

## The Importance of Professional Competence and Creativity in the Activities of Future Physical Education Teachers

**Yakubova Dono Bakhodirovna**

Independent Researcher at Urgench State University

**Abstract:** This article covers issues such as the organization of scientific and pedagogical activities of future physical education teachers, increasing their professional competence and the formation of creativity.

**Keywords:** student, education, upbringing, professional competence, creativity, professional activity, course content.

One of the priorities of the policy of our country is the development of a generation that is both physically and spiritually healthy. Indeed, in the context of intensifying globalization processes in the world today, the upbringing of a highly spiritual and physically harmoniously developed generation is one of the most important factors determining the future of our country and the realization of the noble goals of our nation. In the implementation of this noble deed, its legal basis has been created, and extensive work is being done.

At a time when the current processes of globalization are intensifying, the attention paid directly to physical education teachers who are directly involved in the general and special physical training of young people is becoming increasingly important. Therefore, future physical education teachers are required to master the qualities of professional competence.

Equipping the minds of our youth with modern knowledge, as well as inculcating such qualities as moral maturity, patriotism, humanity, thirst for knowledge, education, creativity, diligence, which are important in the national spirituality of our people, depends on the knowledge and skills of future physical education teachers. In this regard, today's teachers of the younger generation are required to fully master modern innovative technologies, to use information and communication technologies wisely, to be aware of all the secrets of education.

Also, the most important components in improving the professional competence of a future physical education teacher are loyalty to the teaching profession, excellent knowledge of teaching methods, the ability to demonstrate pedagogical skills, the ability to apply pedagogical techniques in their place.

One of the main tasks that increase the professional competence of future physical education teachers is that the level of professional skills and training is properly formed. Issues related to improving the professional competence of teachers can be seen directly in the research of N.V. Kuzmina, A. Milerian, Yu.A. Golikov, L.I. Umansky and other scientists. Scientists such as B.A. Ashmarin, I.G. Berdnikov, M.Ya. Vilensky, R.S. Safin have focused on some aspects of improving the professional competence of physical education teachers in their research work. Among the scientists working in Uzbekistan in this regard are D.D. Sharipova, F.A. Kerimov, R.E. Nurimov, O.O. Pulatov, R.S. Salomov, M.N. Umarov, R.D. Kholmukhamedov, K.T. Shakirjanova.

We believe that future physical education teachers should pay special attention to the following as they increase their professional competence:

- perfect knowledge of the system of knowledge of physical education;
- have the skills and abilities to fully deliver physical exercises to students;
- knowledge of the basics of general methodological sciences, in particular, current issues of public policy, along with the study of their subject;
- be able to independently analyze social problems and processes in the environment from their own point of view;
- to gain knowledge about the spiritual image of students during the learning process;
- to be able to apply modern pedagogical and psychological knowledge on the basis of age characteristics of students;
- be able to independently assimilate, improve and use new knowledge in their work on a scientific basis;
- be able to individually use regulatory legal documents in their scientific and pedagogical activities;

- adhere to the culture of communication;
- be able to analyze the acquired knowledge on the basis of a critical approach;
- be able to clearly communicate their knowledge to students;
- the formation of a sense of responsibility for their profession;
- have mastered one of the foreign languages during their pedagogical activity as a means of exchanging professional skills or scientific communication;
- be able to effectively use modern information technologies;
- to be able to use modern pedagogical technologies in pedagogical activity, etc.

It is also important that future physical education teachers have a thorough knowledge of the terms used in the physical education process to enhance their professional competence. Of course, the teacher's clear and appropriate use of terms has a direct impact on the quality of students' physical fitness. It should be noted that, as H.T. Rafiev noted, today there are more than 15,000 concepts and terms specific to about 800 sports around the world [1]. In studying the professional competence of future physical education teachers, it is expedient, first of all, to analyze the content of the concepts related to this phenomenon. In particular, we can see that the concept of "physical education" itself has several definitions. According to researchers - Physical education is a goal-oriented pedagogical process, the movement is aimed at the formation of skills and abilities and the development of physical qualities [2].

According to the explanatory dictionary of the Uzbek language - Physical training is aimed at comprehensive strengthening of the body, education aimed at strengthening health, exercise [3], etc.

Prospective physical education teachers with professional competence should be able to speak deeply, effectively, logically, beautifully in their pedagogical work with students, that is, to use expressive words that have communicative competence and educational value. It is important to keep in mind that a teacher's speech should be a source of example for every student, even with a positive approach to the situation, rather than a rude, insulting, discriminatory, personal touch to a student who is indiscriminately annoying and violating discipline. When a professionally competent physical education teacher conducts a lesson, his or her voice should be a tool to control the audience. When explaining physical education-related exercises, she should be able to express what students need to emphasize by raising and lowering her voice where needed.

Today it is necessary to take into account the following specific approaches that play an important role in the professional development of future physical education teachers: creativity, innovation and technology.

Every future physical education teacher should be able to find ways to engage their students in the lesson based on a creative approach in the classroom. In this regard, it is no coincidence that the famous psychologist Dale Carnegie noted that, "there is only one way to motivate and motivate a person to do something. It is, in fact, a genuine desire to do work in that person's heart. Coercion and torture do not work..." [4, p. 52].

Here it is expedient to explain the concept of creativity. As noted by scientists NA Muslimov, MH Usmonbaeva, "Creativity" - a new high-level creative approach to the rapid decision-making and solution of problems encountered by the future teacher in the classroom [5].

In the dictionary of pedagogical terms, "Creativity" is defined as follows: creativity - a mental process that leads to the creation of something new, unique, thinking, ideas and solutions [6].

Creativity refers to the teacher's readiness to create new ideas and positively address existing problems in order to ensure the effectiveness of the lesson, in contrast to the traditional approach and thinking in the learning process, the ability to find solutions to existing problems and helps to solve accidental problems rationally and quickly.

Creativity in the scientific and pedagogical activity of future physical education teachers can be seen in the following cases:

- fluency of thought and speech;
- be able to direct their thoughts in accordance with a clearly defined goal;
- originality in the creativity of the teacher;
- curiosity, creativity of new ideas, breadth of imagination, ability to make assumptions;
- to study the abilities and potential of the student and to accurately assess it;

- have mastered the methods of science and apply them in the educational process;
- creative exchange of ideas with colleagues on new information on scientific achievements;
- be able to independently study and apply in practice the best foreign experience in the field;
- continuous improvement of their knowledge, skills and abilities;
- be able to gain the trust of the student, find a way to his heart and communicate with him.

As a result of our research, the training of future physical education teachers in a special course “Increasing the motivation to develop the professional competence of future physical education teachers” has led to the training of highly qualified professionals. And the students have achieved the qualities that a physical education teacher should have in the special program “Student - Ambassador of Health and Sports”, prepared by us.

In conclusion, it can be said that now the physical education specialist not only organizes a quality teaching process in school life, but also performs organizational tasks such as organizing and conducting various sports competitions, celebrations, widely promoting the motivation of students to engage in physical education and sports. The training of highly qualified personnel in the implementation of these processes shows the need to develop the professional competence of future physical education teachers in order to develop a new approach to improving the efficiency of the educational process and their introduction into practice. Because the development of professional competence of the teacher is a priority in the theory and practice of modern education and upbringing.

#### List of used literature:

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