

**JISMONIY TARBIYA MUTAXASSISLARINI TAYYORLASHNING DOLZARB  
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**Annotatsiya.** Ushbu maqolada bo'lajak jismoniy tarbiya va sport mutaxassislarining tafakkur tarzi va fikrlash uslublarining shakllanish jarayoni zamonaviy ijtimoiy, madaniy hamda sport amaliyoti kontekstida tahlil qilingan. Globallashuv, axborot oqimining keskin ortishi, sport sohasidagi raqobatning kuchayishi hamda zamonaviy ta'lim tizimida jismoniy tarbiya mutaxassislariga qo'yilayotgan talablar tafakkur uslubini yangilash va rivojlantirish zaruriyatini yuzaga keltirayotgani ilmiy asosda yoritilgan. Maqolada bo'lajak mutaxassislarining dunyoqarashi, motivatsiyasi, sport faoliyatidagi psixologik jarayonlar, taktik va ijodiy tafakkur uslublarining o'zaro bog'liqligi keng ko'lamda asoslab beriladi.

**Kalit so'zlar:** tafakkur tarzi, jismoniy tarbiya, sport mutaxassisi, dunyoqarash, sport motivatsiyasi, taktik tafakkur, ijodiy tafakkur, psixologik jarayonlar, sport faoliyati.

**АКТУАЛЬНЫЕ ПРОБЛЕМЫ ПОДГОТОВКИ СПЕЦИАЛИСТОВ ПО  
ФИЗИЧЕСКОМУ ВОСПИТАНИЮ**

**Аннотация.** В данной статье анализируется процесс формирования стиля мышления и способов мыслительной деятельности будущих специалистов по физическому воспитанию и спорту в контексте современных социальных, культурных и спортивных практик. Научно обосновано, что глобализация, резкое увеличение информационных потоков, усиление конкуренции в сфере спорта и возрастание требований, предъявляемых к специалистам в системе современного образования, обусловили необходимость обновления и развития стиля мышления. В статье подробно рассматриваются мировоззрение будущих специалистов, их мотивация, психологические процессы в спортивной деятельности, а также взаимосвязь тактического и творческого стиля мышления.

**Ключевые слова:** стиль мышления, физическое воспитание, спортивный специалист, мировоззрение, спортивная мотивация, тактическое мышление, творческое мышление, психологические процессы, спортивная деятельность.

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**Abstract.** This article examines the formation of thinking style and cognitive approaches among future specialists in physical education and sports within the context of modern social, cultural, and athletic practices. It is scientifically substantiated that globalization, the rapid increase in information flows, growing competition in the sports sphere, and the rising demands of contemporary education systems necessitate the renewal and development of thinking styles. The article provides an extensive analysis of the worldview, motivation, psychological

processes in sports activities, and the interrelation of tactical and creative thinking among future professionals.

**Keywords:** thinking style, physical education, sports specialist, worldview, sports motivation, tactical thinking, creative thinking, psychological processes, sports activity.

### KIRISH

The main goal of the large – scale changes in the current reform process, which are carried out in order to ensure the well-being of society and educate mature people in all respects, is to update the dogmatic patterns of thinking preserved in the minds of people, to change thinking in accordance with the requirements of the Times. After all, as noted in scientific sources, “only economic factors are not enough to join the ranks of developed countries today; changes in the psyche, worldview and way of thinking of people are also important in the formation of a new system of values in society” [1; p.3.].

In the context of globalization, the goals and interests of people are becoming more and more similar, as a result of which general trends are gaining momentum. Changes in the psyche, worldview and way of thinking of people are also important in the formation of a new system of values in society” [1; p.3.].

In the context of globalization, the goals and interests of people are becoming more and more similar, as a result of which general trends are gaining momentum. However, the positive aspects of this process – the strengthening of the integration of societies; and the negative aspects – the expansion of biracial thinking, narrow worldview and dogmatic approaches [2; p.9.].

Therefore, at the stage of modern development of society, the development of the style of thinking is becoming one of the most urgent tasks. The main goal of this process is to form a model of thinking that, while maintaining a national identity, is at the same time harmonious with world civilization. The style of thinking is a process that takes shape in the long run, is widely used and needs to maintain stability despite changes in external conditions.

### MAIN PART

In the process of the development of society and its transition from one stage to another, changes in the way of thinking are manifested as an important and necessary factor. A person who is able to consciously react to events and phenomena in society is able to make a significant contribution to the development of the nation and the state, wisely using his intelligence, level of knowledge and WorldView [3; 178-b.]. One of the main features of the way of thinking, volatility serves as an initial factor that determines the future direction of an individual at the level of individuality, and on a wider scale-the entire people. Because all the actions, goals and aspirations of a person are first formed in his thinking. Therefore, the formation and development of a model of thinking corresponding to the social processes taking place in society is one of the top priorities of today's era.

Today, the formation and rapid development of physical education and sports as an independent social institution indicates the need to effectively use the potential of this area [4; 6-b.]. With the growing popularity of physical education and sports, the field is also becoming an effective tool for achieving goals in different areas such as business, entrepreneurship, medicine, education, politics, economics and culture. In this process, physical education and sports professionals are involved as the main force connecting between different systems. Therefore, the development of the worldview and thinking of future physical education and sports specialists in accordance with the requirements of the time is one of the most pressing issues of today.

One of the most fundamental factors that determines the need to develop a way of thinking is its volatility nature. In particular, in sports activities, the thinking of athletes requires adaptation to constantly changing situations and unforeseen situations, making quick and correct decisions. Since there is no possibility of correcting mistakes made in such situations, athletes are required to perform highly developed thinking and actions worthy of the situation [5; p.224]. Therefore, the systematic development of the thinking style of future physical education and sports specialists has become an urgent task.

Today, work is actively carried out in our country aimed at improving professional knowledge and skills of specialists in the field of physical education and sports, developing practical skills and further improving the scientific and methodological and organizational foundations of field training. At the same time, the number of scientific research on improving educational processes, optimizing training loads, developing physical qualities and tactical and technical abilities is growing. But in the current conditions, where the speed of information exchange is increasing at an unprecedented level, various problems are also observed in the thinking of future physical education and sports specialists. This situation necessitates an in-depth analysis of the causes of the problems arising, as well as the development of ways to solve them. In this process, first of all, the issue of the formation of the worldview of future physical education and sports specialists should become an important object of analysis.

The worldview of physical education and sports professionals is defined as a system of understanding their place in sports activities, a common relationship to the surrounding reality and oneself [6; p.11.]. In addition, this system is manifested through their beliefs, ideals and principles of activity. The thinking style of future physical education and sports specialists is formed primarily depending on their age, practical experience in sports and level of knowledge. The worldview, in turn, develops in the process of understanding and evaluating the athlete's self and the outside world. Currently, the unparalleled development of Information Technology on a global scale is creating a change in the worldview of future physical education and sports specialists [7; 175-b.]. In particular, the overabundance of information flow and the diversity of sources that supply it is a major factor in these changes. The worldview, in turn, develops in the process of understanding and evaluating the athlete's self and the outside world. Currently, the unparalleled development of Information Technology on a global scale is creating a change in the worldview of future physical education and sports specialists [7; 175-b.]. In particular, the overabundance of information flow and the diversity of sources that supply it is a major factor in these changes. From a broader perspective, the opportunities for receiving information about sports activities have increased significantly. This led to the activation of activities promoting the development of physical capabilities as well as the use of various tools in the process. As a result, in the thinking of specialists, on the one hand, strict and dogmatic thinking is formed, while on the other hand, there is an increase in the flexibility of thinking and the number of deviations in thinking.

Today, in the thinking of future physical education and sports professionals, the tendency to perceive physical strength as the main priority factor is growing (for example, in sports such as boxing, wrestling and weightlifting) [8; 5-b.]. Obviously, it cannot be denied that it is impossible to carry out sports activities without physical exertion. However, the power itself is only the physical quality or ability of a person, and it is precisely the task of contemplative activity to consciously control and effectively direct it. From this perspective, it is important to emphasize the importance and role of thinking in the development of physical strength in sports, as well as in directing and controlling it towards specific goals.

As a special type of motivation in the field of physical education and sports, there is the concept of "sports motivation", which is interpreted as a source of internal energy that directs all the behavior of physical education and sports professionals [9; 124 P.]. Sports motivation is manifested in two main forms: short-term and long-term motivation. Short-term motivation is a decision aimed at overcoming obstacles on the way to achieving a goal set in a specific period of time. Long-term motivation, on the other hand, represents the process of achieving a greater and main goal through smaller results or step-by-Step Achievements [10; 10-b.]. When sports motivation is not sufficiently formed or sluggish, the likelihood of achieving high success as a result is significantly reduced.

Sports motivation serves to control the mental-physiological states of future physical education and sports specialists, to direct them towards a specific goal, as well as to form such qualities as activity and endurance. In this process, thinking styles were adopted as the main motivation for the development of the thinking of future specialists. After all, the style of thinking manifests itself as a factor that directs and controls activities in a clear way in certain situations or in the process of solving problems [11; 12-p.]. Therefore, studying the structure and functions of the thinking process is a pressing issue for human activity.

The movement qualifications of future physical education and sports specialists in sports activities are not just mechanically performed actions, but holistic activities carried out in a conscious way. In the process of this activity, the logical and emotional spheres are harmoniously combined with each other in their own way. In particular, the sport of boxing requires not only aggressiveness and decisive actions from the athlete, but also the rapid and rational implementation of a new style and tactics, effectively applying intellectual potential, accumulated experience and skills in a short period of time that occurs during the competition.

Also, in the sport of boxing, an athlete is required many complex and responsible psychological qualities, such as quick thinking and movement reaction, a high level of endurance, courage, the ability to coordinate movements, strong confidence in victory and strong willpower.

During sports activities, the activity of motion analyzers is regularly improved, which in turn makes it possible to more accurately perceive and visualize the actions being performed [12; 23-b.]. As you know, when performing any physical exercise, in order to achieve a goal-oriented result, it is required not only to understand it in a holistic state, but also to clearly understand its individual components. Having mastered the exercise at a high level, the athlete will also focus on the smallest technical errors in the exercise process, analyze them and try to correct them during the upcoming exercise. This situation is evident, first of all, in the style of contemplation of the athlete.

The style of thinking in its essence is a special form of thinking based on the indicators of intuition and logical thinking in the perception of reality. For example, the sport of swimming requires the athlete, in addition to having speed and speed movement skills, psychological aspects such as being able to manage oneself effectively in situations of mental tension and depression, maintaining high mood and mental stability. The style of thinking in its essence is a special form of thinking based on the indicators of intuition and logical thinking in the perception of reality. For example, the sport of swimming requires the athlete, in addition to having speed and speed movement skills, psychological aspects such as being able to manage oneself effectively in situations of mental tension and depression, maintaining high mood and mental stability. Also, regular participation in swimming sports improves the functioning of the central nervous system, increases the overall strength and endurance level of the body.

In addition, swimming training has a positive effect on the development of the musculoskeletal apparatus, ensuring the strengthening and growth of the musculoskeletal system. By swimming,



the chances of preventing diseases of the body, the bronx-pulmonary system expand. When physical energy is used economically and efficiently, the vital capacity of the lungs, the maximum level of ventilation and the efficiency of oxygen use increase, which increases the overall health and longevity of a person.

In the process of thinking, the future physical education and sports specialist will understand the surrounding events and stages of their development using the ability to think and understand logically. On the basis of systematic knowledge, which includes clear concepts, signs, processes, as well as theoretical knowledge, the thinking style of a specialist is formed. For example, in athletes engaged in chess-checkers Sports, thinking is always aimed at a specific goal, carried out in a conscious and voluntary way. A highly skilled chess player will have the ability to find optimal solutions during the game, perceiving complex situations faster and more accurately than his opponent. This condition requires a high level of intellectual intensity of the athlete.

Various complex and abstract issues that need to be solved throughout the game regularly appear in the athlete's mind. At the same time, it is necessary that he has the ability to anticipate the opinion of his opponent, put him in uncomfortable situations and often change the tactical aspects of the game. Various complex and abstract issues that need to be solved throughout the game regularly appear in the athlete's mind. At the same time, it is necessary that he has the ability to anticipate the opinion of his opponent, put him in uncomfortable situations and often change the tactical aspects of the game. Regular chess and checkers play, in addition to increasing the speed of a sportsman's logical thinking, develops his intellectual abilities and ensures the balance and mobility of processes in the functioning of the nervous system.

The style of thinking has an evolutionary character, and over time, when ideological changes occur in society, it also naturally changes and develops. As a result, new styles of thinking arise at a time when the existing laws and regulations of the development of society begin not to correspond to new ideas and norms.

The style of thinking manifests itself in many forms, depending on time and space. These styles reflect the thought processes of an individual individual or specific social groups. In particular, different styles of thinking can be distinguished, such as tactical, scientific, creative, dialectical, analytical and logical. It should be noted separately that the formation and development of thinking styles is directly related not only to socio-historical conditions, but also to geographical and ethnic features. For example, the way of thinking and thinking of Uzbek athletes is seriously different from the way of thinking of German or English athletes. These differences are, first of all, closely related to the specific national mentality of each people.

In the system of thinking of future physical education and sports specialists, the method of tactical thinking occupies an important and special place. Tactical thinking style is a form of thinking that manifests itself in the process of quickly and efficiently solving complex situations that arise in the process of competition or competition. This technique is usually clearly visible in extreme conditions and situations that require quick decision-making and focuses on solving specific tactical issues.

As a result of the method of tactical thinking, certain tactical actions come to the surface. In this process, such characteristics as observability, attentiveness, the ability to anticipate and predict the situation, creative thinking and imagination skills, combat spirit and confidence in victory, long-term and operational memory play a decisive role in the implementation of successful tactical actions. The tactical style of thinking is carried out without separation from the physical movement of the athlete. This way of thinking requires the athlete to quickly analyze the situation and immediately take action accordingly. This means that it has a short duration, limited by the time factor.

Creative thinking style manifests itself as the process of finding innovative solutions that have not been used before in cases where traditional approaches to a particular situation or problem have not paid off. Therefore, the formation of creative thinking in future physical education and sports specialists is closely related to their personal abilities, goals, internal motivation, as well as the socio-psychological environment that surrounds them. Such a type of thinking is present in the mind of an athlete active in any sports direction, the development of which serves to significantly increase the results of sports. It is also emphasized that creative thinking is an important process that encourages the abandonment of dogmatic views, the search for innovation and the constant improvement of movement and methods.

### Conclusion

As a conclusion, it is worth noting that the thinking of future physical education and sports specialists requires the ability to behave correctly in often changing conditions in sports activities, assess the situation and make rational decisions at a short opportunity. This naturally makes it an important need to develop their thinking consistently and regularly. conclusion, it is worth noting that the thinking of future physical education and sports specialists requires the ability to behave correctly in often changing conditions in sports activities, assess the situation and make rational decisions at a short opportunity. This naturally makes it an important need to develop their thinking consistently and regularly. The thinking style of these specialists is also closely related to their age, sports experience, professional knowledge, practical skills, and qualifications. In addition, in the process of thinking of future specialists, tactical, creative, visual, intuitive, logical and scientific thinking styles are manifested as a single complex system with mutual integration and develop in a complementary way.

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