



The Content of the Pedagogical Process to Develop the Knowledge of Future Physical Education Teachers About Sports Tourism

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ABSTRACT

This article describes the peculiarities of training future physical education teachers for sports tourism, opinions on the development of various reforms in society.

ARTICLE INFO

Article history:

Received 04 Mar 2023

Received in revised form

03 Apr 2023

Accepted 13 May 2023

Keywords: socio-economic, independent education, modern outlook, social necessity, continuous education, physical education teachers, innovative and digital, educational standards, Education and training, scientific-methodical.

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Introduction (Video/Introduction). Today, one of the main tasks of physical education is to raise high moral and voluntary qualities in future physical education teachers based on new approaches and educational methods. In the process of engaging in properly organized physical exercises, moral and

voluntary qualities such as organization, conscious discipline, initiative, and resourcefulness are cultivated. During physical exercises, the participants overcome large and small difficulties consciously and masterfully created by the leaders of the training, which helps to cultivate determination, bravery, endurance, and courage. Organized team exercises, marches, competitions, holidays are of great importance in fostering a sense of friendship and camaraderie.

The role of willpower in the physical and mental preparation of future physical education teachers is incomparable. It is important for them to get used to the training process, which requires willpower, and to quickly adapt to various pressures in physical training. According to psychologists, will is a very complex process that can be divided into several stages: choosing a specific goal; understanding and formulating ways to achieve the goal; strengthening of formed thoughts; moving towards the goal by comparing the expected positive and negative consequences and studying the reasons; the process of will ends after the goal is fulfilled. [1:3] Will is a mental, goal-oriented mental activity aimed at overcoming obstacles, it arises in pursuit of a goal and is formed on the basis of instincts. [2] It can be seen from this that the voluntary activity of future physical education teachers is determined positively - determination, independence, tenacity, courage, bravery, endurance and patience; it is possible to distinguish negative qualities such as indulgence, selfishness, and laziness. Physical education is not only a process consisting of pure sports competitions, but through this education, moral will and qualities are formed in students. During the performance of physical exercises, the will, speed, agility, and endurance of the students are trained, their health is strengthened, work skills, mental activity are increased, moral standards such as courage, honesty, determination, independence are formed, steps are taken towards maturity.

In the physical education classes, the teacher aims to develop people who are mature in every way: trained, clear-minded, courageous, persistent, determined, who can protect the Motherland in the future. From this point of view, innovative organization of activities of future physical education teachers, updating and enrichment of educational content is of great importance. Together with the development of the educational process, the urgent issue facing today's requirements is to prepare future physical education teachers for innovative activities in theoretical and practical terms, to achieve efficiency in the physical education of the young generation. After all, only a physically fit and healthy person will have the opportunity to fully demonstrate his intellectual and spiritual potential. In this sense, the comparative-analytical study of the historical experiences of the physical education system in our country, the generalization of practical experiences based on critical observation, the correct organization of the innovative activities of physical education teachers, and the determination of its perspective strategy. For this, there is a need to carry out targeted pedagogical research.

Literature analysis and methodology (literature and methodology /Methods).

Physical qualities such as strength, quickness, agility, endurance, resilience play an important role in the movement of a person. In this case, physical qualities are always shown together and in interaction. This is explained by the internal integrity of the human body, the interaction of its functions.

Strength is the ability to overcome external resistance with muscle tension. Power manifests itself in any action to one degree or another. Lifting a barbell, pulling yourself up, crawling up a vertical rope without the help of your legs, throwing a core, etc. are a vivid expression of strength.

Speed is a person's ability to perform an action as quickly as possible. A distinction can be made between speed of movement and speed of movement reaction.

Agility is the ability to coordinate movement, master new movements, and quickly switch from one

movement to another as required by changing circumstances. Any exercise that seems to challenge novelty and coordination can be used to develop agility.

Endurance is the body's ability to withstand fatigue from one or another movement activity. General endurance is the ability to endure sustained movement activity at a moderate pace for a long period of time. And specific endurance is endurance in a specific activity. In sports, there can be speed endurance, which is a combination of speed and endurance, and power endurance, which is a combination of strength and endurance. A variety of physical exercises that require moderate effort, but long duration, serve as tools for building endurance. Mobility is a feature of the human body characterized by the mobility of the links of the musculoskeletal system. The range of motion is one of the indicators of stiffness. The range of motion affects the manifestation of quickness, agility and other qualities. Stretching, i.e., exercises with increased range of motion, are used to train flexibility. These exercises are primarily for arms, legs, body, and head. Different types of walking and big steps include "stepping" jumps, squat jumps, deep squats, facing the gymnastic wall or standing upside down - forward, backward, sideways exercises, etc. The physical qualities of a person are always closely related to the skills and abilities of movement, as well as the qualities of will. The formation of speed, strength, dexterity and endurance in this requires the appropriate endurance and patience, and often bravery. Cultivating a person's physical qualities is one of the important tasks of physical education.

Teaching the content of physical education to future physical education teachers on a scientific basis, modernizing its organizational and technological foundations, developing future development trends is one of the urgent issues facing the science of pedagogy. In this case, the goal of innovative activity is determined by the society and its result is related to the interests of the society, it leads the youth towards social goals, it creates a basis for the realization of the natural possibilities of a person to gain social experience.

The need to create pedagogical technologies in the preparation of physical education teachers for innovative activities is inextricably linked with the orientation of physical education classes designed to manage student activity in the pedagogical (education, training) process. Innovative activity is the main activity that determines the overall success of a teacher, and it means the qualitative reconstruction of a person's professional and methodical skills.

The future physical education teacher, that is, in preparing today's students for innovative activities, should pay attention to the following aspects:

- creative-motivational orientation of undergraduate students, that is, their creative interest, striving for certain achievements should be taken into account;
- developing creative qualities, i.e. developing their critical thinking, ability to evaluate, observation, reflection;
- teaching to evaluate one's professional activity, i.e. mastering the methodology of creative activity, the ability to creatively resolve conflict; formation of the ability to cooperate and help each other in creative activities, etc.;
- development of perseverance, responsibility, honesty, truthfulness, self-control and other qualities in students.

The role of the pedagogical team in preparing the future physical education teacher for innovative activities is of great importance. Improving the quality of education leads to the improvement of life in all aspects of society. Due to the fact that innovation is an effective means of improving the quality of

education, developed countries try to introduce continuous innovation into the educational process. The experience of many countries shows that all links in the education system should be involved in innovation processes. But if innovation processes move from top to bottom, and the teacher remains a subordinate, that is, only a consumer of innovation, then this process takes on a bureaucratic tone.

The advantages of the physical culture system are only possibilities, in order to turn these possibilities into reality, the rational and diligent work of people is needed, and willful qualities are also necessary. They must work diligently. Otherwise, the opportunities of the physical culture system will not be used, which can be the cause of failures and defeats that cause moral damage to the democratic society.

Physical fitness is a historically created level of all-round development and readiness to act in a person, which ensures the ability to adapt to production, military, living conditions, high work capacity, growth in the standard of vital tasks. And this:

First, for each historical period, its own level is its ideal character of physical development, the level that represents the true development of the highest, most humane society, the development of the physical strength and health of the entire nation, freed from the shackles of slavery and exploitation, and striving for democracy. Members will have a level of physical fitness.

Second, physical fitness has its characteristics for the development of people of different ages and genders.

Thirdly, although the proposed definition of physical fitness does not contain the word "health" directly, in fact, this definition includes all the important things that characterize a person's moderate health. Because health is primarily a biological norm in a state that ensures the ability of the organism to fully implement work and social activities in one or another social conditions.

Results (Results). As a result of the innovative activity of the physical education teacher, the physical fitness of students, individual-psychological characteristics, their motives are thoroughly studied, methodical complexes are created that provide a continuous didactic system for physical training in school and extracurricular activities; various competitions, educational events promoting a healthy lifestyle: conversations, parties, sports shows are organized, students' interest in sports is taken into account, they are attracted to sports clubs, physical, mental and intellectual abilities of students are developed; Pedagogical and psychological environment in the family, class and school is thoroughly studied and their cooperation is developed. The innovative activity of the teacher is aimed at changing reality, identifying its problems and ways to solve them. So, changing the "subject-subject" relationship between a teacher and a student as a new model of communication is one of the conditions of innovative activity.

Physical fitness is the ideal we should strive for. Due to the aspirations of the society and the aspirations of a person, this ideal becomes a real material indicator of the level of physical development, health and longevity of a person. This ideal becomes a thing that belongs to a person, becomes his property, and develops further on the basis of what he has achieved and under the influence of growing social needs, including the needs of production and the inner needs of a person. This process is endless, and the struggle for human perfection never ends even in a democratic society.

Physical culture is a part of the general culture, it is a sum of achievements of the society in creating and using special means of physical fitness of the people. The level of health, all-round development of physical abilities, sports skills, and the penetration of physical training tools into people's daily lives, and the things that appear and develop in the life of society, which are directly related to these achieved

successes, physical training and solving tasks. all must be included. From this point of view, the system of physical education, special scientific organizations, which are encouraged to implement physical culture and lead it, will be an important indicator.

Physical culture is a product of certain historical conditions. Physical education is characteristic for each socio-economic period. For example, the physical culture of all social formations based on the exploitation of people by people is completely different from the physical culture of a democratic society. First of all, this difference consists in the fact that for the first time in the history of society, physical culture becomes the wealth and property of the people, and becomes a common and mandatory condition for the all-round perfection of the individual.

In the content of physical culture there are non-transitory elements of universal importance. Thus, physical education includes such a social phenomenon, it includes all the successes accumulated in the process of social-historical experience in the field of physical culture. The achievements of physical education play an active role in the life of society. These successes are used as means of physical and spiritual training of people.

The above-mentioned main concepts of the theory of physical culture are closely related, because there is an objective internal connection between the phenomena reflected in these concepts. Therefore, these concepts cannot be contrasted with each other, metaphysically separated from each other. At the same time, it is necessary to clearly distinguish between them, because each of them reflects different phenomena.

Therefore, a physical education teacher appears as an author, developer, researcher, user and promoter of new pedagogical technologies, theories, concepts in innovative activities. It is required to use certain norms in preparing the future physical education teacher for innovative activities. Such standards include novelty, acceptability, high efficiency, creative application of innovation in public experiments. If innovation in the pedagogical process reflects the essence of the level of innovation discovered in the educational process, acceptability means the efforts and means spent by the teacher and student to achieve certain educational results, and effectiveness means significant positive effects of the teacher's activity.

Sport has a comprehensive effect on a person: it helps to strengthen health, general physical development, acquire practical skills and is distinguished by its high emotionality. Uzbek athletes have been demonstrating the progress of physical culture and sports in our country with their great achievements. High results in sports can be achieved only on the basis of learning and mastering sports techniques. This is one of the tasks of physical culture.

Under the influence of physical exercises, a person's body develops proportionally, his stature becomes beautiful, his movements become smooth, agile, bold. Festive gymnastic performances, public dance exercises, give aesthetic pleasure. Physical exercises such as rhythmic gymnastics and figure skating fully meet the requirements of aesthetic education.

Physical culture reforms implemented at the new stage of Uzbekistan's development are a component of social relations between people based on various social and economic factors. The character of physical culture is expressed through the state's national ideology and politics, culture, morality, art and religion, enlightenment and education, as well as its degree of interrelationship with production, science and technology. In Uzbekistan, the physical system represents the subjective and objective aspects of people's life, therefore it is inextricably linked with the life and working conditions of a person.

Even in high school, games can be divided into the following groups according to the development of physical qualities:

1. Games that train speed;
2. Strength-enhancing games.
3. Games that develop agility.
4. Games that develop endurance.
5. Games that train flexibility

Movement qualities, i.e., speed, agility, strength, endurance, and flexibility are an important indicator of an athlete's ability to achieve high results, and they develop together in the formation and improvement of movement skills. Improvement of movement skills and physical qualities is a single process. Movement qualities - strength, speed and endurance are developed due to the control of the movement apparatus and improvement of coordination mechanisms. At the same time, improvement of physical qualities depends on functional and morphological changes. For example, it leads to hypertrophy of skeletal muscles and heart muscle, improvement of movement coordination, and changes in the movement apparatus. Muscle strength depends on the degree of tension of the muscle, which mainly depends on the structure of the muscle, biochemical processes that occur during muscle contraction, and physiological factors. The strength of the muscle is determined by the force generated during its maximum tension. It is observed in the isometric mode of the muscle, or when it carries the maximum load. The maximum tension that occurs during the contraction of the muscle with the isometric mode occurs as a result of the involvement of all fibers of the muscle. The force observed in such a process is called the maximum force of the muscle.

The weight of the load that a person can lift at the end of his capacity represents his voluntary maximum strength. However, when voluntary maximum force occurs under such conditions, the muscle is maximally stretched. The difference between the maximum voluntary force and the absolute force of the muscle is called the strength deficit. Strength deficits are higher in non-athletes than in athletes, especially highly skilled athletes. Regularly engaging in exercises that develop strength in sports activities leads to an increase in voluntary maximum strength. The factors that determine the maximum voluntary muscle strength can be divided into two groups. The first is peripheral factors and the second is central factors.

Peripheral factors of muscle strength include factors such as the ratio of the type of muscle fibers, the length of the muscle before contraction. Central factors include the nervous mechanisms that control the work of muscles and ensure their coordination. The number of impulses sent to the muscles from the central nervous system, their nature, excited movement units, their mutual coordination, muscle fibers in a certain group, inhibition of antagonistic muscles, and similar cases play an important role in the emergence of muscle power. plays

An increase in muscle cross-section as a result of regular exercise is called active hypertrophy. In people with hypertrophied muscles, the mass of muscle tissue increases. In such athletes, the muscles of the body can externalize 50% of the body weight. The physiological mechanism of movement speed development, speed, which is one of the physical qualities, is expressed by the control time of the movement, and it develops when performing high-speed physical exercises. For example, short distances in performing cyclical dynamic work: 200 m bicycle race, 100-200 m run, 25-50 m swimming, such exercises as speed and strength throwing, long and high jump, boxing, fencing. ,

engaging in sports such as sports games develops the quality of quickness.

From a physiological point of view, the speed of movement mainly depends on the following factors. First, the excitability of the movement apparatus, that is, to the latent (hidden reaction) period; secondly, to the time of muscle contraction and relaxation; thirdly, to the lability of the neuromuscular tissue involved in a specific movement. Factors such as the type of neuro-muscular movement units, coordination of movement, speed of energy generation in muscles also play an important role in high-speed performance of movement.

The ratio of fast-twitch or slow-twitch units during movement has a certain influence on movement speed. The more fast-twitch joints there are in the movement, the higher the speed of the movement. As a result of high-speed exercises, the ratio of fast-twitch and slow-twitch joints changes. [5:257]

Regarding the importance of movement coordination for movement speed, it should be said that functional connections between muscle fibers and muscles, a high level of improvement of their coordination, ensure a much higher movement speed. Thus, movement speed, speed, power of physical exercises performed with strength are determined by the functional morphological and biochemical characteristics of the movement apparatus. Regular high-intensity exercise improves these characteristics and increases movement speed.

In performing physical exercises, agility and the physiological factors that determine it play an important role. Agility is the ability to solve the task of movement correctly, quickly, appropriately and resourcefully. The development of the quality of agility is closely related to the development of strength and speed, because the speed of the athlete and the level of strength play an important role in performing any movement with agility. In the development of agility, along with the innate characteristics of a person, the experiences gained in individual life, the conditions of work and the situations that arise are of certain importance. During regular physical exercises that require agility, the central nervous system, especially its upper part, the excitability of neurons in the cortex of the cerebral hemispheres, the peculiarities of the dynamics of nervous processes in them, excitation and The occurrence of changes in a number of physiological phenomena, such as the speed of braking processes, energy generation processes in muscles, enzyme activity, is the physiological basis for the development of agility.

Resourcefulness is one of the main factors in the emergence of agility. For this, the level of resourcefulness factor largely depends on the experience of the athlete, that is, the experiences of the athlete to respond to the sudden situation due to the extrapolation phenomenon are essential. At the same time, as shown above, sudden situational factors play an important role in the development of agility. Such factors that occur when solving a movement task improve the physiological mechanisms of agility. However, it should be said that in improving the agility mechanism, the development of agility is much slower than the development of other physical qualities. Because agility probably depends more on hereditary factors than on the skills acquired by the organism in its individual life. Therefore, it will be useful to follow the advice given during the sports competition.

The quality of agility, like any other physical quality, depends on the age of a person. The function of sensory systems is important in the emergence of agility. In sports activities, especially in competitions held in situational sports, the athlete's agility depends to a large extent on how quickly he analyzes information through sensor systems. Flexibility is a morphological and functional feature of the locomotor apparatus, which determines the amplitude of movement. Therefore, elasticity is a measure of the amplitude of movement. Flexibility is divided into two types: active and passive.

Active flexibility means the maximum amplitude of movement that a person can perform independently without external help.[7:25] The mobility of the joints is important in the occurrence of such flexibility, that is, the more mobile the joint, the higher the flexibility. , the greater the amplitude of motion. Passive flexibility is joint mobility achieved with the help of sports equipment or an athlete's partner or coach. Passive flexibility is higher than active flexibility. In practice, when performing various physical exercises, active flexibility is mobilized, and in this respect, active flexibility is superior to passive flexibility.

Flexibility depends on a person's age, gender, joint mobility, environmental factors, type of exercise and other factors. For example, 10-14-year-old children have higher flexibility than adults. Work on the development of flexibility in children of this age is twice as effective as the method of working with children of senior school age. Flexibility increases under the influence of factors such as stretching exercises and massage. Different types of sports have different demands on flexibility. This is primarily related to the biomechanical structure of sports exercises.

Discussion (Obsujdenie/Discussion). Endurance and its types are also important when performing physical exercises. Endurance is an increase in the body's ability to resist fatigue, which develops when the body engages in physical exercises that lead to a decrease in work capacity. With the increase of endurance, the period of maintaining a high level of performance in the body is extended. Endurance is divided into several types: general endurance, special endurance, endurance to perform dynamic work, endurance to static stresses, endurance to perform work in anaerobic conditions, endurance to hypoxia (decreased amount of oxygen in the blood), endurance to heat and cold, and hakazo.

The development of the above-mentioned types of endurance occurs as a result of regular exercise under conditions appropriate to each job and engagement in work at a level that leads to exhaustion. The development of resistance occurs as a result of morphological, biochemical and functional changes of organs and tissues of the body. For example, when regularly engaging in cyclical dynamic activities such as long-distance running, bicycle racing, swimming, the improvement of the coordination of the movement apparatus as a result of the mutual adaptation of the work of the vegetative organs that provide energy to the working tissues, these organs over a long period of time high performance occurs.

Conclusion (Zaklucheniye/Conclusion). Thus, in the preparation of the future physical education teacher for innovative activities, creating a healthy creative environment in the continuous education system, raising the quality of teaching to a new level, and developing students' worldview, thinking, and independent observation skills are of great importance. is enough. Relying on innovations, new technologies for teachers allow concentration, free observation, and reliable decision-making. Innovative technologies are aimed at solving the complex tasks of the educational process and represent the joint activities of teachers and students.[8] They are done step by step. In this case, based on specific methods, methods and tools, an effective management system is directed to the goal. The guaranteed result is a positive solution to the issue of physical education and physical and spiritual maturity.

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