



Modern Requirements For Teaching Discipline “Sports” In Higher Education

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ABSTRACT

This article highlights the main directions on improvement of educational process and the features and perspective views of further optimization of process of training of bachelors in the field of physical culture and sport in higher educational institutions of the Republic of Uzbekistan.

KEYWORDS

Bachelor, physical culture and sport, sports, technique, educational process, professional competences.

INTRODUCTION

Socio-economic transformations in our country have resulted in changes in the educational process in higher educational institutions. That, undoubtedly, was reflected in teaching physical culture as a discipline such as attracting students to physical culture and

sports, strengthening the educational focus of lessons, changing the content and forms of physical education, turning it into an effective measure of health formation and formation, development and self-development of a person. There are a large number of

methodological flaws in teaching one of the basic disciplines "Sports games" in the system of training specialists in physical culture and sports in universities of various profiles in our country. In particular, there is still a large number of contradictions in the choice of basic sports and the amount of time allotted for the disciplines studied, as well as the formation of professional competencies required for graduates of universities of various profiles in the process of professional activity [1].

MATERIALS AND METHODS

In this regard, the analysis and development of a new approach is currently required for further improvement of educational and methodological complexes based on the involvement of modern interactive and pedagogical technologies in the process of teaching basic disciplines. In universities of various profiles, one of the basic disciplines in the system of physical education is "Sports Games". The purpose of this study is to study and subsequent comparative analysis of the peculiarities of teaching the discipline "Sports games" in universities of various profiles. We have studied the main research methods on the generalization of scientific and methodological literature, documentary and archival data, which revealed the issues of organizing the educational process in the discipline "Sports Games" in universities of various profiles.

RESULTS AND DISCUSSIONS

The analysis of the program and normative documents of the educational process in the universities of the Republic of Uzbekistan showed that at the moment the training of bachelors in the field of physical culture and sports is carried out in the direction of "Physical culture" in accordance with the State Educational Standard of the Republic of Uzbekistan.

As a result of the analysis of the main educational programs for training bachelors in the field of physical culture and sports, we have found that 100% of cases in universities of physical culture and sports such types of games as basketball, volleyball and football are basic and in the process of studying they are given the greatest attention when preparing a bachelor's degree in higher educational institutions of physical culture.

It should be noted that in universities of physical culture such types of sports games as table tennis - 40.0% respectively; handball - 30.0%; wrestling - 50.0% are used in the process of training bachelors in physical culture, but all of them serve only for an introductory function with the presented view. [2] This is confirmed by the fact that the presented sports should be studied in the form of familiarization, because in the system of physical education (general education schools, colleges and universities) are poorly represented, since they have less health-improving and educational effects [3].

It is quite characteristic that at the faculties of physical culture of state universities, within the framework of the study of the discipline "Sports games" in the curriculum, more importance is given bachelor's training program such basic types of sports games as basketball, volleyball and football, tennis, table tennis which are the main the system of physical education and key in the training of highly qualified specialists.

The current situation allows us to note that the approach available at the faculties of physical education of state universities meets the modern requirements for training bachelors in the field of physical culture and sports, since future specialists are not provided with basic knowledge of the types of sports games, which are most widely represented in the physical education program of secondary schools colleges and universities. In this regard, at present, we

observe a low quality of basic knowledge and necessary skills of graduates of universities of our country which in turn affect the productivity of the professional activity of a teacher-trainer. In connection with the current situation and the peculiarities of teaching the discipline "Sports games" revealed in the course of the research in universities of various profiles, we propose to make some adjustments and the following recommendations to the program and normative documentation and educational and methodological complexes for the effective preparation of qualified bachelors in physical culture and sports:

- To optimize the main program for training bachelors at the faculties of physical culture of state universities in accordance with the requirements of universities of physical culture;
- To include such sports as basketball, volleyball and football in the basic part of the bachelor's degree in physical culture, which ensure the mastery of the entire methodology of teaching sports games that are of leading importance in the system of physical education of secondary schools, colleges and universities of the our country focused on ensuring effective mastering of the basics of sports games;
- The development of sports games must be carried out primarily as a means of general education, a teaching method, a means of multilateral development, a subject of sports improvement and a subject of training, thereby ensuring the mastery of the entire arsenal of knowledge, skills and abilities that allow university graduates to successfully implement their abilities in the process of professional activity.

CONCLUSION

In conclusion, we can say that for universities of physical culture and sports, such types of sports games as basketball, volleyball and

football are the most fundamental, and for physical culture faculties when training bachelors individual sports (badminton, table tennis and tennis) are of prime importance.

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