

FEATURES OF THE DIFFERENTIATED APPROACH TO PROFESSIONAL TRAINING OF THE FUTURE PHYSICAL CULTURE TEACHER

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ANNOTATION

The article defines the role of the differentiated approach in the training of the future physical culture teacher and establishes the pedagogical conditions for its implementation in the process of teaching gymnastics.

Keywords: future physical culture teacher; vocational training; differentiated approach.

ОСОБЕННОСТИ ДИФФЕРЕНЦИРОВАННОГО ПОДХОДА К ПРОФЕССИОНАЛЬНОЙ ПОДГОТОВКЕ БУДУЩЕГО УЧИТЕЛЯ ФИЗИЧЕСКОЙ КУЛЬТУРЫ

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АННОТАЦИЯ

В статье определяется роль дифференцированного подхода в подготовке будущего учителя физической культуры и устанавливаются педагогические условия его реализации в процессе обучения гимнастике.

Ключевые слова: будущий учитель физической культуры; профессиональное обучение; дифференцированный подход.

JISMONIY TARBIYASI O'QITUVCHI KASBINI KELAJAK TARBIYOTIGA DIFFERENTSIAL YONDORISH XUSUSIYATLARI

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ANNATATSIYA

Maqolada bo'lajak jismoniy madaniyat o'qituvchisini tayyorlashda tabaqalashtirilgan yondashuvning o'rni belgilanadi va gimnastikani o'qitish jarayonida uni amalga oshirishning pedagogik shartlari belgilanadi.

Kalit so'zlar: bo'lajak jismoniy madaniyat o'qituvchisi; kasbiy ta'lim; tabaqalashtirilgan yondashuv.

Sign in. In the following years, the system of higher pedagogical education was significantly updated. At the same time, the contingent of students who enter higher educational institutions for the purpose of mastering the profession of physical education and sports specialist has also changed. The hours for the main vocationally oriented subjects, including the theory and methodology of teaching gymnastics, have been reduced. In this regard, there was a need to introduce new approaches to the organization of training of a future teacher who can find appropriate methods and methods, able to form a qualified specialist.

New approaches to higher professional-pedagogical education focus on the multi-vector, intellectual and spiritual development of the student, taking into account the personal characteristics of the student, from a narrow professional approach to training specialists.

A specialist in physical culture requires not only natural inclinations, but also great intelligence, physical and emotional-volitional efforts. It should be distinguished by a high level of intellectual development, a culture of action, proper and beautiful organization and conduct of classes, and the ability to competently manage the activities of students.

The problem of increasing the effectiveness of teaching sports and pedagogical subjects at the university requires solving many issues related to the improvement of the educational process. The use of a differentiated approach in the professional training of a future physical culture teacher as one of the conditions for optimizing the educational process is one of such urgent issues.

ANALYSIS OF RECENT STUDIES AND PUBLICATIONS

The study of scientific and methodological literature shows the existence of scientific publications and methodological works dedicated to the organization of physical culture based on a differential approach, which shows that this issue is studied and relevant. - Pedagogical sciences are not studied enough.

THE PURPOSE OF THE STUDY

Theoretical justification of the use of a differentiated approach in the process of training physical education and sports specialists.

RESEARCH OBJECTIVES

1. Theoretical and methodological analysis of scientific-methodical literature on the use of a differentiated approach in professional training of students.
2. To reveal the features of using a differential approach in the process of teaching gymnastics. To solve the set tasks, we **used the following research methods** : theoretical analysis, synthesis and generalization of data from scientific and methodological literature on pedagogy, psychology, physical education and sports.

RESEARCH RESULTS

Some scientists interpret the differentiated approach as a component of educational management, in which it is proposed to take into account not only the level of physical development, but also psychological characteristics, functional capabilities and type when dividing students into groups. sports specialty.

Sh.H. Khankeldiyev found out that the method of learning in parts is more effective in teaching exercises to students with a weak nervous system, and the whole learning method is more effective for students with a strong nervous system.

In differentiated education, it is very important to find "zones of possible development" in different students, the conditions for their transition from one level of development to another, and as a result, each of them moves to a more complete quality of knowledge and knowledge methods of obtaining.

Gymnastics plays an important role in training a specialist in physical education. The problem of increasing the effectiveness of lessons in the faculty of physical education requires solving many issues related to the improvement of the educational process. One of such urgent issues is, on the one hand, the use of a differentiated approach as an important condition for optimizing the educational process in gymnastics classes, and on the other hand, the formation of practical skills in students to apply it in their future professional activities.

The complexity of the mentioned problem is that the "knowledge-skills-skills" program in any subject should be acceptable for students of different categories (strong, medium, weak). At the same time, in the educational process, students of all categories should be in constant forward movement and gradually move to a higher level in terms of knowledge and skills. The most effective implementation of differentiated education in a higher educational institution is possible only when the teacher works with one academic group from recruitment to graduation. Our approach to the use of a differentiated approach in the process of professional training of future physical culture teachers offers a system of targeted pedagogical influence that is carried out throughout the entire period of university studies.

Analyzing the problem of a differential approach in gymnastics classes, we consider it a pedagogical process that provides a comprehensive study of the individual characteristics of students.

The successful implementation of a differentiated approach in gymnastics classes is aimed not only at the formation of professional skills and qualifications of students, but also at the holistic development of a person, which is possible if all aspects of his activity are interrelated..

made it possible to distinguish the components of the system of organizing a differentiated approach to gymnastics classes at a pedagogical university : individual characteristics of students and management of their activities.

Individual characteristics of students were determined: gender, age, medical control data, physical fitness test data.

As part of student activity management, we used methods Physical education, they can be divided into groups:

- verbal methods (with the help of which we explained the technique of exercises, created the idea of movement among students, controlled them during physical exercises);
- methods of visual representation (we used to create a correct idea of the action, in which we were directly helped by showing exercises or their separate parts, visual aids, instructions on the topic, video materials) ;
- practical methods (formed students' strong skills in mastering gymnastic tools).

A separate group in our structure is the methods of training movements, in which the methods of learning exercises as a whole and in parts are distinguished.

The correct combination of the above methods allows students to use an individual approach more fully and to carry out the educational process in a qualitative manner.

Based on the above, the following conclusions can be drawn:

1. The use of a differentiated approach in the process of teaching sports-pedagogical subjects allows for purposeful management of educational activities, allows for timely changes in the process of forming the personality of students and their development. with a chosen specialty.
2. The effectiveness of any form of education depends on the intensity of interaction between the student and the educational environment; the main condition for such changes in the existing teaching system should be the creation of a mutual learning environment, in which the teacher approaches the student as an individual.

The study and analysis of the literature made it possible to determine that the issue of the use of a differentiated approach in the process of teaching sports-pedagogical subjects, in particular, gymnastics, and its impact on the formation of pedagogical skills of future specialists has not been widely discussed. learned The subject of further research is the peculiarities of the use of a differential approach by students in the process of passing educational and pedagogical practices.

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