

# Development of Professional Competence Based on the Integration of Sports Activities

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**Abstract:** The article presents proposals and recommendations for the development of professional competence of physical education students based on the integration of educational and sports activities.

**Keywords:** physical education, sports activities, integration, competence.

## Introduction.

The issues of modernizing the system of training students of physical education universities, organizing pedagogical processes based on the implementation of educational activities in physical education and the integration of physical culture and sports activities, and on this basis the formation of professional competence of future physical education specialists, reforming the system of training a generation of competitive personnel, are becoming relevant in the world. To do this, it is necessary to integrate educational and sports activities in physical education, use the opportunities of integrated education to improve the professional knowledge and skills of physical education students, and introduce innovative approaches to improving their professional training. Therefore, the high demands placed on the professional skills and competitiveness of physical education students, based on increasing their academic and athletic activity, require ensuring their adaptability to the changing demands of the labor market.

At the new stage of Uzbekistan's development, the tasks of modernizing the system of training future personnel, developing their professional knowledge and skills, and introducing new approaches aimed at helping them creatively approach their professional activities, realize themselves as individuals with high intellectual potential, and work as creative creators are becoming more urgent. This makes it necessary "to form a fully mature, physically healthy person of high culture in our country, identify priority areas for the development of education in the field of physical culture and sports, and introduce innovative forms and methods into the selection process for talented athletes." This sets out the tasks of modernizing the methodological system for the formation of professional competence of physical education students based on the integration of educational and sports activities, modernization based on an integrative approach.

Decree of the President of the Republic of Uzbekistan dated January 28, 2022 No. PF-60 "On the Development Strategy of the new Uzbekistan for 2022-2026", Decree of the President of the Republic of Uzbekistan dated June 3, 2017 No. PP-3031 "On measures for the further development of physical culture and mass sports" and Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated October 25, 2018 No. 864 "On further improvement of the system of republican sports competitions among schoolchildren and students", Decree of the President of the Republic of Uzbekistan dated March 5, 2018 No. PF-5368 "On measures to radically improve the public administration system in the field of physical culture and sports" and Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated April 6, 2018 No. 542 "On measures to organize sports clubs in state educational institutions". This dissertation research will to some extent serve the implementation of the tasks outlined in the Decree of the President of the Republic of Uzbekistan dated November 3, 2020 No. PP4877 "On measures to improve the personnel training system and

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increase scientific potential in the field of physical culture and sports" and other regulatory legal acts related to this activity.

### Literature analysis

The development of physical education in Uzbekistan, the improvement of the system of training physical education teachers, the formation of professional competence, as well as modern knowledge and skills in them, were studied by such pedagogical scientists as F.A. Karimov, Sh. Khonkeldiev, A. Abdullaev, D. Sharipova, N.A. Muslimov, M. Isakov, R. Yusupov, N. Sayidakhmedov, H. Ruziev, Y.R. Rakhmanova, G.Kh. Tillyaeva, B.Kh. Khodjaev.

### Research methodology

The content, model and educational technology of the methodological system for the development of professional competence in students of the physical culture direction based on the integration of educational and sports activities are analyzed. The methodological system for the development of professional competence in students of the physical culture direction based on the integration of educational and sports activities is developed based on the consideration of methodological opportunities and the productive use of the opportunities of integrated education.

**The purpose of the research** is to develop proposals and recommendations for the development of professional competence in physical culture students based on the integration of educational and sports activities.

### Tasks of the research:

- to determine the psychological-pedagogical possibilities of developing professional competence in physical culture students;
- development of a model of professional competence development based on the integration of educational and sports activities among students of physical culture;
- improvement of the methodical system aimed at developing professional competence in physical culture students based on the integration of educational and sports activities;

### Research organization and effectiveness

Modern physical education is, in a certain sense, characterized by a problematic situation associated with the existing contradictions between society's objective need for highly qualified physical education specialists and the practical and professional training of graduates.

**Table 1**

<b>Classification signs of the technology of development of professional competence based on the integration of educational and sports activities in students of the direction of physical culture</b>			
<b>№</b>	<b>Level of application</b>	<b>General pedagogical</b>	<b>Microtechnology</b>
1.	Pedagogical basis	Orientation of professional competence to humanitarianism, initiative, kindness and dedication	Different concepts
2.	Methodological approach	Systemic-structural, person-oriented and individuality	Person-active, integrative and approach
3.	Leading factors of development	Psychogenic	Psychogenic, Art and event technologies

Based on the above considerations, it should be noted that the content and essence of developing professional competence in physical education students based on the integration of academic and sports activities is actually the product of new ideas, views, and knowledge of advanced technologies,



the result of which is a process aimed at transforming an invention that emerged as an innovative thinking skill into a project, and a project into technology.

In developing professional competence in physical education students based on the integration of academic and sports activities, it is very important to creatively organize the pedagogical process, and it is necessary to adhere to the following recommendations.

Firstly, during extracurricular activities in physical education, students should be more engaged in complex tasks related to sports activities, which will develop their professional skills and physical capabilities.

Secondly, it is possible to guide sports masters, world champions, athletes who broke the world record and other people to develop professional competence in students, to be inspired by their achievements and successes, to strive for them and to develop their own creativity.

Thirdly, for students of physical culture, it is desirable to achieve the efficiency of organizing lessons based on integrative rather than organizing the pedagogical process based on values, traditions, and social stereotypes.

## Conclusion

As part of the study “Methodology for the development of professional competence in students of the direction of physical culture based on the integration of educational and sports activities”, the following conclusions were drawn:

1. It was found that improving the pedagogical system for the development of professional competence of students of physical culture based on the creation of integration of educational and sports activities in physical education has a positive effect on the effectiveness of physical education.
2. Professional competence is the acquisition of knowledge, skills and qualifications necessary for the implementation of professional activities and their use in practice at a high level, and it follows that it means not only the acquisition of separate knowledge and skills, but also the mastery of integrative knowledge and actions in each independent direction.

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