

## ACMEOLOGICAL PEAKS OF A SPORTS TEACHER AND COACH

**Ibrakhimov Sanjar Urunbayevich (PhD)**

National University of Uzbekistan named after Mirzo Ulugbek

UZBEKISTAN, Tashkent

E-mail: sanjar.ibraximov@mail.ru

### ABSTRACT

This article reveals the importance of physical culture and sports in the upbringing of a harmoniously developed personality, and presents the stages of growth of a sports teacher: from professionalism to skill and innovation. For an in-depth study of each phenomenon, a structural analysis of the acmeological stages is presented. As an illustration, innovative searches of specialists in the field of physical culture are shown and analyzed.

**Keywords:** Professionalism, sportsmanship, innovation, pedagogical skills, sports teacher.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

In personal and professional development, the teacher goes through various stages, during which he can achieve professionalism, skill and innovation. In the development of a teacher in the field of physical education and sports, these characteristics also take place, taking into account the specifics of the work of a physical education teacher, coach, etc.

Innovation in the field of teaching physical culture presupposes the creation of new author's pedagogical forms, technologies, methods, thanks to which the teacher achieves high results in the formation of a healthy lifestyle among the younger generation, in sports achievements, health promotion, and the acquisition of skills of universal and specific motor elements in his wards, pupils and pupils.

Let's consider what professional characteristics a sports teacher has.

According to A.Ya. Korkha [4], such characteristics are patriotism, morality, strong-willed qualities, behavior in a team, attitude to work, personal and professional qualities. In our opinion, these qualities are not ranked, not spelled out in descending order of importance, but are marked in the system, in unity. We agree that it is impossible to put patriotism, internationalism, dedication, adherence to principles at the forefront, if professionally important characteristics do not stand at the same level. In our opinion, at certain stages of the pedagogical process, the teacher should focus on patriotic qualities in some cases on sportsmanship.

Let us note in more detail in the interpretation of A.Ya. Korkh the personal and professional qualities of a physical education teacher: sportsmanship, pedagogical skill, observation, intuition, pedagogical tact, the ability to distribute attention, pedagogical imagination, abstract thinking, curiosity, didactic skills, building relationships with athletes, ability to predict, model, credibility.

E.P. Ilyin [3] defines the structure of the activity of a teacher of physical culture, which consists of constructive,

organizational, communication, gnostic, motor skills. Constructive skills involve actions for the compositional construction of the material, planning. Organizational skills are aimed at

organizing student activities. Communication skills involve actions to organize relationships with pupils, parents of children. Gnostic skills are actions related to the knowledge of the pedagogical process and its participants. Motor skills - provide for the teacher to perform physical exercises. The correct display of a particular physical exercise included in the curriculum determines the effectiveness of the educational activity of schoolchildren.

The pedagogical skill of a specialist in the field of physical culture makes it possible to achieve high results in physical culture among pupils due to high-quality knowledge and skills that he is able to convey with the help of pedagogical means and methods in conjunction with sports readiness.

Pedagogical skills as interpreted by O.V. Zhukova [2] includes the following components: humanistic orientation,

professional and pedagogical competence, pedagogical abilities and pedagogical technique.

The humanistic orientation is characterized by openness and recognition of a person as the highest value and then his actions, deeds, achievements. For a complete disclosure of the essence of this component, the scientist proposes to describe it through characteristics:

- a) social activity,
- b) vocation for physical culture and sports activities;
- c) social optimism;
- d) love for children, the need for communication;
- e) interest and need for knowledge of physical culture.

Professional and pedagogical competence is determined by the possession of pedagogical knowledge and skills that a sports teacher can implement in the practice of physical training and education. For an accurate representation of this competence, the following components are introduced:

- a) psychological and pedagogical erudition;
- b) public-political awareness
- c) professional knowledge and skills;
- d) interest in physical education and sports as a science;
- e) passion for the subject.

Teaching ability is the receptivity to teaching. The most important qualities of this component are:

- a) communication (disposition to people, benevolence, sociability);
- b) perceptual abilities (professional vigilance, empathy, pedagogical intuition,
- c) personality dynamism (ability to volitional influence and logical conviction),
- c) emotional stability (the ability to control oneself);
- d) creativity.

Pedagogical technique is also an integral component of pedagogical excellence. It represents the totality of all influences on the object of education: the content is transmitted through communication and verbally. Component pedagogical technique includes: the appearance of the teacher (beautiful posture, fit, good physical shape, moderation and appropriate dress code, etc.); technique and culture of speech (correctness, speech-motor coordination, expressiveness, consistency, persuasiveness, brevity, etc.); culture of communication (pedagogical tact, etiquette in communication and behavior, the ability to control communication, verbal and non-verbal means of communication; self-regulation (organization of one's own activities, constant self-improvement, regulation of one's mental state, the ability to create the necessary mood).

It should be noted that both pedagogical technique and other components of the pedagogical

skill of specialists in the field of physical culture include characteristic and specific characteristics of teaching physical culture. The teacher-master possesses universal sports actions, sports techniques, rules, which he himself performs perfectly and can teach them to his pupils. The most important component is personal qualities, which are also spelled out in this structure: will, dedication, perseverance, patience, stress resistance, etc. Personal characteristics are important in any area. In physical education and sports, it is important to have a strong character, since this activity is aimed at single combats, competition, overcoming one's own capabilities. The professional component is determined by pedagogical abilities, experience of interaction with students, pupils. Craftsmanship is an integrated characteristic. All of the above components are intertwined in it, and in a particular pedagogical situation, in the greatest situation, optimal characteristics appear.

The highest acmeological step is innovation. In the field of physical culture and sports, it can lead to the highest achievements of students at one or another level of sports achievements or health improvement of people. In contrast to pedagogical skill, progress is achieved not through pedagogical experience, but through original, new elements. Innovation, like professionalism or craftsmanship, occurs at different levels. So, the teacher's activity, depending on the potential, can be improving, combinatorial or systemic. For the most part, educators and even scientists create perfection innovations. In our opinion, combinatorial innovations have great potential. They can bring development to processes through the technology of integrating known elements, resulting in completely new results. In this regard, it is advisable to retrain athletes from one sport to another, for example, skiers to biathletes, new sports appear, for example, including elements of boxing and wrestling, etc.

In our opinion, innovation or innovative activity consists of such structural elements as knowledge, abilities, motives and reflection [3]. The teacher's innovation consists of knowledge of innovative and pedagogical processes, reflection of the personality of the phenomena of his own self-awareness, on barriers, incentives and other features of the introduction of innovation, as well as on the ability to innovate, which affect the speed and productivity of actions.

The functional components of innovation (innovation) are systemic connections and, at the same time, actions inherent in the innovation process. We have identified the following functional components: gnostic (actions to accumulate knowledge about the subject and object of innovation, the ability to extract new knowledge from the study of the innovation process); design (actions related to the long-term planning of the creation and distribution of innovation); constructive (actions for the selection of content and compositional construction of the innovation); communicative (actions related to the establishment of pedagogically expedient relations between the participants in the innovation process); organizational (actions to organize interaction between participants in the innovation process).

Structural and functional components are closely related to each other, meaningfully include the theory of innovative processes, pedagogy and private methods of physical education for sports teachers.

If we talk about a sports teacher, then the area of his innovative activity includes innovations in physical culture, a healthy lifestyle, and sports. To achieve the best results, a teacher should be in constant search of sports techniques, performance diagnostics, work in an experimental mode, take part in breeding work, have authority for students, skillfully stimulate the results of their students. From a psychological point of view, the qualities of a skillful implementer of

new ideas are required from an innovator due to the developed personal qualities of a sporting nature.

We will show some innovations that operate in the field of physical culture, requiring innovation from a sports teacher, which is manifested in the internal acceptance of these innovations, their implementation in other conditions and reflection of the implementation process.

1. E.O. Panova believes that in order to increase the effectiveness of personality development in the physical plane, it is necessary to search for new values of physical culture throughout the entire life cycle [6]. For deep research, she suggests dwelling on intellectual, motor, technological, intentional, mobilization values. These values are developed in the framework of the development of physical culture of the individual.

2. I.I. Bulygina, N.I. Garanin show that for the development of motivation by physical culture and sports, many institutions organize animation work, that is, the conduct of mass physical culture and health-improving activities, united by a common concept or idea [1]. They also propose to competently include musical works in physical education. This creates additional emotions, mobilizes strength, and brings a positive attitude to physical activity.

3. The innovations in the field of physical culture include the improvement of forms, methods, methods of working with people with disabilities, disabled people. The search is in the field of creating an open environment for all people. The development of technologies in this area should be based on data from such sciences as medicine, remedial pedagogy and physical education. It is important to provide conditions for people with disabilities for sports activities. For such work, it is advisable to involve not only sports workers, but also doctors.

4. Advanced training in the field of physical training is based on the predictive function of the individual. It is important to form a prediction of events, actions, movements, intentions, both personal and those of your potential colleagues and rivals. To do this, one should resort to modeling situations, predicting the results and the moral and material investments required for this.

5. In addition to forecasting, design is widely used in modern physical culture. Developing innovations in this area is acceptable in extracurricular activities. Adolescents, boys and girls have experience in designing educational processes.

It is useful to use it, for example, in the development of projects such as "Sports Digest", "Summer Camp Spartakiad", "Chess and Drafts Tournament", "Cultural Program of Sports Competitions", "Streetball", "Laser Tag", "Sports Square", "Stadium". With the help of Internet technologies, it is possible to design physical education classes on the eve of a lesson. The teacher declares a topic in advance, sets a goal, tasks, children are offered several options for a lesson plan, including options for warm-up, learning new material, training. Each student can predict their achievements and compare them with real ones. The teacher, after the class, will correct the actions of the students. 6. Creation of educational and consulting centers for physical culture and sports will provide an opportunity to receive high-quality methodological assistance to both specialists and parents of children involved in sports. Norms, recommendations, photographs can also be distributed using the website on the Internet. Counseling centers can organize methodological, sports, educational courses. It is advisable to create such types of FC development at sports and educational institutions. The activities of the consulting centers will expand the range of services, attract specialists to the institutes being created.

7. An important place in the improvement of the educational process are innovations that modernize the forms of physical culture. From the experience of FC teachers it is useful to borrow such an innovation as conducting physical education classes in the form of sports

training. An in-depth study of a particular area of physical culture is combined with the delivery of standards throughout the course.

8. The creation of sports clubs in educational institutions, including in additional education, will strengthen the actions of all teachers in the physical education of the younger generation. Such public organizations will strengthen children's and youth self-government, create additional conditions for sports.

9. In order to create combinatorial innovations, it is proposed to include various sports in one event. It is possible to unite the participants of the event according to their interests, by types of sports, etc. The unification of various directions, forms, etc. takes place on the basis of the garland of associations method. As an example, let us take such sports directions as "Extreme", "Masters of Russian folk games", "Checkers-chess". Various combinations of these directions are possible, which can be further specified, select those that are expedient, and exclude combinations that do not make sense.

We have shown the stages of growth of a sports teacher. Professionalism presupposes high-quality work of a teacher in the field of physical culture, mastery in his activities is achieved on the basis of experience with the achievement of high results, and innovation is manifested when high results are achieved due to the introduction of new elements. The structures of the presented steps were considered in order to better understand these phenomena, and innovative searches in the field of physical culture were presented.

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