competency (from Latin "competens" – "capable," "qualified") denotes an individual's capacity to perform tasks, solve problems, and meet professional-social expectations based on their knowledge, skills, and experience. It also reflects their real-world adaptability.

Key components of competency include:

- ✓ Independence
- ✓ Initiative
- ✓ Collaboration
- ✓ Situational awareness
- ✓ Logical thinking
- ✓ Information processing and rational decision-making

Thus, the competency-based approach emphasizes applying knowledge in practice without negating the importance of theoretical foundations [3, p. 17].

Analysis and Findings

A competent physical education (PE) teacher:

1. Teaches physical exercises while strengthening students' health.
2. Promotes healthy lifestyles and fosters personal virtues.

3. Contributes to societal well-being by shaping future generations.

Critical Competencies for PE Teachers:

- Personal: Self-confidence, motivation, discipline, and collaborative skills [5, p. 73].
- Professional: Pedagogical mastery, innovative teaching methods, and effective class organization.
- Cultural/Specialized: Safe use of sports equipment, adherence to norms, and health advocacy.

Unique Aspects of PE Teaching:

- High emotional engagement through games, exercises, and competitions.
- Role-model influence: Teachers attract attention through their physical fitness, graceful movements, endurance, and technical proficiency, inspiring students.
- Direct teacher-student interaction fosters mutual respect and mentorship.

Creativity in PE:

PE teaching is inherently creative and non-standard, requiring:

- Adaptability to diverse student preparedness levels.
- Problem-solving in dynamic situations.
- Innovative pedagogical approaches to spark interest in sports and healthy lifestyles.

A modern PE teacher is not merely a source of knowledge but a specialist who navigates complex scenarios through expertise, leaving a lasting impact on students' physical and moral development.

The general cultural competencies of physical education teachers are among the decisive factors in improving education quality. Through these competencies, teachers not only conduct sports lessons but also actively participate in shaping students as socially beneficial, cultured, and morally mature individuals. Therefore, every physical education teacher must continuously develop their general cultural proficiency. This represents not only a personal achievement but also a significant contribution to enhancing educational quality.

Specialized Competencies of Physical Education Teachers

The specialized competencies of physical education teachers are manifested in:

- Deep knowledge of various sports disciplines
- Mastery of correct exercise techniques
- Continuous monitoring of students' physical development

These specialized competencies enable teachers to:

- ✓ Select appropriate exercises tailored to students' capabilities
- ✓ Teach proper exercise techniques
- ✓ Improve students' physical fitness levels
- ✓ Provide comprehensive knowledge about healthy lifestyles, proper nutrition, physical activity, and avoiding harmful habits
- ✓ Conduct engaging and interactive lessons
- ✓ Stimulate students' interest in physical education
- ✓ Encourage participation in sports
- ✓ Teach correct exercise techniques with safety precautions
- ✓ Provide injury prevention guidance
- ✓ Support students and celebrate their achievements
- ✓ Boost self-confidence and motivation

Scientific-Methodological Recommendations for Enhancing Professional Competence

To achieve effective education quality, continuous professional development of physical education teachers is essential. The following scientific-methodological recommendations have been developed:

1. Creating a Creative Educational Environment:

Establish an innovative learning environment in the information education space to develop competencies and creative qualities in physical education teachers.

2. Defining Creative Competencies in Professional Standards:

The pedagogical standard should clearly define a system of creative competencies related to developing creative qualities in physical education teachers.

3. Developing Methodological Guidelines:

Create and disseminate methodological manuals and guidelines on pedagogical competence and its development techniques for physical education teachers.

4. Professional Development Opportunities:

Enhance teacher competencies through participation in conferences, seminars, training courses, and knowledge-sharing events.

Conclusions and Recommendations

The competencies of physical education teachers - encompassing personal, professional, general cultural, and specialized aspects - play a crucial role in improving education quality. Each of the teacher's competencies is vital for:

- Imparting knowledge to students
- Supporting their physical and mental development
- Promoting healthy lifestyles
- Educating them to become valuable members of society

Therefore, improving the qualifications of physical education teachers through:

- Attending conferences, seminars, and training courses
- Sharing professional experiences
- Engaging in self-development

represents one of the most important tasks of the education system. Continuous development of teacher competencies ensures the holistic development of students and the advancement of educational quality.

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