

FORMATION OF COMPETENCIES IN SCIENCE STUDENTS OF PEDAGOGICAL UNIVERSITY

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ABSTRACT

The article is devoted to finding ways to successfully develop general cultural competencies in students of a pedagogical university during physical education classes. Formation of competencies is a complex pedagogical process due to the fact that physical education classes are held with a large number of people simultaneously training in gyms, which complicates the study of theoretical sections of the curricula. Most modern students have a low level of physical fitness. Students who want to become doctors do not understand the importance of physical education classes for the medical profession. It is noted that students' interest in independent studies increases when they learn to self-assess their physical development and compare it with standard indicators, then together with the teacher they develop recommendations for correcting lagging indicators of physical development and, after a certain training period, evaluate the results achieved during training. This allows for a more meaningful approach to the choice of physical activity and understanding its positive impact. The development of competencies is possible provided that two tasks are solved simultaneously: increasing the level of physical fitness of students and acquiring specific knowledge about the impact of regular physical activity on the functional state of the body.

Keywords: physical fitness of students, development of competencies.

INTRODUCTION

The work of pedagogical workers is one of the most difficult and responsible types of human activity. It is characterized by a significant intellectual load, requires a large amount of operational and long-term memory, a certain level of health, physical strength and endurance, contains elements of creativity and is associated with responsibility for the health and lives of other people. The presence and severity of these qualities ensure high professional efficiency of the doctor's work, but, at the same time, they are associated with a high physiological cost of nervous processes for the body of the pedagogical workers themselves.

The Federal State educational standard of higher education of the 3rd generation in the specialty "medical business" offers a generalized model of a medical doctor. However, not all pedagogical specialties have the same requirements for the activity of a doctor. The work of doctors of a surgical profile is associated with a higher degree of personal responsibility for the patient's life, an independent decision on the choice of pedagogical care in conditions of time shortage, the ability to tactically competently perform surgical intervention and resuscitation measures, as well as the need to have sufficient physical fitness to carry out long-term operations, often at night. Thus, the professional activity of doctors of a surgical profile imposes increased requirements on persons who choose surgical specialties after graduation

from a pedagogical university, which requires students to study the discipline "Physical Culture and Sports" in-depth mastering of general cultural competencies related to personal self-development.

The competencies of future doctors represent specific knowledge that allows them to successfully carry out their professional activities.

The problem of forming students' competencies in physical education classes worries many teachers. The degree of competence formation primarily depends on the amount of knowledge gained by students in the classroom and on the ability of teachers to use interdisciplinary connections when considering the impact of physical exertion on the body of students.

The purpose of the study is to find ways to improve the teaching process of the discipline "Physical culture and sports" for students of a pedagogical university in order to maintain the basic, health-improving orientation of the subject,

In parallel, we also solve educational tasks – to form the general cultural competencies necessary for a doctor.

The formation of general cultural competencies among students of the Faculty of Medicine in the study of the discipline "Physical Culture and Sport" is a very difficult pedagogical process for a number of reasons.

The first reason is that physical education classes are held in gyms with a large number of students at the same time, which does not allow teachers to successfully focus on the issues under consideration. To study various theoretical sections of the curriculum, it is necessary to design clocks in classrooms, which, as a rule, are not available in physical education departments.

The second very important reason is the extremely low level of physical fitness of most of the students. The annual testing of students entering pedagogical universities shows the same picture – only about 10-15% of secondary school graduates have age-appropriate physical fitness indicators, meet the standards of the curriculum in running and strength tests, want and successfully engage in student sports. It is not always possible to convince junior students who did not like physical activity and physical exercises in adolescence during school years of the need for continuous physical self-development for further successful professional activity. Many students do not understand that society requires not only doctors who know medicine, but also those with knowledge and skills to promote people's health through physical education.

General cultural competence – the ability to self-development, self-realization, self-education - should be clearly understood and adopted by every student of a pedagogical university, without exception, because without striving to gain knowledge, develop their abilities, without learning healing technology, it is impossible to work successfully in their chosen specialty. In physical education classes, each student, with the help of a teacher, must assess his physical development, level of physical fitness and establish his level of physical condition, i.e. compliance of the available indicators with the age norm.

In recent decades, young people who have extremely low levels of endurance, strength, speed and flexibility, as well as numerous chronic diseases of various organs and systems, have been admitted to the pedagogical University. In most cases, first-year students have an overestimated self-assessment of their physical condition and do not understand how they lag

behind the age norm in many indicators. The task of the teacher is to individually explain to each student his lag and choose the means by which, with regular independent physical exercises during the period of study at the university, it will be possible to eliminate deficiencies in physical development and physical fitness.

General cultural competence – the ability to use methods and means of physical culture to ensure full-fledged social and professional activities - can be formed if students study methods for the development of basic physical qualities – strength, endurance, flexibility, speed and dexterity. Having found out on which morphological, functional and social factors the development of physical qualities depends, the student will be able to understand the reasons for his lag and choose the necessary methods and means to improve his physical qualities. The process of forming this competence requires considerable time, regular physical exercises and, as practice shows, does not always end with a positive result. Many graduates of the Faculty of Medicine theoretically know what methods and means should be used to eliminate lagging physical qualities, but in practice they do not use anything to increase their endurance, strength, and general physical performance and graduate from university with an extremely low level of physical condition.

The dissertation work of A.A.Talipdzhanov (1999), performed at the Department of Physical Education and Health of the Kokand State Pedagogical Institute, convincingly showed that students' interest in independent studies increases noticeably when they study self-assessment of their condition, compare their indicators with those of other students, They receive recommendations from the teacher on correcting their lagging physical qualities and acquire knowledge about positive morphological and functional changes in organs and systems during regular physical exercises.

In order to form students' solid knowledge about the importance of regular physical activity for human health, the Department of Physical Education and Health of the Kokand State Pedagogical Institute compiled and regularly republished methodological recommendations more than 20 years ago, which briefly describe the restructuring of bones, joints, cardiovascular, respiratory, nervous systems during physical exertion. The use of this material in the educational process for a long period of time has shown that students are beginning to take a more meaningful approach to choosing physical activities and understand their positive effects on the body.

The acquisition of knowledge and skills in assessing their physical condition allows students to understand the importance of the impact of physical exertion on the body of those involved, form a positive motivation for regular independent physical exercises and use the acquired knowledge and practical experience of physical education in their future professional activities.

CONCLUSION

Successful formation of general cultural competencies among students of a pedagogical university in the study of the discipline

"Physical culture and sports" is possible only if there is a sufficient number of educational facilities at the departments of physical education – study halls and study rooms.

To form competencies, each student, under the supervision of a teacher, must conduct a self-assessment of his physical condition and, with the help of a teacher, choose methods and means of physical culture to eliminate his lagging physical qualities.

The study of theoretical material on the impact of physical activity on the human body and the personal experience gained in physical education classes in assessing their condition allows students to understand the importance of regular physical activity in each person's life and use the acquired knowledge and skills in future professional activities.

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