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DEVELOPMENT OF PROFESSIONAL COMPETENCE OF FUTURE PHYSICAL
EDUCATION TEACHERS BASED ON GYMNASTIC MEANS

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Annotation: In the article future physical upbringing teachers professional competence gymnastics tools through develop issue illuminated. Research theoretical analysis, pedagogical observation , questionnaire , test and experiment based on take went. 240 person student in the presence of held in experience gymnastics tools traditional to training relatively high efficiency showed. Results professional within the competence noticeable growth and methodical qualifications development confirmed.

Key words: gymnastics tools, professional competence, physical education, future teacher, pedagogue experiment, methodical qualification.

ENTRANCE

Latest in years Uzbekistan education in the system future of experts professional competence develop issue priority from directions to one In particular , physical upbringing teachers professional readiness quality increase and their methodical skill improvement state education standards, qualifications requirements and international experiments based on done is being increased .

Gymnastics tools physical upbringing and in sports training teachers not only practical skills, but methodological and pedagogical also develop approaches to the possibility have. Their right selection and education to the process integration in students movement activity formation, in pedagogy and professional competence to raise service does.

This of the article goal - gymnastics tools based on future physical upbringing teachers professional competence develop opportunities scientific justification , available experiments analysis to do and pedagogical in terms of effective methods recommendation is to reach .

Literature Analysis: Professional competence issue international and national pedagogical in research wide covered. In the studies of LP Matveev [1] in sports pedagogy professional preparation theoretical basics working issued is physical upbringing teacher's methodical approach and activity efficiency competence level with closely dependency VP Filin [2] pedagogical in process movement activity in formation gymnastics of tools didactic opportunities scientific based on gave.

Uzbek scientists also in the direction important research take went. Kerimov [3], FA Kerimov, AN Abdiev and ZA Bakiev scientific research future physical upbringing teachers professional qualification in development training in training gymnastics from the means use efficiency showing gave. Their research to the results according to gymnastics



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tools systematic application students physical readiness increase with At the same time, the teacher 's professional activity to raise service does.

Tumanyan professional competence in development to activity directed approach priority based on , practical in training gymnastics tools through in students independent thinking and creativity formation the necessity Also, Sh.A. Mirzakulov and RD Khalmukhamedov in their research education to the process interactive methods , modern pedagogical technologies integration to do through professional preparation further effective develop possibility proven.

Analysis made scientific sources this shows that gymnastics tools physical upbringing teachers professional competence in development theoretical basis , methodical tool and practical mechanism as current importance profession Therefore, this of the research methodology gymnastics tools training to the process integration to do through future physical upbringing teachers professional readiness to raise focused .

Research methodology : This research future physical upbringing teachers professional competence gymnastics tools based on develop process scientific to justify The research focused on process during 2022–2024 Uzbekistan one row supreme education in institutions take Research object as a 2nd–3rd-level student "Physical" "culture" direction students selectively taken (total 240 people) participant).

In the study following methodological basics used :

1. **Theoretical methods**-scientific and methodological literature analysis to make , to generalize and systematization , comparative-pedagogical analysis , modeling through gymnastics of tools didactic opportunities studied .
2. **Empirical methods**-pedagogical observation, questionnaire, interview, pedagogical test and control exercises through students physical readiness and professional competence to determine redirected.
3. **Pedagogical experiment**-gymnastics tools training to training integration to do based on experimental and control groups activity analysis The experiment lasted 16 weeks. period during take went and his/her efficiency criteria through was evaluated .
4. **Mathematician-statistician methods**-obtained information again at work average value, variance, correlation , Student's t- test and ANOVA were used. Results based on of the participants professional within the competence growth dynamics scientific-statistical in terms of approved.

The research scientific and methodological approach systematic, competent and to activity directed to concepts relying on, future physical upbringing teachers for gymnastics of tools pedagogical potential maximum at the level open to give focused.

Results and Discussion: Done pedagogical in the experiment total 240 people student participation They experience and control to groups separated. Experience in the group gymnastics tools based on structured training systematic applied, control in the group and traditional to the methodology relied on.

Elementary results this showed that two group students between professional competence indicators almost one kind However, at 16 weeks pedagogical experience in the end noticeable differences observed:



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a) **Experience in the group** of students professional competence in evaluation methodical qualification, pedagogical activity efficiency and organizational in skills average growth of 18–22% record was done.

b) **Control in the group** and growth level was relatively low (7–10%).

Statistical to the results of analyses (t-test and ANOVA) according to, experience in the group changes scientific in terms of significant ($p < 0.05$) This is confirmed gymnastics of tools not only physical preparation, maybe methodological and pedagogical competencies in development efficiency shows.

Discussion in the process It turns out that gymnastics tools based on training students:

a) **Methodical preparation** increased (lesson to conduct , exercises choice and organization to grow skills improved);

b) **Pedagogical competence** developed (in students) lesson in the process innovative from methods use activated);

c) **Personal the qualities** of strengthened (creativity, initiative) and in the team work qualification increased).

Thus, the research results this shows that gymnastics tools training to the process systematic integration to do future physical upbringing teachers professional competence in development effective method This result is previously NA Kerimov, VP Filin , GS Tumanyan and other scientists by previously pushed scientific to ideas is in harmony .

CONCLUSION

Transferred research results this showed that gymnastics of tools pedagogical opportunities future physical upbringing teachers professional competence in development important place They are application students not only physical preparation , maybe methodical , organizational and communicative skills are also noticeable at the level Developed . Experimental training during training to the process systematic accordingly current done gymnastics exercises students theoretical knowledge, methodical qualifications and pedagogical activity efficiency traditional to methods relatively much high at the level increased. Statistical results of analyses (t-test and ANOVA) experience in the group professional competence growth control to the group relatively reliable differences with manifestation what happened showed ($p < 0.05$). This is working issued methodology efficiency scientific basically confirms. Also, gymnastics from the means use in the process students personal Qualities-initiative , creativity , teamwork work ability and pedagogical to activity was responsibility The feeling is also noticeable at the level development observed .

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