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EFFECTIVE WAYS OF DEVELOPING SOCIO-CULTURAL COMPETENCE OF SPORTS COACHES IN THE PROCESS OF PROFESSIONAL DEVELOPMENT

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ABSTRACT



This article analyses the specific features of the training system of physical education and sports specialists, the effective ways of developing the socio-cultural competence of sports trainers during the training process.

Keywords

Physical education, sport, sports trainer, sports education, professional development, qualification requirements, competence, competence, knowledge, socio-cultural competence.

Introduction

Relevance of the topic. In our republic, certain works are being carried out to reform the sports education system, to create a competitive environment in sports education institutions, and to regularly improve the qualifications of trainers in accordance with the requirements of the times.

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At the same time, due to the rapid development of science and technology, a sharp increase in the volume of information requires the training of highly qualified and competitive personnel at the level of advanced countries, which requires the activity of trainers with high pedagogical and professional skills, who occupy an important place in sports educational institutions.

Today in our country, the number and scope of people who are engaged in physical education and sports is increasing day by day. This, of course, increases the demand for expanding the ranks of physical education and sports specialists with high professional training, skills, general cultural level.

Literature analysis. Article 13 of the Law of the Republic of Uzbekistan "On Education" stipulates that "Training of personnel ensures deepening updating of professional knowledge, and qualifications and skills, serves to increase the category, level. rank of and position personnel"[1].

"Regulation on the procedure for retraining and upgrading the skills of physical education and sports specialists" approved by the decision of the Cabinet of Ministers of the Republic of Uzbekistan dated July 4, 2022 No. 355", the following are the general requirements for the content of retraining and advanced training programs (paragraph 10):

compliance with qualification requirements for professions and positions;

aimed at ensuring the continuity and coherence of the main directions of state policy in the field of education and personnel training, state requirements for types and stages of education, updating and deepening the knowledge of students, using modern information technologies, creating professional qualifications and skills, acquiring and improving effective methods and technologies of education;

compliance with the scope and content of state educational requirements, the terms of retraining and advanced training, and relevant legal documents[2].

In studies of cultural studies, socio-cultural competence is usually defined as the ability of an individual to solve socially important tasks in a certain socio-cultural environment in a timely manner, as well as the readiness to communicate with a partner with knowledge of his personal

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culture (A.Ya. Flier, O.N. Astafeva, O.A. Zakharova, A.P. Sadokhin, O.I. Karpukhin, I.V. Kondakov, A.V. Kostina [6].

Research results. It is known that in the process of training, sports trainers get acquainted with the innovations included in the content of the training process, further develop their theoretical and practical knowledge of the topics, learn modern approaches and new innovations, competencies, and the modern sports education system that can be used in professional activities. In the process of training, sports trainers, as listeners, get to know the methodical works related to their specialty (chosen sport) in theoretical and practical training, learn the best practices in the physical education and sports experiences, system, the methods. and approaches used in mastering the achievements in the field of science and technology, find solutions to current issues in the educational process.

In the process of training, the professional competence of sports trainers, the updating and improvement of professional knowledge, skills and qualifications necessary to further improve the efficiency of the training process are developed based the qualification on

requirements of the "Trainers of Sports Education Institutions" training course. In the process of studying in educational institutions for retraining and upgrading the qualifications of sports specialists, trainers in sports, as listeners, learn more widely concepts such as educational technologies and pedagogical skills, creativity, competence, innovative activity in the relevant modules. Also, they will learn comparative best practices, new knowledge and methods of using sports psychology, world sports experiences in the training process, gain their skills in using interactive methods in the organization of professional activities.

The concept of "competence" entered the field of education as a result of psychological scientific research. From a psychological point of view, competence means "how a specialist behaves in unconventional situations, unexpected situations, engages in communication, takes a new way in relations with opponents, performs ambiguous tasks, uses information full of conflicts, and has a plan of movement in consistently developing and complex processes."

The concept of professional competence is the acquisition of the necessary knowledge, skills and

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abilities by a specialist and their practical application at a high level.

Professional competence does not mean the acquisition of specific knowledge and skills by a specialist, but the acquisition of generalized knowledge and actions in each independent direction. Also, competence requires the ability to constantly enrich professional knowledge, learn new information, understand important social requirements, search for new information, process it and apply it in one's work [8].

One of the important components of the general professional competence structure of activities is socio-cultural pedagogical competence. After all, a modern teacher not only gives knowledge, information and information to the student, but also plays the role of a mediator between a developing person and society. The "child-person-society" appropriateness of interaction depends on how competent and effective the teacher is in social life[5].

A sports coach is a person responsible for the education of the young generation, and his high skills pedagogical serve ensure effectiveness of education. To do this, today's sports trainer should regularly improve his professional level. scientific have and methodological skills, know how to prioritize research tasks, be able to choose appropriate research methods and methods, and be able to analyze the obtained data.

B. J. Cretti said that success in coaching depends to a large extent on the knowledge of the coach, how he establishes relationships with athletes [7]. Today, one of the main characteristics of the professional activity of a sports trainer is special knowledge, high professional training, and the general culture and spiritual qualities of a person, the main factor for his effective solution of economic and social tasks, his rightful place in society, achieving high results in competitions, and the systematic development of the industry. serving as

Socio-cultural competence is considered a personal professional quality of a sports coach, it ensures that he achieves the specific goals he has set for himself, and allows him to manage his behavior. The socio-cultural competence of the trainer is the ever-increasing requirements for the development of the human personality, the ability to quickly and skillfully respond to changing social processes and situations, the attitude of a person to himself, the world,

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communicative adaptation to the behavior of representatives of other cultures, new behavior based on the values and norms of different cultures - character acquisition, readiness to reorganize one's activities in new situations and skillfully solve complex problems, mental wealth, versatility, politeness, speech culture, spiritual purity are determined.

with socio-cultural competence person evaluates himself appropriately and realizes his level of maturity. He strives to improve his work regularly. Such persons can think independently and make reliable decisions depending on the situation.

Socio-cultural competence is a perfect and integrated set of aspects characteristic of a modern professional person and his activity, which includes motivational and mental components and summarizes socio-cultural knowledge, skills, personal abilities and qualities developed in the process of creativity and education. [9]. The socio-cultural competence of a sports coach is considered the basis of his successful activity, it ensures a sufficient choice of social behavior and the effectiveness of performing social roles specific to an individual, determines his place in society, and has a

significant impact on his work with his whole being.

A socio-culturally competent sports trainer accepts reasonable solutions and performs positive actions, expresses non-standard ideas, is ready for uncertain life situations, demonstrates flexibility in thinking and action. understands what the main goals of the country he lives in are, his homeland, he deeply understands his responsibility to his nation, his people, he is an example to those around him through his spiritual and moral culture. Being socially and culturally competent requires a sports trainer to know his own value and shortcomings, to be able to manage himself, to objectively evaluate his actions, and to educate himself.

The process of professional development provides not only theoretical preparation of physical education and sports specialists, but also adaptation conditions in the to new implementation of labor activities, practical experience for solving problems related to the profession in uncertain situations during training (training), social, communicative, also implies further improvement of informational. professional and other personal qualities. It

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should be noted that the development of social and cultural competence of students during the training process is considered a priority issue, and the quality and effective implementation of this important task involves the development of the unique qualities and characteristics of the students' personality [4].

The training process is one of the most effective ways to develop the socio-cultural competence of sports trainers. In the process of training, the development of social and cultural competence of the trainer in sports involves not only the theoretical and practical preparation of the trainees, but also the ability to adapt to real conditions in the effective implementation of activities, and professional gain practical experience for a wide range of positive solutions to problems related to the profession in various and uncertain situations. holds In addition, the large-scale implementation of the development of the socio-cultural competence of the trainer in sports envisages the development of the unique qualities and characteristics of the audience's personality.

In the process of training, the development of the socio-cultural competence of the trainer in sports is carried out taking into account the individual

characteristics of the trainees, their experience, physical development and other factors that affect professional productivity. Taking into account these aspects, professors and teachers of institutions of retraining and professional development of specialists in physical education and sports ensure that students receive not only regular knowledge of educational modules and blocks, but also general cultural knowledge, spiritual and moral qualities based on national and universal values, professional competence, personal, it is necessary to help develop skills such as voluntary-moral qualities, creative thinking and conscious attitude to the environment.

A socio-culturally competent sports trainer can conduct pedagogical activities and pedagogical communication at a high level, and his students achieve excellent results in competitions. At the same time, the socio-cultural competence of the sports coach is based on his professional knowledge, skill level, attitude to colleagues, work and compliance with communication ethics: of mastery communication tactics and strategies; It is also determined by the mutual harmony of the qualities of knowing the specific characteristics

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and problems of the participants of the dialogue. preventing conflicts, self-confidence, and the ability to listen to others.

The system of development of socio-cultural competence of trainers in the training process of sports has its own goals, tasks, content, methods and organizational forms, and it should be directed to the development of the level of sociocultural competence in trainers that will help intercultural communication to an adequate level. It is important to develop the socio-cultural competence of trainers in sports in proportion to the students' expertise, chosen sport, nationality, gender, professional needs, physical capabilities, and the results achieved in the activity [3].

In order to develop the socio-cultural competence of the sports coach during the training process, a specially organized educational environment is needed by the professor-teacher together with the students. In this process, the factors that allow to change the internal capabilities of the listener are presented, the main components of the training environment are the use of various teaching methods and the organization of interaction, voluntary participation of students in classes and extracurricular activities, spiritual and educational activities, strict rules on time

standards. It is very important to have different creative elements.

It is impossible to develop the socio-cultural competence of a trainer in sports during the training process without his internal motivation. For this purpose, the cooperation of the teacher of the advanced educational institution with the listener and the use of his life experience, joint search for answers to current problems in the field of physical education and sports, work in small groups to perform problematic tasks, exchange of ideas in cooperation, conversation, analysis, discussion, negotiation, practical it is important to use connections between tasks, modeling of educational processes, creative projects, specialization and other disciplines.

As the socio-cultural competence of the sports coach improves, his moral and educational situation changes, and he begins to look at science and technology as a product of culture and intelligence. The development of socio-cultural competence enriches the inner world of the trainer in sports, his desire for fundamental changes and innovations in the life of society, skillfully overcoming the difficulties encountered in the process of mastering them and being able to use them effectively in his professional

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pedagogical activity, having his own author's ideas and various it also serves to improve the ability to skillfully find positive solutions in pedagogical situations.

In our opinion, based on the above, the following is suggested for the effective development of the socio-cultural competence of the trainer in sports during the training process: to clarify the training needs of the trainees based on the development goals of the sports educational institutions in which they are operating; taking into account the characteristics of the individual typological and selected sports of students, to achieve the goals set by the society and the state for the sports education system. to master innovative experiences in order to eliminate complex problems that have arisen in professional activities, to develop assignments based on research requirements for the development of social and cultural competence of students organization of intended practical training sessions; Pedagogical conditions in the higher education institution. i.e., fully equipped classrooms with information and communication technology tools, educational and methodological literature, including electronic information and educational resources. availability the

possibility to work on the Internet international information network; formation of skilled, experienced teaching staff and responsible approach to the performance of their duties, establishment of a sincere relationship with students, achievement of the effectiveness of educational activities organized in the system of training of students.

Conclusion. The training process serves as a basis for the development of social and cultural competence of a specialist in physical education and sports. The main factor of the model of the development of socio-cultural competence of the trainer in sports is the pedagogical conditions that ensure the efficiency of training.

The analysis of the conducted studies and scientific research shows that the issue of development of socio-cultural competence of trainers in sports is interpreted differently by pedagogical researchers. Today, the wide-ranging reforms in the field of physical education and sports in our country, the introduction of new innovations in the field, the conditions created pedagogical and the new requirements, accordingly, require a pedagogical strategy for training institutions to develop models for the

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development of social and cultural competence of students.

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