



# Professional Competence-Based Approach In Physical Education And Sports

**Axmedjanov  
Shuxrat Boltayevich**

**Samarkand State Medical University  
Senior teacher of physical education**

## ABSTRACT

The article substantiates the school teacher's approach to physical education and sports based on professional competence, reveals the theoretical basis of this approach, and provides experimental data to test its effectiveness.

## Keywords:

Professional competency-based approach, school, teacher, autogenic, secondary education, professional, criteria.

## Introduction

Physical culture is one of the components of a person's general culture, which mainly refers to his attitude to studies, his behavior in everyday life.

## Literature Analysis And Methodology

We tried to determine how the approach based on professional competence is implemented in physical education classes. We planned to find and distinguish methods of work based on the competence approach in physical education classes.

To solve the specified problem and achieve the goal, we set the following tasks:  
— study of psychological, didactic, methodological and legal literature on this issue;

— to find and define the criteria of a competency-based approach at the level of the subject of the physical education lesson;

— distinguish the methods of implementing the competency-based approach in physical education classes, implement the selected methods;

For this, a program of activities on the formation of basic competencies was established. The

program is based on education, the general secondary education standard for physical education in the main requirements for the level of preparation of high school graduates emphasizes that a school student should acquire the following skills: health improvement, motor activity, self-management and individual physical development.

In order to determine how the main competencies are manifested in the process of physical education, the following points related to the physical education lesson were analyzed. For example, physical education aimed at achieving the goal, education of self-esteem, health, physical culture aimed at improving skills and skills acquisition in individual classes, prevention of diseases. We use the means of physical culture to provide knowledge, skills, individual health, these are: medical-physical culture complexes, breathing exercises, relaxation exercises. Providing first aid in case of injury. Determination of individual characteristics of physical development and physical fitness.

All this allows for the formation of personal competencies:

methods of ownership, personal self-expression and self-development; the ability to control the physical condition of the body. In mastering the systems of modern physical health technologies, professional physical exercise complexes are used. Social competence enables the formation of knowledge about the physical indicators of a person and its characteristics, the positive effect of physical exercises on health and a healthy lifestyle. These are: enrichment of motor experience with professional-practical exercises, aimed at preparing for future life activities. What does it give us to focus general physical training mainly on hiking, mountain tourism technical skills, skills. Analyzing the admission of school graduates to studentship, we can see that physical education and tourism classes help graduates to make a decision about choosing their profession.

The ability to perform test tasks, characteristics of physical development and medical indicators that determine the level of physical fitness of a person form educational and cognitive competence, taking into account individual activity in motor activity.

The content of educational cognitive competence includes: knowledge of the basics of physical education and sports, physical development in order to form spiritual wealth and acquisition of knowledge necessary for a physically healthy person, knowledge of the basics of personal and public hygiene, morning physical education in conditions of exercise knowing the rules for regulating physical activity and doing regular sports.

Implementation of information competence includes the use of various information resources by students. Students can be offered tasks of this type, for example - find information about the Olympic Games.

Communicative competence is the ability to receive various information, conduct a discussion on the development of physical education and sports activities, and develop a plan for these problems. Analyzing and evaluating the activities of peers, using various methods of interaction with surrounding events and people, working in a team includes the ability to perform various social roles in a team. The formation of this competence occurs

through the organization of student activities in the lesson. Games (movement games in elementary grades, sports games in upper grades) are of great importance for the formation of communicative competence. In games, students learn to interact in a team, to fight for a common result, to perform individual tasks. Communicative competence can be developed by focusing on tourism and sports in classes. Because tourism requires from students not only sports, but also skills, communication, cooperation, and performance of clearly defined tasks. Personal competence - mastering knowledge about physical education, knowing the characteristics of a healthy lifestyle and social orientation, individual health, physical development, their possibilities, ways to improve health through physical exercises, and organize individual forms of physical education classes; The ability to perform individual exercise sets, the use of acquired knowledge and skills in practical activities, helps students organize physical training independently. In order for the student to acquire certain knowledge, it is necessary to use planning technology.

### **Discussion and Results**

If you analyze one of the lessons, for example, in the lesson on improving the technology of mountain and hiking tourism, you can see that the teacher develops several competencies in students. Where is the goal: improving the technique of climbing on rocky terrain and improving the technique of crossing obstacles by the tourist. If it's a rock climbing class, warm up with the students before moving on to the main part of the lesson. The set of warm-up exercises should include gymnastic exercises that move the joints, because it is necessary to warm up the joints when walking over rocky terrain when performing climbing techniques. In the future, we plan to play the game "North, South, East", where students will be taught to identify the main points, which in turn will help them not only to complete the task, but also to find their destination and work with the map. helps to find a solution. When children go on a trip and pass obstacles, they find themselves in situations where it is necessary to work quickly

and accurately, but the result depends on how the whole team acts.

The effectiveness of the competency-based approach in lessons can be evaluated by the achievements of students in city and national competitions. This means that the quality of science knowledge in the experimental class has increased. The following can be concluded on the topic of "Implementation of a competency-based approach in physical education classes":

1. The introduction of the competency-based approach to the educational process requires significant changes in the educational process and its content, as well as in the teacher's practice.

2. The goal of education is not the process, but the achievements of students, a certain result. The content of the material is selected by the teacher for the result. Assessment methods are also changing; reflection in the assessment procedure, collection of evidence, monitoring of student activities.

3. In physical education classes, the main focus is on learning through practice, effective work of students in small groups, drawing up personal plans for studying, using interdisciplinary connections, developing students' independence and feeling of personal responsibility for the decisions made. learn to do.

Therefore, it is necessary to change the mechanisms of the delivery of knowledge from the teacher to the student, that is, to form and develop the free use of information resources, independent learning, distance learning. All these forms of education are aimed at teaching the student to be professional and successful in social life. Lifelong learning helps you to improve your professional level independently. We adapted all the competencies included in the physical education lesson, and implemented specific programs for putting the student's educational competence into practice

### Conclusion

The use of sports games in physical education classes is an important condition for the formation of the student's competence aimed at the implementation of integrated projects,

educational materials and a competency-based approach.

Physical culture as a subject in a modern primary school cannot stay away from the processes of modernization of education taking place all over the world today.

Innovations in education include the emergence of a competency-based approach; These are mainly related to the educational crisis, in which the demands for the student, the conflicts between the requests, the needs of the society and the individual for education. A competency-based approach can be seen as a way out of problematic situations. Competence is a new measurement unit of human knowledge, while focusing on the results of learning, it is not the amount of learned knowledge, but the ability to apply knowledge, skills and abilities in various problem situations .

### References

1. B.D El'konin — DOKLAD PO TEME SAMOOBRAZOVANIYA: ...
2. KUL'TURY». FORMIROVANIYE KLYUCHEVYKH KOMPETENTNOSTEY UCHASHCHIKHSYA. NA UROKAKH FIZICHESKOY KUL'TURY V NACHAL'NOY SHKOLE. Fizicheskaya kul'tura – odna iz ... vydelit' priyomy realizatsii kompetentnostnogo podkhoda na urokakh fizkul'tury 20.04.21.
3. Klyuchevyye kompetentsii i obrazovatel'nyye standarty. Stenogramma obsuzhdeniya doklada A.V. Khutorskogo v RAO . Internet-zhurnal «Eydos». —2002.
4. — 23 aprelya. — <http://www.eidos.ru/journal/2002/0423-1.htm>
5. Karaev, V. Sh. (2020). Competence And Competent: Different Approaches And Interpretations. International Journal for Innovative Engineering and Management Research, 9(9), 202-206
6. Karayev VSH. PEDAGOGICHESKIE USLOVIYA KAK FAKTOR
7. POVISHENIYA PROFESSIONALNOY KOMPETENTNOSTI PEDAGOGA

8. FIZICHESKOY KULTURI Problemi sovremennoy nauki i obrazovaniya -M., 2020
9. Karayev V.Sh. Pedagogicheskaya podderjka razvitiya professionalnoy kompetentnosti prepodavatelya fizicheskoy kulturi. Maktab va Hayot ilmiy-metodik jurnal maxsus son № 2. 2020.
10. Karayev V. Sh Jismoniy madaniyat va sport soxasi mutaxassislarining kasbiy kompetentligini shakllantirishda pedagogik loyihalashtirish. NamDU ilmiy axborotnomasi №-10 2020.
11. Karayev V. Sh FIZKULTURNO-SPORTIVNAYA DEYATELNOST KAK
12. SREDSTVO OPTIMIZATSII  
PODGOTOVKI  
PROFESSIONALNO-
13. PEDAGOGICHESKIX KADROV. O`z.MU xabarlari №-4. 2020.
14. Organizatsiya i otsenka zdorov'yesberegayushchey deyatel'nosti obrazovatel'nykh uchrezhdeniy. Pod red. M.M.Bezrukikh. – M., 2003.
15. Frumin I. Za chto v otvete? Kompetentnostnyy podkhod kak yestestvennyy etap obnovleniya sodержaniya obrazovaniya. Uchitel'skaya gazeta. 2002. №36.
16. Khutorskoy A.V. Klyuchevyye kompetentsii kak komponent lichnostno-oriyentirovannoy paradigmy. Narodnoye obrazovaniye., 2003. № 2. S. 58–64.