

VOCATIONAL TRAINING OF PHYSICAL EDUCATION SPECIALISTS IN THE FIELD OF REHABILITATION (REGENERATION OF THE BODY)

Khamrakulov Tolkin Takhirovich

Kokand State Pedagogical Institute

Teacher of the Department of Sports and Action Games.

Email: tolkinxamrakulov@gmail.com

ANNOTATION

This article examines aspects of the theory of professional training of physical education specialists in the field of rehabilitation (regeneration of the body). A number of literature sources were studied, which indicated issues affecting future rehabilitation professionals. The state and prospects of the process of training specialists for future rehabilitation (regeneration of the body) in working with people with physical development problems were analyzed.

Keywords: professional education; physical recreation; rehabilitation (restoration of the body); sports.

ПРОФЕССИОНАЛЬНАЯ ПОДГОТОВКА СПЕЦИАЛИСТОВ ФИЗИЧЕСКОЙ ВОСПИТАНИЯ В ОБЛАСТИ РЕАБИЛИТАЦИИ (РЕГЕНЕРАЦИИ ОРГАНИЗМА).

Хамракулов Толкин Тахирович

Кокандский государственный педагогический институт

Преподаватель кафедры спортивно-подвижных игр.

Электронная почта: tolkinxamrakulov@gmail.com

АННОТАЦИЯ

В данной статье рассматриваются аспекты теории профессиональной подготовки специалистов физической культуры в области реабилитации (регенерации организма). Был изучен ряд литературных источников, в которых указаны вопросы, затрагивающие будущих специалистов-реабилитологов. Проанализировано состояние и перспективы процесса подготовки специалистов для будущей реабилитации (регенерации организма) в работе с людьми с проблемами физического развития.

Ключевые слова: профессиональное образование; физическая рекреация; реабилитация (восстановление организма); виды спорта.

REABILITATSIYA (TANANI TIKLASH) SOHASIDA JISMONIY TARBIYA MUTAXASSISLARINI KASBIY TAYYORLASH.

Xamrakulov To'lqin Taxirovich

Qo'qon davlat pedagogika instituti

Sport va jangovar o'yinlar kafedrasi o'qituvchisi.

Elektron pochta: tolkinxamrakulov@gmail.com

ANNATATSIYA

Ushbu maqolada reabilitatsiya (tanani tiklash) sohasida jismoniy madaniyat mutaxassislarini kasbiy tayyorlash nazariyasining jihatlari ko'rib chiqiladi. Kelajakdagi reabilitatsiya bo'yicha mutaxassislarga ta'sir qiladigan muammolarni ko'rsatadigan bir qator adabiyot manbalari ko'rib chiqildi. Jismoniy rivojlanish muammolari bo'lgan odamlar bilan ishlashda kelajakda reabilitatsiya (tanani tiklash) uchun mutaxassislarni tayyorlash jarayonining holati va istiqbollari tahlil qilinadi.

Kalit so'zlar: kasb-hunar ta'limi; jismoniy dam olish; reabilitatsiya (tanani tiklash); sport turlari.

INTRODUCTION

In recent decades, with the rapid development of industry, various political and economic changes, as well as the environmental situation, which is steadily deteriorating every year, have a very negative effect on the health of the population throughout the country. According to the latest data, the population of Uzbekistan has exceeded 4 million, and it is the duty of our society to ensure humane treatment of such people, because we live in a modern and democratic country. This attitude is strengthened by a number of regulatory legal documents provided for by law.

Thus, **the relevance of the work** lies in emphasizing the actual problem of professional training of physical education specialists for future rehabilitation (body restoration) work with people with physical disabilities.

The aim is to consider various aspects of the theory in the training of future rehabilitation specialists.

The following tasks can be distinguished :

1. Review of professional aspects of training physical education specialists for future rehabilitation work with people with identified physical disabilities
2. Analysis of the state of the process of training specialists for future rehabilitation (regeneration of the body) work with people with physical disabilities at the current stage .

RESEARCH METHODS

Analysis of the fundamentals of rehabilitation (regeneration of the body) of physical rest and methods of working with them.

Scientific innovation is in the training of specialists in rehabilitation (restoration of the body) and in deepening ideas about the importance of working with people with physical disabilities. In modern society, entire systems of various methods aimed at the development and application of complexes at various stages of the rehabilitation (restoration of the body) process have long been defined. These methods are aimed at ensuring the use of the restored body reserves by introducing various exercises and new movements, which is the main reason why special attention is paid to the aspect of rehabilitation (body restoration) in the training of professionals working in this field.

Physical rehabilitation (regeneration of the body) is a component of preventive work, which uses physical training tools and methods, as well as various elements of sports and sports training, massage, physiotherapy and, of course, natural factors. . . , this complex process of health restoration, together with the general physical condition and adaptation reserves of disabled people, has a positive effect on the general condition of a person.

In medicine, the term "rehabilitation (restoration of the body)" was first mentioned in the 20th century and literally means "charity". In relation to the disabled, this term was used as early as 1918.

The following interpretation of rehabilitation (regeneration of the body) processes can be seen in the study of scientific literature: the use of various special exercises for therapeutic and preventive purposes in the recovery processes of the human body corresponds to the definition of the word "rehabilitation (regeneration of the body)" will come.

Physical rehabilitation (rebuilding the body) is very important and its role cannot be overestimated in the process of restoring the lost abilities of the body and the health of the disabled.

Physical rehabilitation (restoration of the body) should be considered as medical-pedagogical and educational processes, the main tools of which are sports elements.

By systematically performing various therapeutic exercises, you can notice positive changes in the body, which in the future will increase the load on the body due to the partial restoration of previously lost abilities of the body. It is worth noting that such an effect can be achieved only through physical exercises.

With the systematic implementation of physical activity, the normalization of regulatory mechanisms, an increase in the body's ability to adapt, as well as the formation and strengthening of new motor skills can be observed.

After studying the information from the literature sources, it is possible to see many statements related to the professional training of physical education specialists in the field of rehabilitation (regeneration of the body).

T. Buger pointed out that insufficient attention was paid to the issues of professional training of professors and teachers, and also showed the need to introduce new technologies into the educational process in the training of rehabilitation specialists.

Teachers should improve their skills in the process of professional education.

W. Kooks believed that the quality of teachers in the field of rehabilitation (regeneration of the body) will improve in terms of quality with a coordinated reorientation of the educational policy, as well as the health and education system.

V. Magin noted that if professional training is based on innovative technologies, there is an opportunity to implement it with a more effective result.

L. Sushchenko noted that specialists should develop a certain professional competence of a person who will help him in the future. In addition, L. Sushchenko noted that future specialists should know all the intricacies of methods of restoring lost body functions.

It is also a necessary condition for future specialists to take sports and educational courses necessary for the formation of knowledge, skills and abilities used in working with disabled people.

SUMMARY

The Republic of Uzbekistan on the professional training of physical education specialists in the field of rehabilitation (regeneration of the body) is capable of developing and implementing modern healthcare and rehabilitation (regeneration of the body) complexes to a certain extent. It requires certain changes related to retraining and retraining of personnel. treatment-prevention, sanatorium, spa and, of course, technologies in sports and recreation facilities. A specialist in future rehabilitation (body restoration) must have not only theoretical knowledge, but also practical skills that can be combined later.

LIST OF REFERENCES

1. Yakubjonova F.I., Umarova Z. U., Mo'yudinov SH.M. "JISMONIY MASHQLAR ORQALI TENNISCHILARNING CHAQQONLIK SIFATLARINI RIVOJLANTIRISH USLUBIYATI." International scientific and practical conference the time of scientific Progress: (2022): 50-55.
2. Yakubjonova F. I., Axmedov U. U., Mo'yudinov SH.M. "JISMONIY TARBIYA O'QITUVCHILARINING PEDAGOGIK MAHORATI OSHIRISH OMILLARI." International scientific and practical conference "the time of scientific Progress: (2022): 56-61.
2. Yakubjonova Feruzakhon Ismoilovna, Azizov Muhammadjon Azamovich, Aminov Batir Umidovich. "METHODS OF EDUCATION OF ENDURANCE IN BASKETBALL PLAYERS OF SENIOR SCHOOL AGE." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.10 (2022): 105-109.
3. Шодиев Эргашали, Ирматов Шавкат, Якубжонова Ферузахон. "Jismoniy tarbiya darslarida pedagogik texnologiyalardan foydalanish." Общество и инновации 2.2/S (2021): 683-687.
4. Yakubjonov I. A., Yakubjonova F. I., Azizov M. A. "INSON ORGANIZMINI RIVOJLANISHIDA JISMONIY TARBIYA VA SPORTNING O'RNI." International conference: problems and scientific Solutions. (2022): 124-130.
5. Якубжонов И.А., Муйдинов И.А., Хамракулов Т.Т. "ЭФФЕКТИВНЫЕ СИСТЕМЫ РАЗВИТИЯ В ФИЗИЧЕСКОЙ ВОСПИТАНИИ И СПОРТЕ." International scientific conference "INNOVATIVE TRENDS IN SCIENCE, PRACTICE AND EDUCATION" (2022): 93-98.
6. Муйдинов И. А., Хамракулов Т.Т., Якубжонова Ф. И. "СПОРТИВНОЕ-ОЗДОРОВИТЕЛЬНОЕ ВОСПИТАНИЕ СТУДЕНТОВ." International scientific conference "INNOVATIVE TRENDS IN SCIENCE, PRACTICE AND EDUCATION" (2022): 99-105.
7. Yakubjonov Ikrom Akramjonovich. "Modern Requirements For Teaching Discipline "Sports" In Higher Education." The American Journal of Interdisciplinary Innovations Research 3.02 (2021): 21-23.
8. Yakubjonov Ikrom Akramjonovich, Azizov Mukhammadjon Azamovich, Muydinov Iqboljon Abdukhamidovich. "THE BENEFITS OF TABLE TENNIS ON THE DEVELOPMENT OF THE CHILD'S BODY." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.09 (2022): 5-8.

9. Якубжонов И., М.Азизов, Ф.Якубжонова. "РАЗВИТИЕ ФИЗИЧЕСКОЙ ПОДГОТОВКИ И СПОРТА В ФОРМИРОВАНИИ ЗДОРОВОГО МОЛОДОГО ПОКОЛЕНИЯ." Educational Research in Universal Sciences 1.3 (2022): 170-173.
10. Yakubjonov Ikrom Akramjonovich 1, Umarov Abdusamat Abdumalikovich 2, Umarova Zulxumor Urinboyevna 3, Mo'yudinov Iqbol Abduxamidovich 4, Azizov Muxammad Azamovich 5, Aminov Botir Umidovich 6, et al. "Main Characteristics Of Table Tennis In International Sport And Technologies Of Playing It." Journal of Positive School Psychology 6.10 (2022): 2183-2189.
11. Yakubjonov Ikrom Akramjonovich, Azizov Muhammad Azamovich, Muminov Sherzodjon Pyasovich. "Developing human thinking and moving speed through table tennis." Asian Journal of Research in Social Sciences and Humanities 12.4 (2022): 164-165.
12. Икром Якубжонов "Jismoniy madaniyat jarayonida aqliy madaniyat." Общество и инновации 2.2/S (2021): 688-691.
13. Рахимов Шермат Мирзарахимович, Якубжанов Икром Акрамжонович, Якубжанова Ферузахон Исмоиловна. "НЕКОТОРЫЕ ПРОБЛЕМЫ В УЧАСТИИ МЕСТНЫХ ЖЕНЩИН УЗБЕКИСТАНА В СПОРТЕ." Интернаука 19-2 (2020) 19-20.
14. Якубжонов Икром Акрамжонович ., Нурматов Бахром Бектемирович., Пармонов Акмал Абдупаттаевич. "Использование физических упражнений для укрепления сердечно-сосудистой системы и улучшения работы кровообращения." INTERNATIONAL CONFERENCE: PROBLEMS AND SCIENTIFIC SOLUTIONS. (2022): 18-22.
15. Xatamov Z. N., Ahmedova N.A., "Importance of travelling and tourism at the formation of healthy lifestyle of the pupils of beginning classes." International journal of social science & interdisciplinary research issn: 2277-3630 impact factor: 7.429. (2022): 81-86.
16. Xatamov Z. N., Ahmedova N.A., "The importance of travel and tourism in the formation of a Healthy lifestyle danang primary school students." International journal of social science & interdisciplinary research issn: 2277-3630 impact factor: 7.429. (2022): 75-80.
17. Xatamov Z. N., "Педагогические условия формирования спортивной мотивации." International scientific and practical conference "the time of scientific progress "(2022): 35-45.
18. Xatamov Z. N., "Special physical of students of higher education preparation." Educational Research in Universal Sciences. (2022): 151-157.
19. Alikulov Akmal Akramovich, Yakubjonova Feruzakhon Ismoilovna, Xatamov Zafar Nazirjonovich. "Technologies for developing of future physical education teachers through media education tools." ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL 11.2 (2021): 885-890.
20. Khatamov Zafarjon Nazirjonovich. "The use of modern educational technologies in the organization of physical education is a guarantee to increase the effectiveness of education." ACADEMICIA: An International Multidisciplinary Research Journal 11.10 (2021): 477-480.

21. Хатамов Зафаржон Назиржонович. "Педагогические условия формирования спортивной мотивации." International scientific and practical conference "the time of scientific progress (2022): 32-45.
22. Juraev Voxidjon Muhammedovich. "THE ROLE OF REACTION IN THE FORMATION OF COMPETITION MOTIVATION IN ATHLETES." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.10 (2022): 28-29.
23. З.У.Умарова, Ш.Эргашев. "АНАЛИЗ ФИЗИЧЕСКИХ ОБРАЗОВАТЕЛЬНЫХ УЧРЕЖДЕНИЙ ДЛЯ ИССЛЕДОВАНИЯ СОСТОЯНИЯ ФИЗИЧЕСКОГО ОБРАЗОВАНИЯ." Актуальные научные исследования в современном мире 5-3 (2018): 166-171.
24. З.Умарова, Ш.Эргашев. "ПЕДАГОГИЧЕСКИЕ ПРОБЛЕМЫ ПРЕПОДАВАТЕЛЕЙ ФИЗИЧЕСКОЙ КУЛЬТУРЫ ПРИ ПОДГОТОВКЕ К ФОРМИРОВАНИЮ У УЧЕНИКОВ НАВЫКОВ ЗДОРОВОГО ОБРАЗА ЖИЗНИ." Актуальные научные исследования в современном мире 5-3 (2018): 159-165.
25. Muydinov Iqbol Abduhamidovich, Muydinov Shuhrat Mansurovich, Akhmedov Umid Usmonovich "SELECTION OF TALENTED WRESTLERS AND EDUCATION OF PHYSICAL PERFECTION IN THE PROCESS OF WRESTLING ACTIVITIES IN SPORTS SCHOOLS." Asian Journal of Research in Social Sciences and Humanities (2022): 166-167
26. Sultanov Usmon Ibragimovich. "METHOD OF CONTROLLING THE TRAINING PROCESS OF LONG-DISTANCE RUNNERS." Eurasian Journal of Academic Research 2.3 (2022): 132-137.
27. Talipdjanov, A. A., Axmedova N. A., "“UzBridge” электрон журналы."
28. O.Мамаясупов. "REQUIREMENTS FOR THE SPORT OF FOOTBALL AND METHODS OF ORGANIZING AND HOLDING FUDBOL COMPETITIONS." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.09 (2022): 74-76.
29. Boltaboyev H. The theoretical foundation of a healthy lifestyle, physical education and physical activity of pupils //european journal of research and Reflection in educational science in Voles. – 2019. – Т. 7. – n. 12.
30. Boltaboyev H. The opportunities for independence: traditions and renewed postmodernism //Ghafur Ghulam publishing house. – 2006.
31. Boltaboyev H look at the physical health lifestyle b. k. a new culture of student youth //Konferentsii. – 2020.
32. Ziyayev Abduraxmon Abdullayevich The effectiveness and developing young basketball player of the technique metho your play through special exercises. //Asia pacific journal of marketing & management review 2319-2836 2022. – Т. 11. n. 12. S. 123-125.
33. Ziyayev Military Affairs. Abdullayevich young sambo wrestlers in the power of Improving the quality of the process in your deal with sambo wrestling. International journal of social science & interdisciplinary research (2022): 231-233.
34. Ziyayev Abduraxmon Abdullayevich Uzbekistan" superligasi" latest football of governors of physical activity indicators on special training to the level of analyze to. Innovative development of the global science /2/1 (2023) 29-37.