

The Implementation of Modern Pedagogical Technology in the Physical Education Teacher as a Pedagogical Problem

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Annotation: This article discusses the pedagogical problem of incorporating modern pedagogical technologies into physical education teachers, and theoretical conclusions are given about the solution to these problems. We know that teaching without using pedagogical technologies during the lesson is boring for today's youth. Therefore, the effects of pedagogical technologies in the lesson and outside the lesson are discussed.

Key words: Independent and creative thinking of the individual, analysis, experiment, State Educational Standards, physical education, physical training, physical culture, physical growth, physical maturity, physical skills, physical exercises, physical qualities, pedagogical technologies in training.

The main idea of the national model of personnel training, which is being consistently implemented in our country, is to educate a competent professional. The upbringing of the qualities of independent and creative thinking of a competent person, which is formed as a result of reforms, is one of the important tasks of general secondary educational institutions. In this regard, the effective organization of extracurricular activities of students is of particular importance.

The development of creative qualities of students in the process of directing them to physical training is of great importance. Analyzing the opinions of pedagogical scientists and relying on the experimental results of our research, we came to the conclusion that the development of technical creativity and agricultural experimentation in directing students to organize physical education classes at school and in extracurricular activities will help to implement the ideas of an integrated approach to educating them on the basis of our national ideology, based on the unity of ideological-political, labor, moral, physical and aesthetic education.³

In this case, according to the results of our work, the school pedagogical council and student organizations carry out general leadership in the development of scientific and technical, experimental, and research work, while the labor teacher, in cooperation with parents and student activists, organizes circles at school, meetings, conversations, and trips with advanced representatives of various professions of student associations. He identifies students who are most interested in certain areas of sports and helps them find a suitable circle in extracurricular institutions located in the district and city. The physical education teacher involves students in preparing and holding school evenings dedicated to historical days in the development of physical education and sports. Thus, the results of the study show that the physical education teacher is the main link in organizing work on directing students to organize physical education classes during classes and after-school hours. Of course, he is required to initially conduct his activities on the basis of educational standards. After all, the tasks of physical education are expressed in the State Educational Standards (SES) and the curriculum. These documents consistently describe the goals of physical education and upbringing at school, emphasizing that they include instilling a love for sports and a sense of respect for sportspeople, introducing

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students to the basics of modern sports, developing physical education skills and abilities in them, and consciously encouraging them to engage in physical training.⁴

Physical education classes have been organized differently in different periods. Its goals and objectives have also been diverse. These circumstances, in turn, have required a specific understanding of the term physical education. Before explaining the concept of physical education, it would be advisable to list the concepts and expressions related to this area in general.

The main ones include the following: physical education, physical training, physical training, physical culture, physical growth, physical maturity, physical skills, physical exercises, physical qualities, etc.

Physical education is a pedagogical process that continues from the beginning to the end of a person's life, comprehensively improves the organism, and changes the movement skills and abilities that are important for life in accordance with their age.

In the science of pedagogy, the concepts of education and upbringing are considered to be types of human activity that are interconnected and complement each other.

Education is the process of transferring and instilling social experience, positive qualities accumulated by people to the younger generation.

Education is the process of studying the human mind, information about material existence, the laws of the development of society and nature, scientific achievements and their application in practice.

The definition given to the concept of physical education takes into account, to a certain extent, the inextricable connection of education with education. In the pedagogical and psychological literature we studied, it was noted that in the development of a person as a person, a strong emphasis was placed on mental and moral education. However, although physical education was perceived as being of secondary importance in our opinion, it is recognized that neither mental nor moral education can be complete without physical education, or rather, without the influence of physical education.⁵

Physical education improves the human body in morphological and functional aspects. This can be understood as the normal development of all organs in the body, including the correct formation and functioning of the brain and higher nervous system. When we recognize that the brain, higher nervous system, circulatory system can be the neuro-physiological basis of mental and other areas of education, it is involuntarily recognized that physical education is the main type of education that leads a person to perfection.

Physical education, along with the establishment of the perfect development of the organism, also ensures the health of the body and its resistance to any external load. Scientists have proven that the willpower qualities of a person are many times superior when engaged in physical education. Physical education develops qualities that are constantly necessary for a person on the path of life, such as strength, agility, and speed. This, in turn, contributes to the effectiveness of labor activity. The skills to complete any work started, to achieve the expected results, are formed faster. Physical education forms a sense of humanity and patriotism in people. It accustoms people to devote not only their strength, but also their lives to protecting the interests of the Motherland, if necessary.

Physical education is a phenomenon of social importance. It improves a person's health, implements his all-round development. It teaches him to work productively for himself, his nation and people, to operate freely in a market economy, to fully realize his potential. It prepares him to spread the glory of the Motherland to the world, to protect it from any malicious forces, if necessary, to defend it courageously.

⁴ Salimov O'.Sh. Jismoniy madaniyat nazariyasi va tarixi (Uquv qo'llanma). Termiz: "Surxon-Nashr", 2020 y. — 220 b.

⁵ Salimov O'.Sh. Jismoniy madaniyat nazariyasi va tarixi (Uquv qo'llanma). Termiz: "Surxon-Nashr", 2020 y. — 220 b.



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