

## **SPECIALISTS IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS MANAGEMENT ARE THE MODELS OF PROFESSIONAL DEVELOPMENT**

**Mekhmanov Ravshan\*; Yusupov Toirjon\*\***

\*Senior Teacher,  
Fergana State University,  
Uzbekistan, Fergana City,  
Fergana, UZBEKISTAN

\*\*Lecturer,  
Fergana State University,  
Uzbekistan, Fergana City,  
Fergana, UZBEKISTAN  
Email id: mekhmanov\_r@gmail.com

**DOI: 10.5958/2278-4853.2022.00065.9**

---

### **ABSTRACT**

*The main directions of modernization of the system of physical education in educational institutions and improvement of physical education preparation for young people, improvement of the system of physical education and sports for students Bo'isha shoga events, as well as increasing the effectiveness of compulsory physical education in the educational system Bo'isha recommendations to be implemented by the council. To this end, the issue of development of physical education and sports sphere in Uzbekistan is also considered at the level of public policy, it is used as a guaranteed means of simplification of the gene pool of the nation, the upbringing of a generation with physical and mental potential and an important area of strategic importance in promoting the ideas of national independence. The article examines the conceptual model of the development of professional skills of specialists in the field of physical education and sports management.*

**KEYWORDS:** *Physical Education, Sports, Innovation, Sports Coach, Healthy Lifestyle.*

---

### **INTRODUCTION**

Management is seen as the implementation of influence instruments aimed at maintaining or improving the functioning of any system (selected among the many possible ones). In physical education, this is a purposeful, planned and constant informational influence of the subject of management on its object. In this, regular adjustments are made to the changes that occur in the object. However, the correction is not pressure, but to take into account the current changes in the managed system as much as possible to the maximum, directing them to achieve a profitable result.

In the development of a concerted model of the development of professional skills of specialists in physical education and sports management, we came from the structural nature of the subject

of management - its material and spiritual elements that serve the interests of people from a large-scale sphere of physical education to the improvement of qualities and qualities, ensuring the harmony of physical

## MAIN PART

The theory of active approach in the theory and methodology of modern physical education began to be used as a methodological principle from the late 70-ies of the XX century. Within the framework of this theory, the activity is a dynamic system, the parameters of which are constantly changing. He is clearly grounded. Loss of basis becomes an activity simple, unreasonable action. In an active approach, it is emphasized that the psychophysiological basis - the constant reliance on needs, facts and interests of which are interrelated to each other (both directly and in reverse). In an active approach, the direction of maintaining evidence has two interrelated sides.

One of them reflects the dynamic stability of the evidence and the other their conservativity, rigidity (rigidity). The second side of the direction in which this is explained is impossible without reflection in the subject of activity: the subject can become a blind performer, strictly recorded by the instruction, the basis of the program of action [1].

An active analysis of the instruction, aimed at the final result, will lead to the emergence of a hypothesis about the gradual nature of the instruction as a mechanism of stabilization of activity motivations. At least three structural levels of activity are allocated: meaningful, purposeful and therapeutic. The mechanism of stabilization of the structural elements of the activity of which the instruction is distinguished is undoubtedly a positive phenomenon. But in an active approach, it is necessary, first of all, to rely on the constant variability of these structural elements.

The following are the main management functions of the leader to meet the modern imagination and needs of the social environment:

1. Design-to know in advance - to identify the main directions of the dynamics of the development of an emerging managed system in the direction of a market that meets the needs of society, has made progress.
2. To increase the effective activity of the educational - upbringing - management facilities, motivation, their cognitive activity, the desire to acquire new knowledge in the professional sphere.
3. Organizational is a purposeful activity, it ensures the solution of management tasks.
4. Structure and storage of communicative-informational-communicative relations, re-modification of necessary information and sending it to personnel.

In each task of a professional, an individual - personal style of activity is observed, and if it is possible to conditionally include the business qualities of a specialist in the first group of important professional qualities, then the second group (more precisely in the second half) includes individual-personal qualities.

Among the important personal qualities inherent in the profession of an employee of the management sphere, the ability to analyze, to think problematic, to see the imminent and future consequences of the decisions made, the ability to quickly correct them is of great importance.

In the spiritual and physical perfection of children, the family is considered the main stage. For this reason, the duty and responsibility of the parents before the children will be an incomparable multi-level. It is the duty of each parent to have a daily routine of living and physical exercise-information about games, concepts, as well as theoretical knowledge and practical knowledge. It is the responsibility of parents to perform exercises-games together with children, to control their playing in a free-standing position, to monitor and know the processes of physical growth, especially exercise-games, depending on the age, physical condition-health of children, and to perform them. In this it will be necessary to follow the following, namely:

- Monitoring and studying the health, physical development of children attending kindergarten together with the staff of educational institutions ICT additional exercises for children with disabilities-provision of games at home;
- To check the level of health and physical development of children who do not attend kindergarten with the support of doctors of the polyclinic at home;
- It is desirable that the first tests, such as knowing the states of strokes of the cardiovascular system (tirib how many marotaba beats per minute: 10 seconds increase the measurement of 6 to 1 minute), checking the state of breathing, determining the amount of blood pressure, are carried out by the parent.

A professional employee in the field of physical education and sports - the ability to lead, choose the optimal options of relations with personnel, resolve conflicts, be a growth - development-prone miner, capable of recognizing their shortcomings in some situations [2]. Individual-personal qualities of the leader are manifested in the characteristics of communication on the job, in the criticism of the staff (criticism with praise, hopeful criticism, alarming criticism, warning criticism of non-compliance with the position). Rhetorical criticism is not recognized in modern pedagogical management, just as brightly expressed authoritarianism (single authority) in management [3]. On the contrary, relying on the collective creativity of Personnel, their participation in solving management problems, open communication with subordinates, care for their rise from the service ladder are the most preferred features of the modern professional management style. The content of the model includes informative-analytical, organizational - executive, normative-command, professional-integrative blocks.

The stimulating conscious composition of the model for the development of professional skills was envisaged by the development of cognitive activity of the audience, the development of successful attempts at acquiring professional skills [4]. In the block with therapeutic activity it was planned to regularly increase the level of professional knowledge in the field of education, to master methods and forms of innovative activity in the field of physical education and sports. At the final stage of the experiment, knowledge and skills, which were considered compulsory for professional specialists in physical education and sports (teachers of Educational Institutions and Secondary Education Institutions), were evaluated on the basis of the questionnaire and expert assessments of the test results.

A questionnaire survey conducted to determine the level of needs of personnel in the field of Physical Education Management (senior managers, specialists in the field of Physical Education Management) shows that more than half (57,6%) of the surveyed personnel feel a sharp need to improve their professional skills ("yes", "of course"). A third of the respondents (27,8%) responded "yes" rather than "no". 9.2% of respondents ("No" than "yes") reported an unclear relationship to the increase in the level of professional knowledge (in this negative aspect is obvious), and only 5,4% of respondents are completely satisfied with the level of their professional knowledge ("no", "I do not need").

The same thing draws attention to the fact that despite the fact that at the final stage of the experiment the pedagogical conditions for increasing the level of professional knowledge were fulfilled, the number of those who did not need additional professional training fell by 1,2%, while of course the number of those who needed it decreased by 46,2% [5]. The conclusion from the results of a repeated questionnaire survey is one: increasing the level of professional knowledge does not remove the need for new knowledge, but rather encourages it (almost the absence of specialists who do not have the desire to improve their professional skills).

The reduction in the number of professionals who are truly in need of professional knowledge and practical skills enhancement is evidenced by the differences in personal motivation [6]. Who until the experience was not satisfied with the level of professional skills, a part of them went to the category of full-fledged (11,4%). Such a reduction can also be described differently: the implementation of the conditions developed to increase the level of professional skills has yielded positive results.

In the professional knowledge of the management unit specialist, the following elements can be distinguished::

- a) Knowledge related to special activities;
- b) Social-communicative knowledge;
- C) Personal knowledge;
- d) Specialized-professional knowledge.

Holistic professional independent development, pedagogical activity and management decision-making erkinligi here special types of cognition are involved as a profession with the addition of [7]. We have developed rules on the methodological conditions (coordinates) of increasing the professional level of a physical education specialist on the main directions of increasing the professional knowledge of a specialist who has worked in the system of physical education education [8]. The conceptual model of the development of professional skills of a specialist in the field of physical education and sports management includes program - targeted, incentive-internal inclinations, pre-determined compositions. Holistic professional independent development, pedagogical activity and management decision-making erkinligi here special types of cognition are involved as a profession owner with the addition of [9]. Sports orientation and sports specialization refers to the phases of a holistic process that begins with the izlash and finding talented children and is specially oriented in specialized training. Orientation in sports can be regarded as a deep, professional orientation specific form to its theoretical and

methodological foundations. Therefore, the main theoretical basis for professional orientation is also used in sports competitions.

## CONCLUSION

The conceptual model of the development of professional skills of a specialist in the field of physical education and sports management includes software - targeted, motivating-internal inclinations, pre-determining components. On the basis of them, meaningful and therapeutic - active ingredients are formed. The contextual content of the model, in turn, consists of several blocks (modules). They reflect certain, important aspects of the content of professional skills of specialists in the field of physical education and sports management.

## REFERENCES:

1. Mehmonov R, Parpiev O. The Processes of Organization of General and Special Training of Athletes. Теория И Практика Современной Науки, 2020;(5):38-40.
2. Mehmonov R, Parpiev O. Pedagogical Requirements For Physical Education Teachers. Theoretical & Applied Science, 2020;(5):758-761.
3. Abdurakhmonov SK The Importance of A Healthy Lifestyle In Achieving Physical Perfection. The American Journal Of Applied Sciences, 2021;3(03): 42-47.
4. Tuxtanzarov IU, Maxmutaliev AM. Socio-Pedagogical Function Of Sport In The Spiritual Perfection Of Youth. Scientific Bulletin Of Namangan State University, 2020;2(1): 367-372.
5. Yuldashev IA. Pedagogical Bases Of Formation Of Social Activity In Pedagogical Sciences. Теория И Практика Современной Науки, 2020;(5):67-69.
6. Yuldashov I, Parpiev O, Makhmutaliev A, Tukhtanzarov I, Umaralievich KU. Pedagogical Bases Of Formation Of Physical Culture And Social Culture In Youth. Asian Journal Of Multidimensional Research, 2021;10(11):54-58.
7. Юлдашев И А. Сотрудничество Махалли И Кенгаша Схода Сельских Граждан, Школы, Семьи В Процессе Формирования У Подростков Социальной Активности. Редакційна Колегія: Аа Сбруєва–Доктор Педагогічних Наук, Професор (Відповідальний Редактор), 2020; p.139.
8. Tuxtanzarov IU, Maxmutaliyev AM. Scientific and Methodological Problems of Wrestling Development. Theoretical & Applied Science, 2020;(1):781-785.
9. Yuldashov I, Umaralievich KU, Goynazarov G, Abdurakhmonov S. Innovative Development Strategy In The Field Of Sports And The Basics Of Its Organization. Asian Journal Of Research In Social Sciences And Humanities, 2021; 11(11):48-53.