



The Role of Sports Pedagogy in the Personal Formation Process

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Abstract

Currently, the science and subject of sports pedagogy, which studies the pedagogical activity of the trainer in the field of physical education, is spreading widely as a relatively young special knowledge. In its emergence and rapid development, the interest and contribution of scientists from Germany, Switzerland, the USA, Japan, Sweden, and Russia were great. This article describes the role and importance of sports pedagogy in the process of personality formation and the process of development as a science.

Keywords: *Sports Pedagogy; Physical Education; Upbringing; Physical Development; Physical Perfection*

Introduction

Currently, the science and subject of sports pedagogy, which studies the pedagogical activity of the trainer in the field of physical education, is spreading widely as a relatively young special knowledge. In its emergence and rapid development, the interest and contribution of scientists from Germany, Switzerland, the USA, Japan, Sweden, and Russia were great. In 1975, the International Committee on Sports Pedagogy was established, and since then, a permanent international congress of scientists has been held on issues focused on this scientific problem. In many Western European countries, for example, in Germany and Switzerland, the creation of institutes and departments for sports pedagogy is a clear example of its importance. An international magazine on sports pedagogy has been published for twenty years. Since 1973, the "International Journal of Sports Pedagogy" has been published in the German publishing house "Gymnazion". Major German publications such as "Sportunterlicht", "Sportwissenschaft", "Läyistungsport" are used to cover the problems of sports pedagogy.

Main Part

At a time when the world community is experiencing an economic and financial crisis, our country has been paying great attention to training mature, qualified specialists for society. This includes the adoption of a number of decisions of the Cabinet of Ministers of the Republic of Uzbekistan aimed at solving important problems directly related to the improvement of public health, education of pupils, and students' physical fitness. The thinking of the people who are building a great state should be filled with the feeling of living on fire, striving to restore new economic relations and produce material goods. Educating a person rich in such positive qualities is the main task of pedagogical schools, educational institutions, lyceums, gymnasiums, colleges, institutes and universities.

As the great scholar A. Avloni said: "Education is life for us." it is a question of either death, or salvation, or destruction, or happiness, or disaster." Indeed, the role of education is extremely important in achieving happiness and pure human activity in human life. It is known that a positive result for each of us is the product of our work if we can form the spirit of loyalty to our national customs, traditions, and our indelible heritage, which are dear to us in the education of young people.

For this, first of all, we need to inculcate concepts such as national pride, national consciousness, national idea, spirituality, and the owner of high culture into the minds of young people. Because without knowing and studying history, without taking mental and spiritual nourishment from it, the future, future dreams, and hopes cannot be achieved.

Currently, the science and subject of "Physical education and sports pedagogy" studying the pedagogical activity of the coach in the field of physical education are spreading widely as a relatively young special knowledge. Scientists from Germany, Switzerland, the USA, Japan, Sweden, and Russia were greatly interested in its emergence and rapid development. In 1975, the International Committee on Sports Pedagogy was established, and since then, a permanent international congress of scientists has been held on issues focused on this scientific problem. In many Western European countries, for example, in Germany and Switzerland, the creation of institutes and departments for sports pedagogy is a clear example of its importance. An international magazine on sports pedagogy has been published for 20 years. Since 1973, the international journal "Sport Pedagogy" has been published in the German publishing house "Gymnazion".

R. Helman (1975), U. Neuman (1975), H. Shvidman (1976), G. Many articles by Ryors (1979), O. Grupp (1979), Y. Lange (1983), H. Haag (1988), E. Meinberg (1995) show that the science and subject of sports pedagogy has become a need of society. H. Shvidman and R. Helman stated that the subject of sports pedagogy is sports activities (especially sports achievement activities). This is a difficult and exciting process for the comprehensive development of the athlete's personality, and it has its own characteristics, different from school production and educational processes in the family. Sports pedagogy shows these features and expresses them theoretically.

Methods

Scientific-theoretical analysis, historical-comparative analysis, and generalization methods were used during the research.

The Obtained Results and Their Discussion

Many of his articles by R. Helman (1975), U. Neumann (1975), H. Shvidman (1976), L. Paul (1979), G. Ryors (1979), O. Grupp (1979), Y. Schmitts, K. Widmer, G. Lenka, Sh. Gressing, Yu. Lange (1983), K. Heinemann (1987), H. Haag (1988), E. Meinberg (1995) show that the science and subject of sports pedagogy have become a need of society.

According to R. Helman (1975), sports pedagogy should provide purposeful, understandable, and planned study and development of a person through sports. H. Shvidman (1976) stated that the subject of sports pedagogy is sports activities (especially sports achievement activities). This is a difficult and exciting process for the comprehensive development of an athlete's personality, and it has its own characteristics, different from educational processes in school, industry, and family. Sports pedagogy shows these features and expresses them theoretically. U. Neuman (1975) stated that sports pedagogy, like any other pedagogical sciences, is an objective process of differentiation and has become a social phenomenon. L. Paul (1979) based on his activity of sports pedagogy, expresses its place among sports sciences and the tasks that are set before it. The author proposes to determine the subject of sports pedagogy as a science, based on the stages of development of sports pedagogy based on the compatibility with the needs of society.

The emergence and development stages of sports pedagogy were determined by a large number of articles in the 80s. Scientists expressed the scientific problems in this field as follows:

- strengthening the foundation of sports in society;
- analysis and assessment of the roots of social, ideological, and political influence on the concept of sports pedagogy;
- integrating the achievements of general pedagogy into sports pedagogy as an important resource;
- to ensure the development of sports pedagogy as a separate scientific discipline, taking into account its connection with sports sciences and its uniqueness.

The increasing interest of scientists in human education research meets the objective need of the 21st century in the development of society. In society, the importance of the all-around development of a person through sports is increasing. Based on social goals and taking into account the economic situation, sports practice creates conditions for the comprehensive development of a person. This shows that the dream of all-around development of society members is becoming a universally recognized reality. According to German scientists, sports can make a great contribution to young people and their personal development in certain social conditions. Education, upbringing, and information are a unified process, and the teacher-educator takes the lead in their formation. While teaching at school, the pedagogue informs students about the news of the world of science, and at the same time, he forms and educates human qualities in them.

The pedagogue always influences their daily behavior and character in order to educate students' intellectual, moral, physical, aesthetic, and hardworking qualities.

The experience of social life shows that if a person reads, learns, and works diligently for his own personal benefit, he can get a higher education. However, in order to be the owner of true perfect perfection, he should be brought up on the basis of high human qualities, in addition to education and knowledge. Only a person who has such qualities is considered to be an educated person.

Therefore, the science of sports pedagogy is a science that teaches the content, general laws, and ways of implementation of education and physical education in order to educate the growing young generation as a well-rounded person.

It is necessary to thoroughly study the science of sports pedagogy both theoretically and practically. Realizing the purpose of physical education and imparting new knowledge in their system is a condition for the proper education of children. In this case, the unselfish work of the trainer and his love for children ensure the effectiveness of education. However, although the experiences accumulated in the social process constitute the content of education, it was not possible to teach all of them to the younger generation. It was possible to cover a certain part of the experience gained only through the links of the public education system.

The methodology of the science of sports pedagogy is based on the theoretical foundations, laws, and principles of the continuous education system implemented in the independent Republic of

Uzbekistan, its unique approaches, the formation of the educational process, and the stages of historical development.

In the implementation of the methodology of sports pedagogy mentioned above, it is assumed to be organized based on the theoretical views recognized in the world sports pedagogic experience and giving effective results, the use of advanced pedagogical technologies, and the physiological laws of the educational process.

Thus, sports pedagogy is a science that studies the purpose, content, and laws of education in physical exercises and sports and the management of these processes. The basis of sports pedagogy is the basics of physical education. Its object is mainly schoolchildren and young athletes. The subject is intended to apply the theory and practice of education given to students.

When describing the field of sports pedagogy, the main categories such as "physical education", "education" and "information" are used. These words are interconnected and complement each other. We call them the main category - concepts of sports pedagogy.

In the formation of the ideas of becoming a physically and emotionally mature person, not only in the West, but also in the East, for example, the teaching of Zoroastrianism and its sacred book "Avesta" have interpreted valuable thoughts on the physical and spiritual development of a person.

The services of Imam Bukhari, At-Tirmidhi, Abu Nasr Farabi, Ibn Sina, Abu Raikhan Beruni, Yusuf Khos Khajib, Alisher Navoi, Bekhbudi, Abdulla Avloni, and others are incomparable in the development of thoughts about becoming a physically mature and mentally stable, perfect person. On the basis of physical education, physical and intellectual maturity of a person through physical development and physical training, improvement of his abilities and movement activity, formation of healthy lifestyle skills, and social adjustment are based. Therefore, physical education is a process aimed at educating a person, developing a person's physical capabilities, and gaining skills and knowledge in the field of physical education and sports in order to form a fully mature and physically healthy person with high culture. Another important aspect should always be considered. According to S. Rubinstein, all physical qualities of a person are born from nature, and it is necessary to develop and improve them. Physical training of an athlete includes general and special training. General physical training is aimed at increasing the level of physical development and consists of comprehensive activities. Special physical training is a special process that helps to achieve success in a certain field of activity (type of profession, sports, etc.), where special requirements are placed on human movement abilities and the help of a pedagogue is needed.

Physical development is the process of emergence, improvement, and further changes of the physical qualities and abilities of a person throughout his life. Physical development is usually expressed by changes in three groups of indicators:

1. Body structure indicators (body length, weight, size, capacity and structure of certain parts, fat layer, etc.), that is, are represented by biological and morphological indicators of a person.
2. Athlete's health indicators include the cardiovascular, respiratory, and central nervous system, digestion and excretion, heat exchange mechanisms, etc.
3. Indicators of human physical development qualities include strength, level of endurance, and quick reaction.

Until about 25 years of age (the period of adulthood and growth), many indicators increase and the body functions improve. Then, at the age of 45-50, physical development stabilizes. Later, as the age increases, the body's function gradually weakens and deteriorates, and body length, muscle weight, etc., may decrease.

Only knowing the laws of the physical development process allows the coach and the athlete to successfully manage the physical education process.

Now let's talk about the concept of physical perfection. This is the first:

- 1) good health;
- 2) high general physical activity;
- 3) proportional development of the body, correct stature, absence of defects;
- 4) movement technique and the ability to quickly learn new movements;
- 5) having physical culture and special knowledge, the ability to use one's body and physical capabilities in life, work and sports.

Conclusion

In conclusion, it is necessary to implement major reforms in the methodology, content, theory of education, organizational forms of education, and quality of perfection level of sports pedagogy. These changes should be reflected in new sports pedagogy technologies.

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