

## COMPARATIVE ANALYSIS OF CURRICULA OF ADVANCED TRAINING COURSES FOR SPORT TRAINERS

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### ABSTRACT

This article is devoted to analyze of the curriculums (programs) of advanced training system for sport coaches in the Republic of Uzbekistan. Apart from the stages of reforming system of advanced training for sport coaches, the hours of blocks and the data module of plan (programs) were examined. Based on this analysis, the article presents conclusions.

**Keywords:** Sport, physical training, module, coach, refresher courses, curriculums (programs).

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Preparation within high school education is necessary, but it is not enough as it provides only basic education. However, work as a trainer is an activity of a professional, who has not only practical skills and abilities, but also deep theoretical knowledge of different disciplines.

Constantly changing working conditions: systematic growth of sports results, adjustment of rules of competitions, new sports equipment, emergence of new sports and sport disciplines, etc. insistently demands regular improvement of professional qualification. Nowadays there is an active work devoted to the searching for new preparation models and improvement of professional qualification of our specialists within continuous education.

Studying history and evolution of a system of professional development, provided by sport trainers in the Republic of Uzbekistan, it becomes possible to see a continuous connection between the past and the present. It also promotes drawing up the most standardized curriculum and training programs of advanced training courses for coaches.

In the Republic of Uzbekistan, professional development for trainers was organized at the end of the XX century on the basis of the Uzbek State institute of physical culture where the faculty of professional development of specialists in physical culture and sport was organized.

In February 16, 2006, the Cabinet of Ministers of the Republic of Uzbekistan adopted the Resolution № 25: "The national program for training" "About further improvement of a system of retraining and professional development of pedagogical staff". The resolution was enacted for the further quality increase of retraining and professional development of pedagogical staff, for its educational, methodical and information support strengthening and for providing educational institutions of the Republic with highly qualified pedagogical personnel. This Resolution approved the State requirements to retraining and professional development of pedagogical staff. Besides, the Resolution of the Cabinet of the Republic of Uzbekistan of August 15, 2014 "About measures for further improvement of a system of retraining and professional development of workers of national education", No. 234 is accepted.

Based on the Resolution of the Cabinet of Ministers of the Republic No. 234, the advanced training courses of pedagogical staff were held at least once in 5 years, the extent of courses was 144 hours. Advanced training courses of trainers passed by the following curriculum.

### Curriculum of professional development of workers of national education of employees

**Directions of advanced training courses:** Coaches-teachers for children and youth in sport schools, coaches-teachers in sport-oriented boarding schools

**Extent of advanced training courses:** 4 weeks (144 hours)

**Type of study:** day (with a separation from a primary place of employment)

№	Educational blocks and modules	Academic setting Total		Classroom studies (hours)				Independent preparation	Distribution of hours per week			
		Hours	%	Total	Lecture	Practical	Exit occupations		1 week	2 weeks	3 weeks	4 weeks
									36	36	36	36
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>1</b>	<b>Social objects</b>	<b>32</b>	<b>18,4</b>	<b>26</b>	<b>14</b>	<b>12</b>		<b>6</b>	<b>10</b>	<b>6</b>	<b>10</b>	
1.1	Economic problems	7		6	4	2		1	2	4		
1.2	Legal questions	8		6	4	2		2	4	2		
1.3	Bases of spirituality and national idea	17		14	6	8		3	4		10	
<b>2</b>	<b>All-professional objects</b>	<b>34</b>	<b>19,5</b>	<b>28</b>	<b>10</b>	<b>18</b>		<b>6</b>	<b>12</b>	<b>16</b>		
2.1	Topical issues of pedagogics	10		8	4	4		2	4	4		
2.2	Topical issues of psychology	14		12	4	8		2	8	4		
2.3	Information technologies	<b>10</b>		8	2	6		2		8		
<b>3</b>	<b>Objects of specialization</b>	<b>98</b>	<b>56,3</b>	<b>82</b>	<b>22</b>	<b>56</b>	<b>4</b>	<b>16</b>	<b>14</b>	<b>14</b>	<b>24</b>	<b>30</b>
3.1	Technique of the organization and holding sports trainings	44		38	12	22	<b>4</b>	6	8	8	6	12
3.2	Pedagogical technologies in the sports direction	22		18	6	12		4	6	6	4	6
3.3	Use of information technologies in the organization of sports trainings	14		12	4	8		2			6	6
3.4	Bases of a foreign language	10		8		8		2			8	
3.5	Selective subject	8		6		6		2				6
<b>4</b>	<b>Hours on a discretion of institute</b>	<b>10</b>	<b>5,7</b>	<b>8</b>	<b>4</b>	<b>4</b>		<b>2</b>			<b>2</b>	<b>6</b>
4.1	Hot topics	10		8	4	4		2			2	6
	<b>Total</b>	<b>174</b>	<b>100,0</b>	<b>144</b>	<b>50</b>	<b>90</b>	<b>4</b>	<b>30</b>	<b>36</b>	<b>36</b>	<b>36</b>	<b>36</b>

In the process of professional development, the listener (trainer) passed intermediate control exam in the subjects, presented in the curriculum. After successful examination, the listener could pass final exam and defend qualification thesis afterwards. The listeners, who passed these stages successfully, got the certificate of advanced training courses.

In December 2, 2014, the Cabinet of Ministers of the Republic of Uzbekistan adopted the Resolution "About creation of a modern system retraining", No. 327 for the purpose of basic review and improvement of organizational bases of retraining and professional development of specialists in physical culture and sport. In January 1, 2015, the industry Center of retraining and professional development of pedagogical staff in the Uzbek state institute of physical culture was transformed into the Center of scientific and methodical providing, retraining and professional development of specialists in physical culture and sport at the Uzbek state institute of physical culture. It was established, that the Center was a special scientific, methodical and educational institution, competent to carry out scientific and methodical ensuring of educational and training process. It extends on all levels of athletes retraining and professional development of trainer - teachers in schools of the highest sports skill, colleges of the Olympic reserve, specialized Children's and Youth Sports Schools of Olympic Reserve of the Republic.

The major tasks and activities of the Center:

- carrying out the in-depth scientific research directed to the development and deployment on all education levels; training of athletes; creating of the innovation teaching sports skill techniques, improvement of a regulatory framework in the field of training of the professional trainer's staff providing preparation of sport reserve and high-class athletes;
- implementation at the modern level of retraining and professional development of trainer's teachers of sports educational institutions of the republic with frequency once in five years with use of the best international practices and also involvement of the foreign and domestic qualified experts specialists and high-class trainers into educational process on a contract basis;
- implementation, especially coaches, of the national teams and their reserve; creation of modern, effective programs and methods of training, directed to the improvement of professional knowledge of listeners in the field of athletes training; and to the skills development of talented young athletes, helping them to become professionals, who will be capable of presenting the Republic on the international sport scene;
- providing with the methodical manual of all types of sport activity of all educational institutions which train specialists, carrying out system analysis, monitoring the quality and assessment of dynamics of professional skills development and trainer staff' competence.

In this Center the process of the number of trainers increase was based on the basis of the Resolution of the Cabinet of the Republic of Uzbekistan of December 18, 2014 "About the adoption of the provision on an order of retraining and professional development of specialists in physical culture and sport", No. 347. This Resolution approved the Statement of retraining and professional development of specialists in the sphere of physical culture and sport, which selected 144 hours for professional development of trainer staff.

Advanced training courses of trainers passed by the following curriculum:

### **Curriculum of professional development of trainer-teachers on different kind of sport**

**Directions of advanced training courses:** "Trainer-teachers of different kind of sport".

**Listeners:** Trainer-teachers from sport centers.

**Extent of advanced training courses:** 4 weeks (144 hours)

**Type of study:** full-time education (with a separation from a primary place of employment)

№	Blocks and modules	Hours of an academic load of listeners						Distribution of classroom hours on blocks		
		Classroom academic load					Independent preparation	1-block	2-block	3-block
		Total	Total	Theory	Practice	Exit occupations		Number of hours in blocks		
								48	48	48
1	2	3	4	5	6	7	8	9	10	11
<b>I.</b>	<b>General preparation</b>	<b>26</b>	<b>18</b>	<b>10</b>	<b>8</b>	<b>0</b>	<b>8</b>	<b>18</b>	<b>0</b>	<b>0</b>
1.1.	Issues of education, education and development of society in works by the President of the Republic of Uzbekistan	6	4	4			2	4		
1.2.	Legislative rules of the organization of process of education and education	8	6	6			2	6		
1.3.	Intensive methods of studying of a practical foreign language	12	8		8		4	8		
<b>II.</b>	<b>All-vocational training</b>	<b>50</b>	<b>32</b>	<b>12</b>	<b>20</b>	<b>0</b>	<b>18</b>	<b>28</b>	<b>4</b>	<b>0</b>
2.1.	Use of modern information technologies in the course of education	16	10		10		6	10		
2.2.	Pedagogical skill and competence of the trainer-teacher	10	6	4	2		4	6		
2.3.	The innovation pedagogical technologies in holding sports occupations	10	6	2	4		4	6		
2.4.	Best foreign practices in improvement of quality of sports education	8	6	4	2		2	6		
2.5.	Health and safety	6	4	2	2		2		4	
<b>III.</b>	<b>Preparation on specialization</b>	<b>120</b>	<b>88</b>	<b>36</b>	<b>42</b>	<b>10</b>	<b>32</b>	<b>2</b>	<b>40</b>	<b>46</b>
3.1.	Psychological training of athletes	14	10	6	4		4		10	
3.2.	Sports physiology	14	10	6	4		4		10	
3.3.	Sports medicine	14	10	4	6		4		10	
3.4.	Hygiene of a power supply	12	10	6	4		2		10	
3.5.	Theory and technique of a sports training	28	22	10	8	4	6			22
3.6.	Increase in sports pedagogical skill	26	18		12	6	8			18
3.7.	Sports constructions	6	4	2	2		2			4
3.8.	Scientific and practical project work	6	4	2	2		2	2		2
<b>IV.</b>	<b>Final state certification</b>	<b>12</b>					<b>12</b>	<b>0</b>	<b>0</b>	<b>2</b>
4.1.	Final tests	6					6			
4.2.	Protection of scientific and practical project work	6					6			
<b>V.</b>	<b>Selective objects</b>	<b>8</b>	<b>6</b>	<b>2</b>	<b>4</b>		<b>2</b>		<b>4</b>	<b>2</b>
	<b>TOTAL</b>	<b>216</b>	<b>144</b>	<b>60</b>	<b>74</b>	<b>10</b>	<b>72</b>	<b>48</b>	<b>48</b>	<b>48</b>

According to the decree of the President of the Republic of Uzbekistan from March 5, 2018 "About measures for radical improvement of a system of public administration in the field of physical culture and sport", No. UP-5368, it was set the transfer of the Center of scientific and methodical providing, retraining and professional development of specialists in physical

culture and sport at the Uzbek state institute of physical culture into the maintaining of the Ministry of physical culture and sport of the Republic of Uzbekistan.

The resolution of the Cabinet of Ministers of the Republic of Uzbekistan of August 14, 2018 "About measures for further improvement of activity of the center of scientific and methodical providing, retraining and professional development of specialists in physical culture and sport at the Ministry of physical culture and sport of the Republic of Uzbekistan", No. 658, the Center was transformed, and application No. 4 of this Resolution approved the Provision "About the Order of Retraining, Professional Development and Scientific and Methodical Providing Specialists in Physical Culture and Sport".

This Situation defined professional development of specialists in sport at least once in 4 years, including 144 hours of the training program. Following the results of passing of advanced training courses, listeners have a final control (test) and a final interview.

### Standard curriculum of professional development of trainer-teachers on different kind of sport

**Directions of advanced training courses:** "Trainer-teachers of different kind of sport".

**Listeners:** Trainer-teachers from sport centers.

**Extent of advanced training courses:** 4 weeks (144 hours)

**Type of study:** full-time education (with a separation from a primary place of employment)

№	Blocks and modules	Hours of an academic load of listeners				Independent preparation
		Classroom academic load				
		Total	Theory	Practice	Exit occupations	
I.	<b>General preparation</b>	<b>18</b>	<b>10</b>	<b>8</b>		
1.1.	Issues of education, education and development of society in works by the President of the Republic of Uzbekistan	4	4			
1.2.	Legislative rules of the organization of process of education and education	6	6			
1.3.	Intensive methods of studying of a practical foreign language	8		8		
II.	<b>All-vocational training</b>	<b>32</b>	<b>12</b>	<b>20</b>		
2.1.	Use of modern information technologies in the course of education	10		10		
2.2.	Pedagogical skill and competence of the trainer-teacher	6	4	2		
2.3.	The innovation pedagogical technologies in holding sports occupations	6	2	4		
2.4.	Best foreign practices in improvement of quality of sports education	6	4	2		
2.5.	Health and safety	4	2	2		
III.	<b>Preparation on specialization</b>	<b>84</b>	<b>36</b>	<b>38</b>	<b>10</b>	
3.1.	Psychological training of athletes	10	6	4		
3.2.	Sports physiology	10	6	4		
3.3.	Sports medicine	10	6	4		
3.4.	Hygiene of a power supply	10	6	4		
3.5.	Theory and technique of a sports training	22	10	8	4	
3.6.	Increase in sports - pedagogical skill	18		12	6	
3.7.	Sports constructions	4	2	2		
IV.	<b>Final state assessment</b>	<b>4</b>				<b>4</b>
4.1.	Final tests	2				2
4.2.	Final interview	2				2
V.	<b>Selective objects</b>	<b>6</b>	<b>2</b>	<b>4</b>		
	<b>TOTAL</b>	<b>144</b>	<b>60</b>	<b>70</b>	<b>10</b>	<b>4</b>

Based on the facts mentioned above, standard curriculum of working training programs were approved and the sport coach who take advanced training courses were developed and approved.

The carried-out analysis proves that hours on blocks of objects (modules) of advanced training courses of trainers on sport in the system of the Ministry of national education were distributed as follows: social objects - 26 hours, all-professional objects - 28 hours, objects of specialization - 82 hours.

Today hours on blocks of objects (modules) of professional development of trainers on sport in the system of the Ministry of physical culture and sport are distributed as follows: the general preparation -18 hours, all-vocational training - 32 hours, preparation on a specialization - 84 hours, selective objects - 6 hours.

From the carried-out comparative analysis it is stated that during 2015-2019 on the specialization block for trainers, hours have been increased from 82 to 88, this indicator shows 56.3%, and today is 58.3% (2%) respectively. Besides, modules for trainers from 4 modules to 7 modules on the specialization block significantly changed. Also the final state assessment on the termination of courses by trainers changed. That is protection of scientific and practical project work was excluded, it was replaced with a final interview.

The conducted survey and interview with sport coaches, shows considerable improvement in structure of modules on specialization compared with 2015-2016. Following the results of poll, sport coaches gave more preference in such modules as "The theory and a technique of a sports training" and "Development of pedagogical sport skills". As, a large number of hours on these modules it was given to practical and exit training.

Apparently, educational process at advanced training courses of specialists in sport presents rather difficult mechanism consisting of a number of sections which are interconnected with each other. It can be successfully implemented in the presence of a certain system, which needs to adhere constantly.

The carried-out historical analysis of curricula (programs) for professional development of sport trainers confirms, that today there are big changes and reorganization in the professional development process. At the same time, it should be noted that the process of professional development of sport trainers and its efficiency in modern conditions are studied not enough. Questions of the organization of professional development of trainer's frames in the light of new requirements and conditions acquire the increasing relevance, and educational process demands continuous improvement.

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