

Pedagogical and Psychological Features of the use of Digital Technologies in the Training of Physical Education Teachers

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Abstract: In this article, the formation of the ability to use digital technologies in the training of future physical education teachers, and the introduction of the concept of digital technologies and innovations to the activities of the future owners of this profession. The significance of digital technologies has been set based on the solutions to the problems that the world community is studying. It is necessary that the problem studied in the article should be relevant for the current period.

Keywords: pedagogy, psychology, ability, digital technologies, innovation, personality, activity, work, ego formation, physical education, youth periods.

INTRODUCTION

Raising a healthy generation is one of the priorities of our country's policy. In the modern world, amidst globalization, raising a morally upright and physically healthy generation is one of the most important factors determining the future of our country and achieving the noble goals of our people. Based on these efforts, significant and targeted initiatives have been implemented in our country during the years of independence. In particular, the decree of the President of the Republic of Uzbekistan, Shavkat Mirziyoyev, dated June 3, 2017, No. PF-5368, "On measures to develop physical education and mass sports", exemplifies the significant attention devoted to this sector. In addition, amidst the global advancement, digitalization has swiftly permeated all sectors, laying the groundwork for dedicated attention to physical education and sports. Deepening theoretical and practical knowledge, as well as accurately defining concepts and terms related to skills and qualifications in physical education, stands as a primary objective of these policies and regulations. Firstly, it is crucial to train physical education teachers as specialists who are proficient in their field, capable of fostering not only physical fitness but also general knowledge. It is pertinent to examine and evaluate the significance of digital technologies in the context of scientific and pedagogical activities for future physical education teachers. Specifically, the term "physical education" encompasses various definitions. "Physical education is a pedagogical process aimed at enhancing the morphological and functional aspects of the human body, developing fundamental movement skills essential for life, and imparting relevant knowledge". More precisely, in training future physical education teachers, the focus extends beyond physical development to continuously advancing and refining these areas over time.

To ensure that every future physical education teacher fully acquires pedagogical skills, the following is essential:

Firstly, mastering the necessary field based on contemporary needs, which involves staying updated with current developments.

Secondly, possessing psychological and pedagogical knowledge to effectively employ methods that align with students' psychological conditions.

Thirdly, fostering a sense of dedication and loyalty to their profession among future physical education teachers.

Russian scientist I.P. Rachenko expressed the following comments on pedagogical mastery as part of the pedagogical art:

“Pedagogical mastery is the complete mastery by a teacher of pedagogical-psychological knowledge, that is, professional skills and abilities that can meet the demands of the time, their interest in the profession, and the ability to engage students is understood as the ability to improve knowledge in the subject, develop pedagogical thinking and intuition, and is understood as a moral norm”.

METHODS

It is accurate to say that the skills in utilizing digital technologies, as highlighted in numerous scientific studies, represent one of the critical gaps in the field, particularly among physical education professionals. Frequently, it is noted that prospective physical education teachers prioritize practical aspects over theoretical understanding. Therefore, fostering proficiency in digital technology within physical education, aligned with advancements in modern technologies, serves as a crucial cornerstone for the professional development of future physical education educators. If physical education teachers in schools are well-versed in technology and new innovations, they can effectively impart global trends to students using digital technology during lessons. The preparation of future physical education teachers as competent individuals dedicated to their profession involves studying internationally recognized educational standards, shaping the application of new technologies for field development, and ensuring they become highly skilled specialists in their profession. Moreover, they must evolve in sync with the times, meaning they must develop into competent individuals dedicated to their profession and become highly skilled educators. The 21st century, an era of technological innovations, marks a crucial stage in attaining all recognized personal virtues. Individuals who possess comprehensive skills will always be able to foresee their long-term development and contribute to the future of their homeland. Survey results aimed at understanding the interest of future physical education teachers in digital technologies indicate that nearly 60% of prospective educators either need or strongly desire familiarity with digital technologies. These innovative technologies are therefore pivotal in shaping knowledge related to digital technologies among representatives in the field.

RESULTS

Physical education teachers acquired the following insights during their scientific and pedagogical research activities:

1. Perfect acquisition and continuous development of the system of knowledge related to physical education;
2. Master your subject and acquire modern knowledge and skills (digital technologies, computer literacy) for a new era;
3. The ability to apply modern pedagogical and psychological knowledge, taking into account the age characteristics of students;
4. The ability to work in harmony with the young people of the new era, who are always forming within their knowledge;
5. to treat work responsibly, love the profession, work with love;

6. Continuous development of the ability to use modern pedagogical technologies in pedagogical activities.

It is crucial for a physical education teacher to communicate logically and eloquently during their pedagogical activities and while working with students, using educationally significant expressions accurately.

Within the framework of defining the professional qualities of a physical education teacher, the following tasks were delineated during the research process:

a. First of all, to be mature in terms of high moral qualities, aesthetics, behavioral culture;

б. To be a mature specialist in his profession, having comprehensive knowledge of science, being devoted to his profession;

в. Having special pedagogical knowledge, skills and qualifications;

д. Having teaching skills and the ability to communicate with students.

Therefore, in the process of education, it is essential to cultivate the worldview, high moral qualities, knowledge, skills, social culture, and adept pedagogical skills of the physical education teacher.

DISCUSSION

Firstly, we examined the responsibilities of future physical education teachers, focusing on developing abilities aligned with their interests to shape their personalities. Teachers who are passionate about their profession, who tirelessly contribute to its advancement, who consistently embrace innovation and adaptability, significantly contribute to the field's development. It was suggested to foster a positive emotional atmosphere during physical education and activities to enhance the sustained interest of physical education teachers. Utilizing innovative technologies aimed at enhancing life skills and competencies such as strength, agility, endurance, flexibility, and speed is crucial for improving the effectiveness of developing students' physical qualities in physical education. There is a wealth of theoretical material covered in physical education classes, and this challenge can be effectively addressed through the integration of modern information technologies. When computer technologies are employed in the educational process, lessons become more engaging, visual, and dynamic, thereby increasing students' interest. Considering the digital age, the significance of technology in physical education is growing daily. By conducting physical education lessons using these new technologies, the range of students' interests can be broadened, thereby providing them with external motivation. Currently, scientists are focusing on three particularly important areas in the field of pedagogical activity:

a) Creative activity, which involves the teacher's ability to approach their work from various perspectives;

b) Innovative approaches, where teachers utilize different technological programs to enhance student interest;

c) Technological processes, which involve directing activities using new technological tools.

The ability of every future physical education teacher to organize the educational process and utilize advanced methods is a subject of considerable debate among scientists. A creative approach to each individual's pedagogical work is a crucial step toward achieving high-quality results.

CONCLUSION

To become a proficient master in their profession, every specialist must grasp the technologies of the new era, understand the foundational aspects of each activity, and appreciate how crucial

technologies are in shaping their profession. It is essential for future physical education teachers to be adept specialists in their field, equipped with knowledge of new technologies, continuously evolving the lesson process, and fully integrating technological innovations. The integration of digital technologies into the educational process remains a challenge for physical education teachers in many cases. We observe a low level of innovation in the pedagogical aspects of lesson organization, which correlates with decreased activity and interest among students. Considering that new technologies represent one of the most advanced requirements of the modern era, permeating all sectors rapidly, I believe it is crucial to further explore the relevance of this topic in the educational context of physical education. Given the urgency of this issue, educating the younger generation to meet modern standards is a paramount task for us as teachers. As educators, our primary objective is to cultivate future physical education teachers into adept professionals, highly skilled individuals proficient in the latest technologies, and empower them to educate the next generation. In many contexts, the image of a physical education teacher is often limited to someone who is physically fit. However, advancing this perception is crucial. One of our main goals during this period is to emphasize that physical education teachers are not only physically capable but also intellectually and theoretically competent. This evolution is central to our research agenda — shaping well-rounded educators who can meet the demands of the contemporary era.

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