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# Acmeological Approach to Pedagogical Education of a Renaissance Physical Education Teacher

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**Abstract:** *In this article, the main terms encountered in the scientific and pedagogical activities of future physical education teachers, the correct organization of pedagogical activities, special attention should be paid to future physical education teachers during their scientific and pedagogical activities. There is a discussion of the existing aspects and the need for an approach, as well as an acmeological approach to the activities of future physical education teachers and the organization of innovative technological activities.*

**Keywords:** *Physical education, acmeology, pedagogical activity, pedagogical skills, innovative activity of the future physical education teacher, creativity, technological approach*

## I. INTRODUCTION

One of the priorities of our country's policy is to develop a generation that is both physically and mentally healthy. After all, in today's world of globalization, the upbringing of a highly spiritual and physically mature generation is one of the most important factors determining the future of our country and the realization of the noble goals of our people. The legal basis for this noble deed has been created and extensive work is being done. In particular, the Resolution of the President of the Republic of Uzbekistan Shavkat Mirziyoyev dated June 3, 2017 No PP-3031 "On measures to develop physical culture and mass sports" and March 5, 2018 "On measures in the field of physical culture and sports Decree PF-5368 "On measures to radically improve the management system" is of particular importance in the further development of this area. One of the main purposes of these decrees and resolutions is to deepen the theoretical and practical knowledge in this field, to form the correct concepts and terms of physical education skills and competencies. Indeed, at a time when the current process of globalization is intensifying, the focus on physical education teachers directly involved in the general and special physical training of young people is important in this regard. After all, one of their important services is to direct students to professions such as educational, cultural, medical, industrial construction, manufacturing, and the second is to provide them with special physical training. Today, teachers of the younger generation have fully mastered modern innovative technologies, have the ability to use information and communication technologies wisely, and are generally aware of all the secrets of education. are required. In studying the issues related to the scientific and pedagogical activity of future physical education teachers, it is necessary, first of all, to analyze the content of the concepts related to this phenomenon. In particular, we can see that the concept of "physical education" has several definitions. "Physical education is a pedagogical process aimed at improving the morphological and functional development of the human body, the formation and improvement of basic motor skills, abilities, and knowledge related to them, which are important for his life" [3]. "Physical training is aimed at strengthening the body in all respects, health-promoting training, exercise" [13].

## II. MAIN PART

The subject of innovative activity in higher education is a teacher. In this case, the socio-cultural, intellectual and moral potential of the teacher is of great importance, and the teacher's approach to innovative activities is interpreted as follows: □ Humanistic axiology - (considers axiology as the highest value of the person and the only goal of social development) □ Acmeological approach - acmeology (acme) - the Greek word means high point, sharp, prosperous, the best period. □ Creative approach - (this term appeared in the United States in the 60s of the twentieth century) refers to the ability of an individual to create new concepts and develop new skills. □ Reflexive approach - (Latin reflexio - regression) is considered as a process of knowing the subject's own (inner) mental feelings and states. Now let's look at the acmeological approach to innovation. The innovative activity of the teacher is considered as a result of the creative process and creative activity.

The concept of "acmeology" ("acme" - translated from the ancient Greek

- the highest point, flowering, maturity, the best time) was introduced into scientific terminology in 1928 by N.A. Ribnikov, which refers to the period of maturity of the psychology of youth [1; 15]. The subject of acmeology is the subjective and objective factors that contribute to professional development, creative longevity of professionals, as well as improving the professional skills of future professionals, improving and correcting their activities. Objective factors include the quality of education received. Subjective factors include a person's skills and abilities, his responsibility, competence, ability to solve problems effectively. The most important factors in achieving professional height are: talent, ability, talent, family upbringing conditions, educational institutions and self-activity.

The advantage of acmeology over the existing sciences of man is that it studies the whole life and professional path of man. At the same time, acmeology studies the problems of improving and correcting professional activity. Acmeology implies the view that a person achieves the peaks of professionalism on his own. In this regard, Khatima Shaykhova: "Acmeology is a modern new science. Its main task is to study the various aspects of the promotion of a particular profession. The essence of acmeology is the deep understanding of each profession through knowledge, the deep understanding that it serves to enhance the positive impact of economic, political, spiritual and legal aspects of social development, national development, welfare and social development. z is the study of perfection and perfection in order to devote one's creative activity to the fulfillment of one's duties and responsibilities in the field of profession "[4, 115]. Acmeology focuses on the following categories: creative individuality, self-development and self-improvement, self-awareness, self-realization These concepts of acmeology form the basis of innovative pedagogy.

Whether he is a mathematician, a physicist, a historian or a physical education teacher, his style of work is directly related to pedagogical activity. The content and quality of the lesson, in turn, is closely linked with his pedagogical skills, pedagogical skills, pedagogical qualifications, and pedagogical activity in general. Well-known Russian pedagogue VA Sukhomlinsky: "One of the secrets of pedagogical leadership is the constant research and interest of teachers in the analysis of their work. Whoever tries to distinguish between good and bad in their lessons, in their interactions with students, to be timely in their achievements and shortcomings, will have achieved half the success of pedagogical activity," he said. expressed in [12]. From this point of view, a future physical education teacher who has just started his pedagogical activity cannot be completely physically and mentally relaxed or completely relaxed. We know that in psychology, this feeling is called "relaxation" and is an assessment of the negative state of people's work. In order for every future physical education teacher to fully master the pedagogical skills: first, to have mastered the subject in accordance with the requirements of the time; second, to have psychological and pedagogical knowledge (students) be able to use methods appropriate to the character); and third, it is important to incorporate pedagogical curiosity and dedication. Russian scientist IP Rachenko states that pedagogical skills as a part of pedagogical art are as follows: a moral and aesthetic attitude to life, confidence in one's own reasoning and a strong will "[11]. In addition, the future teacher of physical education should be committed to the teaching profession, have a thorough knowledge of the methods of teaching the subject, be able to demonstrate pedagogical skills, be able to apply pedagogical techniques in their place. is an important component.

It should be noted that each future physical education teacher is constantly engaged in teaching and educating students in parallel with the delivery of physical exercises, as well as interacting with them. Because each student is constantly evolving mentally, emotionally and physically, the prospective teacher needs to be in constant contact with them, the mechanisms of action, taking into account each of their psychological characteristics and physiological characteristics , first of all, it is necessary to study psychology and educational theory perfectly and constantly develop their professional activity.

In addition, future physical education teachers should be familiar with the terms of physical culture used in their pedagogical activities. Of course, the teacher's clear and appropriate use of terms has a direct impact on the quality of the student's physical fitness. Indeed, each of us is in our daily lives we use the terms physical culture extensively today. We can meet and confront them in almost all subjects in educational institutions. It should be noted that "today there are more than 15,000 concepts and terms specific to about 300 sports around the world" [10]. In their pedagogical work, future physical education teachers will be able to speak deeply, effectively, logically, beautifully in the process of working with students, and in their place will be able to use phrases of educational significance. must be able to use. It is important to remember that a teacher's speech is a source of example for every student, not even by harshly insulting, insulting, insulting, or insulting a student who has indiscriminately angered him or her and violated the discipline. should have the ability to get out of a situation with a positive approach. As the teacher conducts the lesson, his or her voice should be used as a tool to control the audience. When explaining physical education exercises, she should be able to tell students what to focus on by raising and lowering her voice where needed.

Today we can consider the following specific approaches that will play an important role in the scientific and pedagogical work of future physical education teachers: 1. Creative approach. 2. Innovative approach. 3. Technological approach. Every prospective physical education teacher should be able to find ways to engage their students in a lesson based on a creative approach to the lesson. In this regard, the famous psychologist Dale Carnegie said, "there is only one way to motivate and motivate a person to do something. It's about making that person really want to do it. Coercion and torture do not work ... "[4] It is worthwhile to comment on the concept of creativity. "Creativity" (from English "create" - creation, "creative", creative) [6] - represents a high-level new creative approach to the solution of problems encountered by the future teacher in the classroom. The Glossary of Pedagogical Terms defines creativity as follows: "Creativity is a mental process that leads to the creation of something new, unique, thinking, ideas and solutions" [8]. Creativity is the readiness of a prospective teacher to create new ideas and positively address existing problems in order to ensure the effectiveness of the lesson, in contrast to the traditional approach and thinking in the learning process. the ability to find solutions to existing problems and to solve them in order to achieve the goal is formed, which helps to solve accidental problems rationally and quickly.

### III. CONCLUSION

Based on the above analysis, it can be concluded that: first, the ongoing comprehensive reforms are not limited to different areas. the issue of training, but also the need to radically improve the scientific and pedagogical activities of personnel in the field of physical education in educational institutions; secondly, the analysis of issues related to the scientific and pedagogical activity of future physical education teachers shows that despite the availability of views and resources on the topic, it is necessary to study this issue from a purely pedagogical point of view; thirdly, it is expedient for the future physical education teacher to create the necessary conditions for the thorough acquisition of knowledge, taking into account the interests, abilities and needs of students, using modern advances in science and pedagogical technologies; fourth, the period itself shows that today's future physical education teachers need to effectively use their own approaches, such as creativity, innovation, technology, which play an important role in their scientific and pedagogical activities; fifth, any teacher should aim to develop pure-minded, courageous, well-mannered, determined, spiritually and physically mature individuals in the classroom. This, in turn, will be the basis for the formation of qualified personnel who will serve the development of our country in the future.

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