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Investigation and Identify a Systematic Approach to the Training of Specialists in the Theory and Methodology of Physical Education and Sports

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A B S T R A C T
This article studies and describes the high qualification, rich experience and skills of physical education, sports specialists, coaches that they are a guarantee of training comprehensively mature, spiritually mature personnel. Because only when teachers can be an example to their students in every way they can have a solid foundation is laid for the future. To achieve this, teachers need to constantly research, effectively use all opportunities and tools to improve their knowledge and skills. Developed countries should get acquainted with modern educational technologies in educational institutions, best practices, and be able to apply them in educational institutions.

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Physical education plays an important role in educating the student. In this process, the learner is taught to perform an activity or a certain part of it, the process is carried out through practice and repetition, and leads to the formation of theoretical knowledge about the movement, the development of physical qualities. Thus, in the process of physical education, education consists in the acquisition of special knowledge and the ability to perform actions, and the organization of its transfer to the student, the practitioner.

Terms such as “movement activity training”, “movement training”, “movement skill”, “movement skill”, “theoretical knowledge” are used in teaching practice, and the purpose of physical education is achieved as mentioned above. Teaching movement activity or exercise is a relatively short pedagogical task. The term movement activity training is used when movement activity is specific and its theoretical knowledge is also imparted. In the teaching of motor activity, motor skills are formed; the ability is formed, and at the same times the corresponding physical movement qualities: strength, speed, endurance, agility, muscle flexibility and joint mobility are developed. Therefore, in the pedagogical process, the focus should be on one thing - education, that is, the formation of skills or the development of qualities of action. The tasks of education in the teaching of movement activities also have their own characteristics. A leading component of the learning process is the active movement of students. Their training and work activities require physical exertion first of all. Knowledge of certain laws related to the student's learning activities requires consideration of the general laws of human ability to work. An individual’s ability to work depends on several factors: abilities inherited from ancestors, experiences accumulated in the life process, and the ability to manage specific activities under certain defined conditions. The better these factors are developed, the greater a person’s ability to demonstrate work ability.

Under normal circumstances, a person can use only a part of his working abilities. The other part, which is considered to be in reserve, can only be manifested in meeting the exceeding maximum requirements.

Unusual external conditions not only allow for the manifestation of reserve work ability, but also foster the maximum development of human abilities.

The main purpose of pulsometry in physical education classes; the measurement of heart rate is to determine whether the workload in the classroom corresponds to the age, readiness of students, the conditions of the training. Being able to correctly analyze the pulsometry data will help students to then evaluate their actions objectively, to plan the loads correctly for each class, and to master management techniques. Tracking is performed on a reader using a stopwatch. To do this, a student is selected who actively completes the teacher's assignments. This student should be notified in advance about the object of observation. The pulse is measured 5 minutes before the first bell rings. In this case, the observer must make sure that the observed student is in a calm state, that is, his pulse rate is in the normal state. The word "pulse" translates from Latin to mean "impulse" and means a rhythmic oscillation, dilation of blood vessels as a result of a heartbeat.

The pulse is mainly detected on the inner surface of the wrist, in the area of the wrist artery. To do this, the subject's wrist joint is held by hand so that the thumb is on the inside of the wrist, and with the other fingers, the palpable carotid artery on his face is palpated and slightly pressed. The pulse is measured for 10 seconds.

1. *It is recommended to measure the pulse as follows:*

If the work is of a continuous nature, cleaning, running, general developmental exercises, and so on. it is not advisable to measure the pulse every 3 minutes, at intervals of less than 3 minutes, because frequent involvement of the student to measure the pulse does not help to determine the actual load in the lesson.

2. *After each part of the lesson is over.*

3. *Running, which requires a lot of tension, exercises performed on gymnastic snails, running and jumping, finishing the relay stage, etc., after performing complex exercises?*

In calculating the data obtained, the result of the pulse of 10 seconds is multiplied by six and recorded in the fifth column of the protocol, in the sixth column of its percentage (%) change. This is done as follows. The pulse measured in the initial quiescent state is assumed to be 100%. A ratio is constructed and processed to determine the percentage increase in the second measured pulse compared to the first. For example, let the pulse measured at rest in the protocol be 90 beats per minute and 103 beats per minute. The ratio is formed accordingly:

90 - 100 % 103x100

103 - X X №----------№ 114, 4 %.

90

If it is 108 times in the third, we make another ratio:

108x100

90 - 100 % X№----------№ 120 % etc.

108 - X 90

After completing the above tasks, a curvilinear plot of the pulse is drawn based on the data obtained. Based on the above documents, a written analysis of the course load will be performed at the end. The following should be covered: lesson objectives, type of lesson, pre-lesson activities of students. Changes in heart rate during the lesson and its causes, the appropriateness of the weight in a particular part of the lesson and throughout the lesson. The number of strokes at the end of the lesson and its recovery for 5 minutes after the physical education class. At the end of the analysis, the observer should write his / her comments and suggestions on the students' workload in the classroom. The pulse measurement protocol forms a whole document with the attachment of the pulse curve and the analysis of the data obtained.

In gymnastics, it is recommended to use exercises that correspond to the nature of the movements performed during labor. Therefore, when choosing exercises, it is necessary to carefully study the movements of the labor process and include in the set of physical exercises such exercises that help to

accelerate the physiological functions of the body, which play a leading role in the process of a particular type of work.

In particular, it is necessary to use exercises that increase the speed of movement in elementary gymnastics. At the same time, it is recommended to develop a much higher speed than usual in order to quickly master the working speed of the movements.

Depending on the nature and conditions of work, the following three variants of a set of gymnastic exercises differ from each other: a set of clumsy exercises, prophylactic active rest, and a set of integrated effective exercises.

The clumsy writing exercise option is used to create complexes for workers engaged in heavy physical labor. They include simple dynamic exercises for coordination, which involve a series of intensive activities of the muscle groups that receive the main load during labor. The pace of the exercise is moderate or fast. The load on the exercise complex gradually increases and decreases to a minimum at the end of the complex.

The prophylactic rest option forms the basis of a gymnastics complex for workers whose stereotypes of movement are clearly stated. Dynamic exercises that involve the activity of muscle groups directly involved in labor operations are used. Until the middle of the complex, the physical load is gradually increased and then gradually reduced. The speed of movement is above average. Attention should be paid to proper breathing, muscle elongation, and increased mobility.

The holistic impact option is designed for employees whose work activities require long-term strong attention. Exercise mainly affects muscle groups, systems and organs of the body that are not directly involved in future production activities. Such exercises are complex coordination because they involve additional movements of the arms, torso, and legs and require concentration. Speed is the same as in the previous work.

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