

**PEDAGOGICAL OPPORTUNITIES FOR ENHANCING THE PROFESSIONAL
TRAINING OF FUTURE PHYSICAL EDUCATION TEACHERS**

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Abstract: This article focuses on the modern requirements for the professional training of specialists in the field of "Physical Culture" and the existing opportunities. In particular, the issues of increasing the effectiveness of education through the use of distance learning forms, modern information and communication technologies, and electronic educational programs are highlighted. The thesis indicates such qualities as sports skills, organizational skills, mental toughness and moral maturity as important factors in the formation of professional competence of specialists working in the field of physical education and sports. Also, ways of training qualified personnel based on new pedagogical approaches and digital technologies are discussed.

Keywords: physical culture, distance learning, information technologies, physical education, sports skills, organizational skills, mental toughness, electronic educational programs.

Introduction

Higher educational institutions that train future physical education teachers are faced with the task of purposefully developing the most important professional qualities of a teacher, involving students in active methods of mastering pedagogical, scientific research, spiritual-educational and organizational-management experience for use in their further activities. Future physical education teachers must be prepared for professional activity in various socio-pedagogical and socio-cultural conditions. One of the important problems is the creation of a pedagogical personnel system in the field of physical education and sports, the training of qualified personnel for the field, and the improvement of their qualifications and knowledge based on the requirements of the time. In improving the system of training specialists with a physical education education, the development of new approaches to the content and organization of the educational process, which require and encourage the increased activity of students in the acquisition of professional knowledge, qualifications and skills, is of decisive importance. Based on the above, today, in modern educational processes, the following requirements are imposed on physical education teachers is being set: Physical education teacher's professional profile A specialist who carries out physical education of children, adolescents and youth in the process of implementing basic general education programs and organizing physical education and sports events in educational institutions.

The main content of the physical education teacher's activities: Teaching physical culture according to basic general education programs. Organizing and conducting extracurricular activities and classes according to additional educational programs in the field of physical culture. Methodological support of the physical education process. Compared with teachers of other specialties, a physical education teacher works in specific conditions. In the psychology of physical education, they are divided into three groups: conditions of mental stress, conditions of physical activity and conditions associated with external environmental factors. Conditions of mental stress: noise from the screams of participants (especially in classes with younger students), which are distinguished by intermittent and high tones, causing mental fatigue in the teacher; the need to move from one age group to another; significant load on the speech

apparatus and vocal cords; responsibility for the life and health of students, since physical exercises are characterized by a high level of risk of injury. Cases of physical exertion: the need to demonstrate physical exercises; carrying out physical activities together with students (especially on trips); there is a need to ensure the safety of students in physical exercises.

Cases related to external environmental factors: climatic and weather conditions during outdoor activities; sanitary and hygienic condition of sports classes, halls. Based on the specific working conditions, a physical education teacher must have important personal qualities: good health, constant physical fitness, sports skills, mental endurance, observation, composure, sense of humor, kindness, organization, optimism, independence, responsibility, initiative, empathy, organizational skills. A physical education teacher must have general and professional competencies: Understand the essence and social significance of his future profession, demonstrate constant interest in it. Organize his activities, identify methods for solving professional problems, evaluate their effectiveness and quality. Assess risks and make decisions in non-standard situations.

Set and solve professional problems, search, analyze and evaluate information necessary for professional and personal development. Use information and communication technologies to improve professional activity. Work in a team and in a team, interact with management, colleagues and social

to cooperate with partners. To set goals, stimulate the activities of students, to organize and control their work, taking responsibility for the quality of the educational process. To independently set professional and personal development tasks, to engage in self-education, to consciously plan advanced training. To update the goals, content, and carry out professional activities in the conditions of changing technologies. To prevent injuries, to ensure the protection of the life and health of children.

To build professional activities in compliance with the legal norms regulating them. To master the basic and new types of physical education and sports activities. To fulfill military duty, including the application of the acquired professional knowledge (for young people). To set goals and objectives, to plan, conduct and analyze extracurricular activities and events. To involve students, parents (their substitutes) in physical education and sports activities.

Implementation of pedagogical control, evaluation of the process and results of student activities. Maintenance of documents ensuring the organization of physical education and sports events. Selection of an educational and methodological complex, development of educational and methodological materials (work programs, educational and thematic plans) based on educational standards and model programs, taking into account the type of educational institution, the characteristics of the class, group and individual students. Systematization and evaluation of pedagogical experience and educational technologies in the field of physical culture based on the study of professional literature, introspection and analysis of the activities of other teachers. Formalization of pedagogical developments in the form of reports, abstracts, speeches. Participation in scientific research and project activities in the field of physical education is required.

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