

METHODOLOGY FOR DEVELOPING PROFESSIONAL COMPETENCES OF PHYSICAL EDUCATION TEACHERS

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Annotation: This thesis discusses the methodology for developing professional competencies of physical education teachers. In the modern educational process, physical education teachers are required to have skills such as not only improving the physical condition of students, but also increasing their motivation, applying pedagogical-psychological approaches and effectively using innovative technologies. The thesis analyzes the basic principles of forming professional competencies, interactive teaching methods, the possibilities of using information technologies and strategies for improving teacher training. The results of the study include scientific and practical recommendations on identifying factors affecting the professional development of physical education teachers and improving their pedagogical skills.

Keywords: Physical culture, professional competencies, interactive teaching methods, innovative technologies, pedagogical approach, advanced training, physical education, educational methodology.

Introduction.

In today's society, education is considered not only as a process of imparting knowledge, but also as a complex system that serves the comprehensive development of the individual. Especially since the field of physical education and sports plays an important role in the life of every person, specialists in this field - physical culture teachers - have a great responsibility. They perform important tasks such as influencing not only the physical development of students, but also directing them to a healthy lifestyle, and educating them spiritually and socially.

However, becoming a physical culture teacher in the modern world is not a simple process. Mastering new pedagogical technologies, interactive methods and innovative approaches is becoming increasingly important today. If a teacher does not constantly develop his professional competencies, he will not be able to achieve sufficient efficiency in teaching students in accordance with modern requirements.

Therefore, this thesis will deeply analyze the methodology for developing the professional competencies of physical culture teachers. Important aspects such as improving the pedagogical skills of the teacher, the use of innovative

teaching methods, as well as effective communication with students are covered. The main goal of this scientific research is to increase the effectiveness of physical education teachers in the educational process by increasing their professional potential and contributing to the upbringing of a healthy and mature generation in society.

Methodology:

The success of any scientific research is closely related to its methodological basis. A methodological approach also plays an important role in studying the development of professional competencies of physical education teachers. Because it is necessary not only to study the factors that affect the personal and professional development of teachers, but also to understand how they can be implemented in practice.

An integrated approach based on pedagogical, psychological and innovative technologies was used in this study. First of all, a scientific and theoretical analysis was carried out in order to clearly define the role and functions of a physical education teacher. This process considered the impact of modern pedagogical approaches, interactive methods, and information technologies on teacher activities in the field of education.

Also, the real state of professional competencies of physical education teachers was studied using empirical research methods - questionnaires, interviews and observations. These methods determine how teachers think about their professional skills, what difficulties they face and how ready they are to improve their activities.

In addition, using the experimental method, teachers were provided with specially developed methodological programs for professional development and their effectiveness was analyzed. As a result of this experimental approach, it was observed how physical education teachers' skills in using interactive methods in the educational process, methods of motivating students and their ability to use innovative technologies developed.

Statistical data was also widely used in the analysis process. After all, the effectiveness of scientific research should not be limited to theoretical considerations, but should be studied based on concrete evidence. Therefore, the results obtained during the study were verified through mathematical analysis and effective ways to develop professional competencies were identified. In this study, traditional and innovative methods for developing professional competencies of physical education teachers were used in combination. Methodological approaches made it possible to analyze the



processes of teachers' professional growth and develop effective recommendations. As a result, this scientific research is undoubtedly of great importance not only theoretically, but also practically for physical education teachers.

Results:

An important part of each scientific study is its results. The results of this study, dedicated to the development of professional competencies of physical education teachers, also put forward a number of important conclusions.

First of all, during the study, it was revealed that professional competencies for physical education teachers in the modern educational process should be developed not only by traditional methods, but also by innovative approaches. When teachers effectively used new interactive methods and information technologies in their pedagogical activities, students' interest in physical education increased significantly.

The results of the questionnaires and observations also showed that the majority of physical education teachers feel the need to develop their professional knowledge and skills. Although many of them expressed their willingness to participate in advanced training courses, in practice it was found that these opportunities are not sufficiently provided. This indicates the need for a systematic approach to the continuous development of teachers' professional competencies.

One of the most important aspects identified during the study using experimental methods is the effectiveness of innovative teaching technologies. When we provided teachers with specially developed interactive educational programs, it was observed that they began to use a more effective and creative approach in the teaching process. This, in turn, served to increase not only the physical fitness of students, but also their general motivation.

The study also showed that physical education teachers should have the opportunity to use modern technologies in their pedagogical activities. In this sense, it is necessary to develop methodological guides on improving their digital competencies, using distance learning platforms, and organizing interactive lessons. This study has proven the high importance of pedagogical innovations, interactive methods, and modern technologies in the process of developing the professional competencies of physical education teachers. The results show that if these approaches are widely implemented in practice, not only will the qualifications of teachers increase, but students will also acquire more effective knowledge and skills in physical education. This, in turn, will



serve as an important step in the formation of a healthy and physically developed society.

In the modern educational process, the role of a physical education teacher is not limited to just teaching. He or she must also act as a pedagogue, motivator, and innovator. The results of the study showed that today, teachers are required to actively use not only traditional methods, but also modern interactive technologies and pedagogical innovations.

The analysis showed that although physical education teachers feel the need to develop their professional competencies, the necessary conditions for them are not always sufficient. Therefore, their continuous training, participation in advanced training courses, and use of advanced pedagogical practices are important. Especially today, when technologies are increasingly penetrating the education system, acquiring digital competencies has become one of the pressing issues for physical education teachers.

The study also revealed that interactive methods and innovative technologies have a significant impact on increasing student activity in the learning process. For example, the effectiveness of physical education lessons taught through the project method, gamification and digital educational tools was higher than traditional approaches. It was observed that such methods make students more interested in physical education, increase their motivation and help them actively participate in the lesson process.

However, it should not be forgotten that the effectiveness of any innovation depends on the teacher's personal approach and level of professionalism. The process of developing the professional competencies of physical education teachers depends not only on external factors, but also on their desire to work on themselves and a sense of responsibility. Therefore, it is necessary to popularize best practices in the professional development of teachers, create modern curricula for physical education teachers in educational institutions, and support the independent learning processes of teachers.

In conclusion, the discussion part of this study suggests that the development of the professional competencies of physical education teachers is not a process that depends only on their personal aspirations. This is a complex process that must be implemented through state policy, the education system and the general support of society. If attention is paid to the professional development of physical education teachers, it is possible to achieve physical and spiritual health of the future generation.

Conclusion.



Today, new tasks and requirements are emerging for physical education teachers. In addition to traditional approaches, knowledge of modern pedagogical technologies, effective communication with students and their orientation to sports and a healthy lifestyle - all this depends on the professional competence of the teacher. This study showed that physical education teachers need to constantly develop their professional skills.

The analysis revealed that interactive methods, information technologies and innovative approaches have a significant impact on increasing the effectiveness of physical education lessons. Increasing students' interest in the lesson, developing their motor activity, and introducing creativity into the educational process - all of this depends on the teacher's pedagogical approach.

However, the development of professional competencies is not limited to an individual approach. Support from educational institutions, improvement of the system of advanced training, popularization of advanced pedagogical practices are also an integral part of this process. Therefore, it is important to expand the opportunities for teachers to participate in modern training and seminars, introduce them to innovative educational technologies and increase their motivation.

From this perspective, the development of professional competencies of physical education teachers serves not only their personal development, but also the general health of society. After all, physically strong, active and healthy youth are the greatest wealth of any country.

In short, physical education teachers must be in a process of constant change and growth in accordance with the requirements of the times. Improving their professional skills is one of the important steps taken to direct not only themselves, but also the future generation to a healthy life. Therefore, research in this area should be continued and more improved methodologies should be developed. Because quality education is the key to a healthy society.

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