

**THE ROLE OF GYMNASTICS IN FORMING THE COMPETENCE OF FUTURE  
PHYSICAL EDUCATION TEACHERS**

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**Abstract:** The article highlights the pedagogical potential of gymnastic equipment in developing the professional competence of future physical education teachers. In the course of the research, the integration of gymnastic exercises into the educational process, their role in the formation of professional, methodological and communicative competencies were analyzed. Also, the developed methodological approaches were tested on an experimental basis, and their effectiveness was scientifically proven. The results showed the important role of gymnastic equipment in preparing future teachers for modern pedagogical activity.

**Keywords:** gymnastic equipment, professional competence, physical education teacher, pedagogical system, methodological approach, preparation, competency development.

**ENTRANCE**

Currently, the process of training specialists in the field of physical education and sports is organized on the basis of modern pedagogical technologies, innovative methods and a system of practical skills. The future physical education teacher is considered not only a specialist in teaching movement activities, but also a pedagogue who shapes a healthy lifestyle for students and educates a conscious attitude to physical culture. Therefore, the effective use of the pedagogical capabilities of gymnastic equipment in the process of forming professional competence is of particular scientific and practical importance today.

Gymnastics, as a universal pedagogical tool that comprehensively develops the human body, harmonizes muscle activity and forms a culture of movement, has long been considered the central direction of the physical education system. Its exercises, along with the development of movement accuracy, balance, strength, endurance and flexibility, also serve as an important factor in improving the professional and pedagogical skills of teachers.

In recent years, the introduction of a competency-based approach in the training system for future physical education teachers has become an urgent issue. The Law of the Republic of Uzbekistan "On Education", the "National Program for Personnel Training", as well as the qualification requirements developed for the bachelor's degree program 60112200 - "Physical Culture", set out the requirements for the formation of professional competence of a physical education teacher, increasing the level of readiness for pedagogical activity, and introducing modern methodological tools into practice.

The professional competence of a future teacher represents a combination of theoretical knowledge, practical skills, communicative competence and innovative thinking. Gymnastics equipment, on the other hand, is an effective tool that combines all these components and is directly used in pedagogical activities. In particular, the purposeful use of gymnastic exercises in the educational process allows the teacher to develop methodological preparation, observation, organizational and analytical activity.

Thus, one of the current directions of modern pedagogical science is to scientifically substantiate the pedagogical significance of gymnastic equipment in the development of professional competence, to determine its place in the teacher training system, to reveal its methodological possibilities and to put it into practice. This study is aimed at precisely this goal - to improve the system of developing the professional competence of future physical education teachers through the use of gymnastic equipment.

The issue of forming the professional competence of future physical education teachers is one of the current areas that has been widely studied in pedagogical science in recent years. The research of national and foreign scientists serves as an important theoretical source in determining the scientific foundations of this process.

LP Matveev (1991), VP Filin (1982), GS Tumanyan (1983) and IM Mirzoev (2009) deeply analyzed the pedagogical essence of gymnastic means, their impact on the physical and professional development of the individual, and their role in the formation of a culture of movement. According to them, gymnastics, while ensuring the comprehensive physical fitness of a person, also forms the skills of teachers to manage the educational process, analyze it and apply methodological innovations.

In the scientific works of Uzbek scientists NA Karimov, OJ Dadabaev, RD Khalmukhamedov, Sh.A. Mirzakulov, SS Tojiyev, ZA Bakiev, it is emphasized that the process of developing professional competence of physical education teachers should be carried out through the integration of educational content, teaching methods and practical activities. In particular, OJ Dadabaev (2017) substantiated the possibility of developing pedagogical skills, observation, organizational and analytical activities by using the didactic potential of gymnastic exercises in the teacher training process.

VI Lyakh (2014) and AA Zdanovich (2016) sheds light on the mechanisms of formation of professional reflection, communicative competence and pedagogical flexibility of the teacher through the integration of gymnastic exercises into the educational process. Also, modern foreign studies (Filatova EA, 2017; Sydneva LV, 2008) study methods of enriching the system of physical exercises with interactive methods, and developing observation and analysis skills using digital technologies.

The "Concept for Improving the Training of Pedagogical Personnel in the Higher Education System" (2020) and the qualification requirements for the bachelor's degree 60112200 - "Physical Culture" adopted in our country stipulate that pedagogical, methodological, communicative and research skills should be included in the professional competence. These regulatory documents further strengthen the importance of gymnastic equipment in the comprehensive training of teachers.

Saidova MA (2024) in her research created a system for developing professional competence of future physical education teachers based on the use of gymnastic equipment, in which the integration of methodological principles, an activity-oriented approach and a competency model is confirmed on a practical basis. According to the author, gymnastic exercises serve to develop teachers' readiness for methodological thinking, reflection, cooperation and innovative activity.

The analysis of the literature shows that the pedagogical potential of gymnastic equipment has not yet been fully revealed. Their comprehensive integration into the teacher training process, their combination with the components of professional competence, as well as the formation of a systematic approach in educational practice determine the scientific novelty and practical significance of current research.

The methodological basis of this study is based on the integration of competency-based, systematic, activity-oriented and person-oriented approaches in the educational process. In order to improve the system of training future physical education teachers on a scientific basis,

scientific sources on pedagogy, psychology, sports theory and gymnastics methodology were analyzed. The main goal of the study is to develop scientific and methodological foundations for the formation of professional competence of future physical education teachers through the use of gymnastics equipment and to test it in practice. The object of the study is the process of professional training of future physical education teachers studying in higher educational institutions in the field of physical culture. The subject is a system of pedagogical processes, methodological approaches and teaching aids aimed at developing professional competence through gymnastics equipment. The methodological approach used in the study was aimed at the formation of pedagogical, methodological, communicative and research competencies in future teachers through gymnastics equipment. Pedagogical competence served to develop the skills of managing the educational process, monitoring and assessing the physical development of students. Methodological competence involved the selection, planning of gymnastic exercises and their integration into the curriculum. Communicative competence allowed for teamwork, motivation and effective communication. Research competence was aimed at analyzing the results of the educational process, identifying pedagogical problems and developing methodological recommendations. As a result, the developed methodological system allowed for the formation of an integrative approach that harmoniously develops theoretical knowledge, practical skills and analytical thinking in future teachers in the use of gymnastic equipment .

### **CONCLUSION**

The results of the study showed that the purposeful and systematic use of gymnastic equipment plays an important role as an effective pedagogical tool in the development of professional competence of future physical education teachers. Gymnastics exercises form not only physical fitness in teachers, but also methodological, psychological and communicative maturity. Based on the theoretical analysis and experimental work conducted, it was found that gymnastics equipment develops reflection, independent decision-making, analytical thinking and a creative approach in the professional activity of a teacher. Also, based on gymnastics exercises, teachers' skills in organizing a lesson, ensuring safety, teaching exercises step by step and motivating students have significantly increased. The methodological system developed in the study justified itself as an integrative model that combines pedagogical, methodological, communicative and research competencies. In this system, the use of gymnastics equipment is combined with the motivational, activity and outcome components of the educational process. According to the results of the experiment , the level of professional competence of students in the experimental group was significantly higher than that of the control group, and these changes showed statistically significant results. Thus, the integration of gymnastic equipment into the teacher training system is one of the important conditions for improving their professional training, improving their pedagogical skills and training personnel who meet the requirements of modern education. The results of the study prove that the methodological approach based on gymnastic equipment is an effective, innovative and practically based direction in the formation and development of professional competence of future physical education teachers.

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