



Journal Website:
<https://theusajournals.com/index.php/ijp>

Copyright: Original
content from this work
may be used under the
terms of the creative
commons attributes
4.0 licence.

PEDAGOGICAL SYSTEM FOR DEVELOPING THE CONTENT OF A HEALTHY LIFESTYLE FOR PRIMARY SCHOOL STUDENTS THROUGH ETHNOSPORT AS A FACTOR IN THE DEVELOPMENT OF PROFESSIONAL COMPETENCE OF FUTURE PHYSICAL EDUCATION TEACHERS

Submission Date: September 20, 2023, **Accepted Date:** September 25, 2023,

Published Date: September 30, 2023

Crossref doi: <https://doi.org/10.37547/ijp/Volume03Issue09-14>

Giyosiddin Khudoyberdiev

Teacher At Gulistan State University, Uzbekistan

ABSTRACT

the resources presented in this article, through the study of physical culture, sports, a healthy lifestyle and its components, lay the foundation for students' active mastery of living conditions and talk about the formation of scientific views, approaches, methods for improving the main directions in the field of a healthy lifestyle, and also considers the issues of developing the professional competence of future physical education teachers based on an innovative approach.

Aim. The purpose of the study is to determine the basic concepts of physical culture, sports, healthy lifestyle to ensure the educational process for the development of professional competence of future physical education teachers based on an innovative approach .

Methods. In this article were used methods of abstraction and concretization, statistics, comparative analysis, work with documents and forecasting, questionnaires .

Results. Analyzed physical culture, sports, healthy lifestyle and types of competence, research by scientists on the chosen topic.

Conclusion. Conclusions are given about the forms, methods and means for developing the professional competence of future physical education teachers based on an innovative approach.

KEYWORDS

physical education, future teachers, professional competence, innovative approach, physical education and sports, ethnic sports, strategy, health, movement, rehabilitation, medical and hygienic rules, healthy lifestyle.

INTRODUCTION

The organization and conduct of higher professional education is characterized by the introduction of a multi-level system of personnel training, the development of new mechanisms, innovations and technologies for training and education of future personnel, the formation of a harmoniously developed personality, proficient in dialectics and critical, as well as creative thinking, capable of identifying the most significant problems of the educational process. Today's requirements involve building a learning process based on a competency-based approach in order to ensure the final result, which is a certain level of development of the professional and general cultural competencies of a physical education teacher. Therefore, studying the issues of developing the professional and pedagogical competence of future teachers, as well as innovative approaches to the process, is an integral part of the general problem of improving the quality of training of future physical education teachers. The level of professionalism of a sports teacher is the leading condition for organizing educational processes in physical culture at a high organizational, methodological and practical level.

MATERIALS AND METHODS

Research methods. In this article were used methods of abstraction and concretization, statistics, comparative analysis, work with documents and forecasting, questionnaires.

LITERATURE REVIEW

The development of physical culture, sports, and a healthy lifestyle in different contexts has been studied by scientists A Rasulov, D. _ Khalimova, G. Bagdanov, including the development of professional competence of future physical education teachers in different contexts was studied by scientists V.V. Abramova, Z.M. Bagautdinov, P.A., Makarov, N.V. Nikiforov, I.G. Litvintseva, Yu.V. Tikhomirov, M.A. Pravdov, E.S. Lavitskaya, O.S. Korshunova, and innovative approaches and informatization of the educational process were studied by N. R. _ Rustamova, S. _ N. _ Vostokova, L. _ V. _ Shkerina, N. _ Yu. Zvyagintseva, B. _ Kh. Rakhimov.

DISCUSSION

Since our country gained independence, our society has again increased attention to youth, who are the builders of our future. Positive changes in the healthcare sector, especially for young people, are felt at every step.

Since we set ourselves the task of raising a healthy and comprehensively developed generation, which is extremely important for our time and especially the future of our state and society, first of all, the 21st century in which we live requires intellectual wealth, high knowledge and potential. , we proceeded from the vital fact that this is the age when these values take precedence.

We believe that mutual cooperation between school, family, teachers, students and parents is an important tool that improves the quality of work and introduces

a healthy lifestyle into the daily lives of students. It is important for a child to engage in physical education and sports for a healthy and comprehensive development. It is necessary to explain to students the importance of physical education in improving human health. [8, 189].

In the traditional educational process, students spend most of their time sitting. Therefore, teachers should monitor the sitting position of students during classes, conduct physical education minutes in classes, organize events that have a positive effect, and include physical education exercises in classes aimed at correct posture. Doing exercises to music will have an even greater positive effect. [3, 13].

In general educational institutions, especially in schools, children spend from 4 to 6 hours 5-6 days a week. Organizing children into a team and their long stay in an educational institution makes it possible to effectively carry out targeted mass preventive and health programs throughout their education. Students spend most of the day (70%) in educational institutions. Study time in educational institutions corresponds to the growth and development of the child.

The daily routine of a schoolchild should include the following: sleep, eat, study at school, prepare homework, walk in the fresh air, do homework, do what you love, engage in extracurricular and extracurricular school activities, participate in various events, observe personal hygiene rules. The agenda must include active activities such as morning physical education and recreational sports games. This is why maintaining a routine, staying healthy, and achieving success in the classroom is important.

Work has been widely carried out to protect the health of students in secondary schools, provide them with qualified medical services, timely identification of sick students, their rehabilitation, and prevention of various diseases.

A set of special exercises, consisting of 3-4 exercises, can be used to carry out minutes of physical education. In general educational institutions, mental and static exercises are used for individual muscles, the system and the whole body, a minute of physical education to prevent general fatigue in the lesson and a general exercise, consisting of accumulated exercises for different muscle groups, taking into account the fact that they are tense during the lesson, requires secret exercises. Exercises last 1.5-2 minutes.

At school it is necessary to create conditions to satisfy the biological need of students for movement. This requirement may be met by children and adolescents with more than 2 hours of physical activity per day.

There are various directions and methods for forming and educating a healthy generation; it is especially important to properly organize children's free time and teach them various national outdoor games.

Today, promoting a healthy lifestyle is considered as important as in the past, and the issue is studied as a social problem as in the past. [4, 26].

A healthy lifestyle is, first of all, a way of life that strengthens and ensures the health of everyone until old age. The main indicator of a person's healthy lifestyle is, first of all, the state of his physical development and general sense of self, mood,

successes or failures in his personal life, study, and work.

A healthy lifestyle should include the following:

- active physical activity, training, physical education and sports;
- reasonable planning of the agenda and constant adherence to it;
- prevent physical and mental exhaustion;
- proper planning of mental and physical labor, taking into account hygienic requirements;
- proper and high-quality nutrition;
- compliance with personal and general hygiene requirements;
- environmental protection, achievement of ecological culture;
- prevention of infectious diseases, injuries and accidents;
- receiving proper sex education;
- parents are explained that teachers need to organize recreational work among students, - monitor the correct organization of the students' daily routine. [5, 26].

A person involved in physical education becomes strong, agile, resilient, strong-willed, resilient, courageous, beautiful and active. Therefore, he tries to perform every action independently, well and with little effort. According to historical sources, national sports and folk games of the Uzbek people varied

depending on the living conditions of the population and prepared people for active and productive work.

A person involved in physical education becomes strong, agile, persistent, strong-willed, hardy, courageous, beautiful and agile, so he tries to perform every movement independently, well and without much effort. national sports and national games of the Uzbek people varied depending on the living conditions of the population and prepared people for active and productive work. [8, 189].

The total number of such national Uzbek games is at least 3-5 thousand. The search for these games, their study and repeated advertising to students during the learning process will serve to raise our spirituality to a new level, form a healthy lifestyle, and deepen the content of educational work.

There are various directions and methods of forming and educating a healthy generation. It is especially important to properly organize children's free time and teach them various national outdoor games. This aspect of raising children is also important for the state and society. After all, national outdoor games and sports are also part of national values, and collecting, enriching and giving them to children is one of the important tasks of raising a healthy generation. Folk action games and national sports have been improved over the centuries in accordance with the times. [6, 26].

And folk songs such as "White Poplar or Blue Poplar", "Cat and Mouse", "Chillak", "Game of Stones", "Game of Horse", "Find Your Ten", "Jolly Geese" help make students dexterous, brave.

It should also be said that the superiority of play over other methods of education increases the cooperation of children.

Develops his creative thinking, monitors his ambition and resistance to difficulties. Students learn to set a goal for themselves in each training session and try to achieve it during training. For example, the game "Tug of War". In this game, children will test their strength and health, and will also increase their motivation to work hard to win. As the battle progresses, your patience skills will increase. In addition, children think while playing. Members of the losing group learn to pull themselves together, gather their strength and act together. [7, 175].

A healthy lifestyle is an active participation in the work, social, family and everyday life of a person. Optimal performance and adequate rest also affect our health. Active activity has a good effect on the nervous system, not only physical, but also mental, strengthens the heart, blood vessels and the entire body. There is a certain labor law that is known to many. People who do physical work need rest that is not associated with physical activity, and it is better if mental activity is performed during rest.

In order to protect children's health, develop a healthy lifestyle and, as a result, form a healthy generation, it is absolutely necessary to provide students with medical and hygienic knowledge.

To summarize, we can say that the development and strength of each country largely depends on the physical and mental health of the younger generation.

Educators must know the laws of growth and development of youth, be able to perform mental and physical work taking into account the age

characteristics of students and youth, and comply with medical and hygienic rules.

In order to protect children's health, develop a healthy lifestyle and, as a result, form a healthy generation, it is absolutely necessary to provide students with medical and hygienic knowledge.

We will show the following main factors in the formation of a healthy lifestyle and the prevention of diseases among students in educational institutions:

- conduct in-depth medical examination and recreational activities for students, taking into account natural and climatic conditions;
- organically and consistently carry out anti-pain and health measures;
- referral of students in need of medical care to medical institutions;
- ensure sufficient medical and hygienic knowledge of teachers and educators in the formation of a healthy lifestyle for primary school students;
- work in collaboration with medical workers and parents in the implementation of a health program;
- control over the correct organization of students' daily routine by parents and teachers.

If we want our society to be healthy both physically and spiritually, if we want high spirituality, morality and a healthy mind to be the product of a healthy body, we must promote a healthy lifestyle. "Sports for all" must be the main goal . politicians.

As long as there is a person, his health, especially of the younger generation, which makes him physically

strong and prepares for any emergency situations, is always in the spotlight of public attention, and in each era this issue has its own peculiarities of approach.

That is why the study of “The importance of physical education in the formation of a healthy lifestyle” is considered one of the pressing problems of our time.

We believe that the study of “The Importance of Physical Education in the Formation of a Healthy Lifestyle” is important for further improvement of physical education and sports, as well as for instilling healthy lifestyle skills in the minds of the residents of our country.

Turning to an innovative approach to the development of professional competence of future teachers determines the emergence of a new goal of teacher education, including physical education. Previously, the main goal of teacher training was technological growth, but today there has been a reorientation towards his professional development, which is a consequence of self-organization and generalization of special, activity and personal experience. From this point of view, professional competence is considered as a category determined by the level of professional education, experience and individual abilities of the teacher, and presupposes, along with technological and pedagogical readiness to solve professional problems, his humane pedagogical position, value attitude towards pedagogical activity and a high level of general and professional culture [1]. In light of the above, it is necessary to modernize the teacher training system based on the introduction of new approaches and modern technologies into the educational space of the university.

Yu.V.Senko confirms the increased interest of scientists in preparing a new type of teacher and at the same time shows that the current system of teacher education considers the future teacher “as an object of mass reproduction of personnel, ignores him as a subject of mental and professional development, does not create conditions that encourage him to search for personal the meaningful meaning of the profession, to professional self-analysis, does not form it as a carrier of pedagogical reflection ” [10]. A V.V. Abramov believes that “ Among the problems of pedagogical transformation of culture, the question of the relationship between professional training and the processes of personal education is of particular importance” [1].

- The following problems remain insufficiently studied:
- development of creativity;
- make professional decisions;
- level of professional competence of the teacher;
- fundamentally significant qualities of a teacher, demanded by modern sociocultural and pedagogical realities;
- humanitarization of teacher education.

Also, the culture of the pedagogical process is not considered by didactics as a special element of content; the personal experience of the teacher is ignored.

It must also be recognized that the professional development of the personality of the future teacher occurs in conditions of a cultural crisis caused by the

collapse of the traditional value system. This leads to negative consequences in the moral sphere of a person. The situation is also aggravated by financial discrimination against a significant proportion of professions, including teaching, and by the not always sufficiently qualitative personal parameters of the students themselves (low level of preparedness for studying at a university, consumer attitude towards the education system, insufficient cognitive and professional aspirations) [1].

As the analysis of the educational process built on the principles of the subject-oriented paradigm of education in universities shows, in practice the functional approach dominates, which is expressed in weak connections between individual disciplines, preparation not for a holistic future professional activity, but for certain types of educational and pedagogical work and is aimed at developing the procedural functions of thinking, rather than the value content of consciousness. Today, a system of professional teacher training has not been developed that would ensure his comprehensive development, self-determination and subjective readiness to carry out professional activities in the conditions of innovative education; the conditions for the formation of professional competence of future physical education teachers have not been determined; The criteria for the professional competence of a teacher have not been identified, taking into account the new requirements for qualifications in this area.

The study of special scientific literature and the realities of the sociocultural situation revealed the presence of the following contradictions between:

- increased demands from society and its members for the quality of education, including vocational and

physical education, and the level of competence of today's graduates of pedagogical universities;

- the real needs of society for specialists with high cultural and creative potential, an active life position and the organization of the pedagogical process in higher education on the basis of the traditional knowledge paradigm;
- the objective need for the humanization of education and the technocratic type of professional pedagogical education;
- the presence of theoretical developments in the field of a person-oriented approach to education and the undeveloped mechanisms for its implementation in the educational process, especially in higher physical education;
- the integrity of the system of professional tasks solved by the teacher in the process of teaching and educational work, and their fragmented study through the implementation of a block type of teaching in higher education.

In connection with the reforms taking place in the education system, approaches to teaching disciplines have changed today. Now the standard is built on the basis of a competency-based approach, the leading idea of which is for students to master the basic professional and general cultural competencies characteristic of a future teacher. In this regard, the educational process in sports culture changes its content: the amount of hours devoted to the theory of sports games and the rules of the game has been reduced, the teaching load on practical exercises and educational practices has been increased. In addition to mastering the techniques and tactics of the game,

future teachers increasingly use various formats of educational practices .

Professional competencies related to mastering the technologies of teaching motor actions in physical education with a different contingent of students are gradually being formed. This approach will improve the professional readiness of future teachers to work with a real population in a secondary school and to enter continuous teaching practice. It is expected that the implementation of this approach will lead to an increase in the quality of training of bachelor students, which will be reflected in a significant increase in the final rating of students in the discipline “sports games”, as well as in a statistically significant increase in the level of development of students’ professional competencies [9] .

Formation and development in pedagogical science in its most generalized form is the process of development and formation of personality under the influence of external influences of learning and the social environment, which are always determined by various kinds of conditions in which this process takes place [11, p . 160].

the process of an innovative approach to developing the professional competence of a future teacher as a system of targeted psychological and pedagogical influence, the result of which will be mastery of the required competence. As a result, the future teacher will develop abilities and skills to plan, design, create and introduce new things into professional teaching activities. This process has regularities, substantive and dynamic characteristics, and is ensured by mechanisms of mastery, assimilation and self-knowledge, self-affirmation, self-expression, self-realization [12] .

It is believed that the process of a teacher mastering innovative competence cannot take place spontaneously, accidentally, spontaneously, unorganized; it requires not only modeling the process, but also determining its various determinants.

When identifying and justifying pedagogical conditions that influence the success of the formation of innovative competence, we propose to rely on:

- definition of an innovative approach for the development of professional competence of a future teacher, clarified in the study;
- achievements of pedagogical theory and practice of substantiation and description of pedagogical determinants, including the process of personnel training;
- targeted, content-methodological and technological support for the model of formation of an innovative approach for the development of professional competence of the future teacher.

The specification of the concept of “innovative approach for the development of professional competence of a future teacher” consists of considering it in the form of a teacher’s level of proficiency in special competencies (knowledge, skills, abilities in the specialty), the ability to use an innovative approach to classes in the form of designing, creating something new and its implementation in educational a process that ensures the transformation of the intellectual, motivational and creative potentials of students’ personalities.

The above problems pose tasks and pedagogical conditions require the development of a construct model for the formation of an innovative approach for

the development of the professional competence of the future teacher with the help of integrating blocks:

- conceptual and theoretical (methodological approaches and principles, purpose, objectives, components, indicators and levels of development of professional competence, innovative approach);
- experimental-practical (pedagogical workshop and pedagogical conditions);
- result-analytical.

The results of the comparative analysis allow us to conclude that in order to apply an innovative approach, conditions must first be created. The concept of “condition” is general scientific and can be rich in specific meaning depending on the scientific position, point of view, and views of the scientist. In this study, by the conditions for the formation of a teacher’s innovative competence, we understand purposefully created circumstances that are necessary and sufficient for the successful formation of a teacher’s innovative competence in the process of intra-school professional development [12].

An analysis of the results of numerous scientific and pedagogical studies and the works of various scientists has shown that today there is no clearly defined generally accepted classification of pedagogical conditions. There are various interpretations and attempts to classify the pedagogical conditions of influence on any phenomenon, the process of component composition, the content of the competence being formed.

G.V. Kalkova studies this topic in the context of retraining and advanced training; she identified and tested in the course of a formative experiment the

leading pedagogical paths and conditions that productively influence the improvement of the process of advanced training of teaching staff. The author proves the natural influence on the process under study of such conditions as:

- introduction of a problem-based activity approach into the process of advanced training of teaching staff;
- modeling of pedagogical situations;
- intensifying the exchange of experience between teachers of different age groups and different levels of adaptation to the profession;
- introduction of block-modular construction of training courses into the system of additional professional education for teachers;
- formation and expansion of network systems for advanced training;
- development and implementation of projects; development of strategy and tactics for the development of innovative potential and a unified innovation policy;
- determining directions in the search for sources of innovative ideas and creating conditions for their implementation [14, p. 10].

L.N. Moskvitina believes that it is possible to develop the professional competence of teachers through “advanced training courses in the system of additional professional education” [15].

N.R. Rustamova suggests an innovative approach to the development of professional competence of personnel should be based on media education : since

in media education there are all the necessary materials for an innovative approach, from knowledge to the means of conducting lessons [16, 17, 18].

Z.M. Bagautdinov believes that education should form “professionally important personal qualities of a physical education teacher, including: the ability to reflect, problem-solving thinking, foreseeing the immediate and long-term consequences of decisions made, the ability to quickly correct them”

V.V. Abramov confirms that “One of the main qualification requirements for training specialists in physical education is also the requirement of knowledge and skills in the fundamentals of information technology support for education, science and technology; didactic patterns in physical education and sports; methods of organizing and conducting research work; mastery of technology for teaching various categories of people motor actions and developing physical qualities in the process of physical education and sports activities” [1].

S.N. Vostokova empirically proves the influence of a set of pedagogical conditions (system-organizational, organizational-pedagogical, psychological-pedagogical) on the effectiveness of the successful formation of teacher readiness for innovative activities in the regional system of postgraduate education. The author considers the integration of traditional advanced training practices and innovative models of network and contextual learning to be system-organized conditions. Among the psychological and pedagogical conditions S.N. Vostokova focused on the implementation of partnerships, subject-subject interaction, cooperation in the process of supporting teacher preparation for innovative activities. The organizational and pedagogical conditions in the study

include management of the teacher’s professional development in an indirectly reflective manner through his involvement in the problem-situational environment [19, pp. 9-10].

Based on the above, we can present the following classification of conditions for the development of professional competence of future physical education teachers based on innovative approaches:

- management conditions;
- psychological conditions;
- pedagogical conditions;
- material and basic conditions;
- motivational conditions.

To develop the professional competence of future physical education teachers based on innovative approaches, it is necessary to define the concepts of professional competence. “The concept of a teacher’s professional competence expresses the unity of his theoretical and practical readiness to carry out teaching activities and characterizes his professionalism” [7]. In our opinion, this concept of competence contains a very important component - readiness to carry out activities, that is, this concept is applicable to any other activity of a specialist. Thus, the concept of professional competence of a specialist can be defined as the unity of his theoretical and practical readiness to carry out the relevant activities.

In accordance with the type of occupation and scientific interests, researchers, along with “professional competence,” are developing categories such as “social competence,” “communicative competence,” “information competence,” etc. There

are different points of view about the relationship between these categories. According to some, these competencies are included in the professional structure, according to others, professional competence contains social, communicative, informational, etc. The concept of “innovative competence” (L.O. Kocheshkova) was considered from the point of view of the head of a secondary school in the structure of his professional competence [20]. In the doctoral study of L.V. Shkerina. The concept of “innovative pedagogical competence” of students of a pedagogical university is considered. She understands it as a set of competencies:

- key (informational, communicative, general educational, diagnostic, prognostic, analytical-reflexive, research);
- innovative basic (in the field of education, development and education of children and parents);
- innovative special ones (in the field of subject and interdisciplinary training of students) [21].

Some scientists define competence as :

- competence combines the intellectual and skill components of education;
- the concept of competence includes not only cognitive and operational-technological components, but also motivational, ethical, social and behavioral; it includes learning outcomes (knowledge and skills), a system of value orientations, habits, etc.;
- competence means the ability to mobilize acquired knowledge, skills, experience and methods of behavior in a specific situation, specific activity;

- the concept of competence contains the ideology of interpreting the content of education, formed from the result (“output standard”);

- competencies are formed not only during the learning process at an educational institution, but also under the influence of the environment [22].

The competency-based approach is in its infancy; there are different definitions of it. The competency-based approach is defined as:

- a type of educational content that is not reduced to a knowledge-oriented component, but presupposes a holistic experience in solving life problems, performing key (that is, related to many social spheres) functions, social roles, competencies;
- an approach that focuses on the result of education, and the result is not considered the amount of information learned, but a person’s ability to act in various problem situations;
- gradual reorientation of the dominant educational paradigm with the predominant transfer of knowledge, the formation of skills to create conditions for mastering a set of competencies that signify the potential, ability of a graduate to survive and sustain life in the conditions of a modern multifactorial socio-political, market-economic, information and communication-saturated space;
- priority orientation to the goals-vectors of education: learning ability, self-determination, self-actualization, socialization and individual development [20].

Based on the above, we can assume that competence is the generalization of knowledge, skills, abilities and personal qualities aimed at a specific activity. And if

competence is a qualitative characteristic of an emerging personality (a certain result of a person's educational achievements), then competence is a range of issues reflecting the essential positions of the required quality, the normative content of the signs of any experience of human activity in its holistic presentation [20] .

To develop the professional competence of future physical education teachers based on innovative approaches, it is necessary:

- a) innovative methods in the conditions of innovative activity;
- b) personal, practice-oriented forms of training;
- c) tools for assessing the effectiveness of an innovative approach for developing professional competence among subjects of the educational process and improving their professional culture;
- d) art technologies in the educational space of a university for training physical education teachers;
- e) simulation scenarios, strategies and business games for personal, practice-oriented learning;
- f) visual means as modern forms of information transmission and ways of developing visual thinking.

Conclusion

At this stage we can formulate the following conclusions:

1. The development of professional competence of future teachers in building the educational process in universities should be based on an innovative

approach, the purpose of which is to develop the professional competencies of students.

2. The student rating indicators include the theoretical knowledge of students and their motor competencies, although they are quite high, but they are not enough for a high level of their professional readiness.

3. It is necessary to develop innovative content and structure of the educational process for training future physical education teachers, based on increasing the practice orientation of the educational process, changing the formats of educational and pedagogical practices, and modeling professional activities in the conditions of training sessions, workshops and educational practices. .

REFERENCES

1. Abdalina L.V., Frolova O.S. Innovative competence of a teacher: conditions for formation in the process of in-school professional development. News of the VSPU. 2017. No. 4 (117). URL: <https://cyberleninka.ru/article/n/innovatsionnaya-kompetentsiya-pedagoga-usloviya-formirovaniya-v-protssesse-vnutrishkolnogo-povysheniya-kvalifikatsii>
2. Abramova V.V. Formation of professional competence of future physical education teachers. Abstract of the dissertation of the candidate of pedagogical sciences , Russia, 2006, 27 p.
3. Bagautdinov Z.M. (2015). Development of professional competence of a physical education teacher. Bulletin of the South Ural State Humanitarian and Pedagogical University, (8), 13-17. URL : <https://>

- cyberleninka . ru / article / n / razvitie - professionalnoy - kompetentnosti - uchitelya - fizicheskoy - kultury .
4. Makarov, P. A. Formation of career guidance competence of a future physical education teacher. Abstract of the dissertation of the candidate of pedagogical sciences , Samara, 2005, 26 p.
 5. Nikiforov, N.V. Formation of professional competence of future freestyle wrestling teachers-coaches. Abstract of the dissertation of the candidate of pedagogical sciences , Yakutsk, 2009, 26 p.
 6. Lavitskaya , E. S. Features of the formation of professional competence of physical education students in sports games classes / E. S. Lavitskaya . — Text : immediate // Young scientist. - 2015. - No. 11 (91). — P. 600-604. — URL: <https://moluch.ru/archive/91/19777/>
 7. Litvintseva, I.G. Practical training as a factor in the formation of professional competence of future physical education teachers. Abstract of the dissertation of the candidate of pedagogical sciences , Ulan-Ude, 2010, 26 p.
 8. Bakhtiyor Rakhimov , Guli Isaeva , Dilfuza Nosirova , Shoir Fayzieva , Munavvar Erkaeva . Development of Students' Self-Educational Activities in The Conditions of Education Informatization . <https://www.psychosocial.com/article/PR270787/18961>
 9. Tikhomirov, Yu. V., & Pravdov , M. A. (2015). A model for developing professional competence among future physical education teachers based on improving the teaching methods of basic and new types of physical education and sports activities. Russian Journal of Education and Psychology , (3(47)), 164-172.
 10. Korshunova, O. S. Formation of competencies in physical education at a university, taking into account the profессиogram of future specialists / O. S. Korshunova. — Text : immediate // Young scientist. - 2015. - No. 15 (95). - pp. 637-640. — URL: <https://moluch.ru/archive/95/21322/>
 11. Senko Yu.V. Humanitarian foundations of pedagogical education: Course of lectures: Textbook for students. higher _ educational _ from establishments. M.: Publishing center "Academy", 2000. - 240 p.
 12. Kodzhaspirova GM, Kodzhaspirov A.Ju. _ Pedagogicheskij vocabulary ': dlja stud . vyssh . i mean . ped . ucheb . zavedenij . M.: Akademija , 2000.
 13. Ilyina N.F. Formation of innovative competence of a teacher in the regional space of continuous education: discand. ped . Sci. Krasnoyarsk, 2014.
 14. Kalkova G.V. Improving the process of advanced training of teaching staff in secondary vocational education: abstract . discand. ped . Sci. M., 2015.
 15. Moskvitina, L. N. Formation of professional competence of a secondary school teacher in the system of additional vocational education: dissertation ... candidate of pedagogical sciences : 13.00.08 / Moskvitina Larisa Nikolaevna; [Place of protection: Moscow . state University of Culture and Arts]. - Moscow, 2013.- 246 p .
 16. Rasulov A.S., Khalimova D.A., “Healthy lifestyle”, Tashkent, medical publishing house named after. Abu Ali ibn Sina, 2003.-175p.

17. Rakhimov B.Kh. va boshkalar . Talimda Akhborot technologylari . Darslik .Tashkent Methodist Nashriyoti . _ 2023 yil.353 bet.
18. Rakhimov B.Kh. va boshkalar . Pedagogist mahorat . Darslik . Methodist nashriyoti.310 bet.
19. Khodzhiev M.T., Rakhimov B.Kh. Oliy you are a professional talimda mutahassislik fanlarini yqitish methodology . Darslik . Ziyo nasr matbaa Nashriyoti 2022 yil.292 bet.
20. Shkerina L.V. Development of innovative pedagogical competence of pedagogical university students as a factor of their professional success. URL: <http://www.kspu.ru/doccom/c2.data/12efb66ff585e6aedo489c2641a6c9e9.doc> .
21. Strategy for modernizing the content of general education: materials for developing documents on updating general education. M.: NFPC, 2001.

OSCAR
PUBLISHING SERVICES