



ACTUAL PROBLEMS OF PREPARATION FOR ENTERING A HIGHER EDUCATIONAL INSTITUTION IN THE FIELD OF PHYSICAL CULTURE AND SPORTS

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Abstract

Searching for new directions in the training of specialists in the field of physical culture and sports is one of the main ways to improve the scientific-pedagogical process in a higher educational institution.

Keyword

culture, sport, rise, connection, era

The attention given to youth by our President is very important. "Currently, 32 percent of our country's population, or 10 million, are young people under the age of 30. The fact that our youth are able to take responsibility for the future of our country and are becoming the decisive force of today and tomorrow gives us all pride and honor.

It is necessary to bring to a logical conclusion our large-scale work in this field, in particular, our adopted nationwide programs on education.

For this purpose, the most important task of the government, relevant ministries and agencies, as well as the entire educational system, our respected teachers and professors, is to provide thorough education to the young generation, to raise them to be physically and spiritually mature people.

The time demands that we raise our work to a new level, aimed at creating modern workplaces for our children and ensuring that they occupy a worthy place in life," they emphasized, and higher educational institutions were assigned the task of increasing coverage to 60% [2].

The young generation is a component of the education system based on physical education. This aspect of the educational process serves the purpose of educating students in all aspects of their physical, mental and spiritual qualities, preparing them for life, work, defense of the Motherland, and forming a member of society who embodies the bank of physical reserves necessary to achieve physical maturity.

Searching for new directions in the training of specialists in the field of physical culture and sports is one of the main ways to improve the scientific and pedagogical process in a higher educational institution.

In the Decree of the President of the Republic of Uzbekistan "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" it is also stated that "... until 2025, the quality composition of trainers and specialists, in particular, the number of employees with higher education in state sports education institutions, will gradually increase to 80% delivery..." are defined as the main directions[2].

This, in turn, requires serious attention to be paid to the field of preparing young people for higher education. Especially popularization of physical education and sports and training of qualified personnel in this field that meets the requirements of the time is also one of the urgent issues.

We conducted our research with students of the graduating class of general secondary schools and studied their level of preparation for higher education institutions in the field of physical education and sports.

The high unemployment and low motivation of personnel raises the question of finding ways to improve the selection and retention of the contingent of students for entering higher educational institutions

in the field of physical culture and sports.

The motivation of schoolchildren and students for physical education and pedagogical activities was studied. The analysis of the results showed that the most influential motives are those related to the development of physical qualities (84.3%), the desire of schoolchildren to engage in physical culture and achieving high results in the chosen sport (68.7%). Among students, these motives were 53.2% and 31%, respectively. 21% of schoolchildren and 38.4% of students defined health promotion.

Motivation is fundamental in understanding pedagogical activity. Interest in pedagogical activity is understood as a person's desire for professional activity related to education and training. The analysis of the results showed that this indicates that some schoolchildren have a misconception, which means that they do not have the necessary information about professional activities in the field of physical culture and sports, and they are not given the opportunity to try their hand at it. Therefore, there is a need for additional training for schoolchildren on choosing a profession and pedagogical activities.

Formation of a high level of professional interest in schoolchildren is based on the expression of enthusiasm for the chosen profession at a high and low-medium level. Schoolchildren have not yet developed a high level of interest in the profession. A comparative analysis of the manifestation of interest in pedagogical activities showed that 58.3% of the respondents showed a high level of interest in the students, and 38.5% of the formed professional interest.

Currently, the President is paying great attention to the further development of physical education and mass sports, and relevant tasks in this field have been defined.

Therefore, serious attention is paid to the training of highly qualified specialists in the field of physical education and sports, many agreements on cooperation with higher education institutions of foreign countries have been signed in recent years, and raising the higher education system to a new level has become an urgent issue.

It has been proven that methodically properly organized physical education and sports training in the regime of rest and work have a positive effect on ensuring high intensity and productivity of work. Such training increases the level of functional capabilities, physical and emotional stability, reduces morbidity, accelerates the process of starting work, provides the ability to maintain the optimal pace, speed and efficiency of work activities for a long time (LPMatveev, 2005).

In order to effectively manage the physical education of schoolchildren, objective information about the physical condition of the participants and the changes in the body under the influence of the tools and methods used during physical exercises is required.

Studies have shown that the health and pedagogical tasks in the physical education of students are inextricably linked. Rational implementation of physical education is carried out during the academic year by means of rapid control of students, taking into account the characteristics of physical development and movement readiness in each course. A permanent system of control and management of the physical education process of students, providing motivation to engage in physical exercises and sports, leads to an increase in the quality of the educational process.

One of the effective methods of education is modular training, the essence of which is that students can work independently on the program that includes the information bank offered to them, and its methodical management aims at flexibility, adaptation to the individual requirements of the person, and ensuring the level of basic (basic) training. .

In modular training, the pedagogue performs the function of coordinator and consultant. In practice, the use of the principle of modular teaching leads to the creation of educational material in such a way that the sections are not separate from each other, but it gives the opportunity to create and complete the educational material without changing the single content.

As can be seen from the above, promoting a healthy lifestyle among students, training qualified personnel for various sectors of our country, and improving their professional physical fitness is the need of the hour. However, the hours allocated for physical education in the educational programs of higher educational institutions are not enough to develop professional physical fitness of students and comprehensively prepare them for their future profession.

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