
TRAINING AND PROFESSIONAL DEVELOPMENT OF TEACHERS FOR PHYSICAL EDUCATION BASED ON NATIONAL UPBRINGING

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ABSTRACT: This article explores the training and professional development of physical education teachers within the context of national education systems. The focus is on strategies that enhance the knowledge, skills, and competencies of educators, aligning with national education goals and standards. The role of continuous professional development, innovative training methods, and the integration of national values in physical education are discussed.

KEYWORDS: Physical education, teacher training, professional development, national education, educational standards, holistic development.

INTRODUCTION

The role of physical education (PE) in the educational curriculum is essential for the overall development of students, promoting physical fitness, teamwork, discipline, and healthy lifestyle habits. For physical education to achieve its goals, it is crucial to have well-trained and professionally developed teachers who can guide students in the right direction. Training and professional development of PE teachers must be aligned with the national education policies to ensure that educators are equipped with the knowledge, skills, and competencies required to foster student growth.[1]

Components of Teacher Training in Physical Education

- Pedagogical Skills Development:** Training programs should focus on enhancing the pedagogical skills of teachers, helping them understand how to deliver lessons effectively. This includes strategies for motivating students, adapting teaching methods to different learning styles, and using technology in physical education.
- Content Knowledge:** Teachers must have a thorough understanding of the content they teach, including anatomy, exercise physiology, biomechanics, sports psychology, and injury prevention. This knowledge base enables them to guide students in proper techniques and healthy practices.
- National Curriculum Alignment:** The training curriculum should be aligned with the national educational standards and objectives. Teachers must be well-versed in the country's educational goals to ensure that their lessons support the holistic development of students in line with national priorities.[2]

4. **Cultural Integration:** Understanding and integrating cultural aspects into physical education is essential. Training programs should emphasize national games, sports, and physical activities that promote cultural heritage and national identity.

Professional Development for Physical Education Teachers

Professional development is a continuous process that helps teachers stay updated with the latest trends, methodologies, and innovations in physical education. Effective professional development programs focus on the following areas:

1. **Workshops and Seminars:** Regular participation in workshops and seminars allows teachers to gain new insights into physical education techniques, methodologies, and best practices. These sessions often cover new research findings, innovative teaching approaches, and the integration of technology in PE.
2. **Collaborative Learning:** Encouraging teachers to engage in collaborative learning opportunities such as peer observations, team teaching, and professional learning communities can enhance their instructional strategies. Collaboration fosters a culture of continuous improvement and knowledge sharing among educators.
3. **Technology Integration:** The use of technology in physical education has transformed how lessons are delivered and assessed. Professional development programs should include training on how to effectively incorporate digital tools, apps, and platforms that aid in teaching, tracking student progress, and analyzing performance data.

Challenges in Training and Professional Development

The training and professional development of physical education teachers face several challenges, including limited resources, lack of updated training materials, and insufficient support from educational authorities. Overcoming these challenges requires a concerted effort from educational institutions, policymakers, and the teachers themselves.[3]

1. **Resource Constraints:** Many schools and training centers face a shortage of resources, making it difficult to implement effective training programs. Investment in infrastructure, equipment, and learning materials is essential to ensure that teachers receive the necessary support.
2. **Standardization of Training Programs:** There is often a lack of standardization in training programs, which leads to inconsistencies in the skills and knowledge of teachers. Developing a standardized training curriculum that aligns with national education goals is crucial for maintaining quality across different regions.
3. **Motivation and Incentives:** Teachers need motivation and incentives to actively participate in professional development activities. Providing career growth opportunities, recognition, and financial rewards can encourage teachers to engage more in their own professional growth.

Recommendations for Enhancing Teacher Training and Professional Development

To improve the training and professional development of physical education teachers, the following recommendations can be considered:

1. **Establish a National Framework:** Developing a comprehensive national framework for physical education teacher training that includes guidelines, competencies, and standards will help create consistency and quality across training programs.

2. Invest in Continuous Learning Opportunities: Providing teachers with opportunities for continuous learning and development through online courses, certification programs, and exchange programs can help them stay current with the latest educational trends and best practices.[4]

CONCLUSION

The training and professional development of physical education teachers are fundamental to the success of national education systems. By aligning teacher training programs with national educational goals and cultural values, schools can ensure that educators are well-prepared to foster students' physical, mental, and emotional growth. Continuous investment in professional development and innovative training methods will help build a workforce of highly skilled physical education teachers dedicated to enhancing the overall development of students.

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