

METHODOLOGY OF TEACHING PHYSICAL EDUCATION

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Abstract: *The theory and method of physical education is based on the achievements of social, natural and pedagogical sciences. The theory and method of physical education in any case uses the most general laws, principles and methods that form the basis of scientific pedagogy, including for all sports disciplines, these laws and rules are suitable and have their own meaning.*

Key words: *physical education, pedagogical technology, teacher, school, method.*

In the educational process based on pedagogical technology, the scope of the teacher's activity and the student's activity is clearly defined, and the specific technology of the organization of education is shown. In this sense, the practical introduction of advanced pedagogical technologies is also important. The technological approach to education is one of the factors that actively influence the pedagogical process and determine its effectiveness, integrity and success.

It is brought to your attention that the content of the subject of the theory and methodology of physical education today is composed of relatively independent but interrelated problem cycles, and special professions for the field of physical education from the specialists of the higher educational institution It means educating a pedagogue who has mastered the specialty of the craft.

This textbook, intended for students, masters and students of secondary special educational institutions, which prepare physical education and sports specialists, is written on the basis of the curriculum of the bachelor of physical culture and physical education. It incorporates scientific, theoretical and practical materials of professional training and helps the specialist in organizing the process of physical education.

The shortcomings and problems indicated in the "National Program of Personnel Training" also apply to the educational subjects "Physical training", "Military training and physical training before the call-up". There is a great need for special literature based on the requirements of the national model of personnel training, written based on international experience, meeting international standards, especially educational materials written in the national language.

Based on the current situation, we are far from being able to cover all the theoretical and practical materials of the wide-scale scientific research of the field. based on the textbooks, we aimed to describe only the general basics of physical education theory and

methodology. teaches general laws. The theory of physical education explains and summarizes the existing facts related to physical education in the manner of a scientific science.

As a practical science, it provides practical and theoretical knowledge about the means of physical development of a person, forms of physical education and its methods, and enriches the reserve of vital and necessary movement skills and abilities.

The theory of physical education and its practice are always developing and improving. The results of practice, scientific research data enrich the theory and methodology of physical education with new principles and laws. Therefore, the subject of the theory and methodology of physical education cannot consist of fixed, unchanging information. The theory and methodology of physical education is based on the achievements of social, natural and pedagogical sciences. The theory and methodology of physical education in any case uses the most general laws, principles and methods that form the basis of scientific pedagogy, including for all sports disciplines, these laws and rules are suitable and have their own meaning. Its formation and development as an educational subject was caused by the emergence of a theoretical idea about the possibility of improving the physical fitness of members of society and the pursuit of it.

This proves that the rules and laws about the possibility of controlling the physical development of a person are highly effective in social work and military practice.

The theory and methodology of physical education is closely related to a number of scientific disciplines. Any science cannot give full results if it is limited only to its scientific research. The theory and methodology of physical education has become a subject that solves special pedagogical problems by combining several disciplines. The theory and methodology of physical education uses the results of scientific researches of general pedagogy, psychology, physiology of the age periods of human life and psychology of physical education. Especially sports pedagogy is integrated with all subjects. From the previous single, undivided theory and methodology of physical education, separate pedagogical sciences have emerged, including sports pedagogy, but in their latest development, their interdependence has been shown, the theory of physical education and had to rely on the general rules developed by the methodology.

The obtained evidence serves as concrete material for new generalizations. This is the fact that special sports disciplines gradually began to separate from the subject of wide scientific research and teaching, which includes a whole pedagogical environment, such as the physical education process: gymnastics, athletics, sports sciences, etc. But the relatively general laws that are necessary for certain types of physical exercises, which can have an effect on all types, could not and could not be separated into a separate science. That is why the development of general and specific laws for all sports forms the main content of the theory and method of physical education today.

Competence with the science of biology - the study of the reaction of the physical training tools on the body of the exercisers, and the effective management of the physical training process can be carried out only by taking into account the laws of the sciences of anatomy, physiology, biochemistry, and sports medicine.

It should be remembered that the similarity of the theory and methodology of physical education with other disciplines is not one-sided, but two-sided. The development of the science of physical education cannot fail to affect the mixed sciences. For example, the theory and practice of sports led psychologists and physiologists to make significant adjustments to the perception of the potential capabilities of the body of children and adults.

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