

MODERN APPROACHES TO THE DEVELOPMENT OF PROFESSIONAL QUALITIES OF FUTURE TEACHERS OF PHYSICAL EDUCATION BASED ON NATIONAL VALUES

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Abstract

In the current context of globalization, the issue of harmonizing national values in education becomes especially relevant. The use of modern pedagogical and psychological approaches to the formation of professional qualities of future teachers in the field of physical education provides great opportunities. By combining the process of upbringing based on national values with modern innovative methods, not only the physical, but also the spiritual development of the younger generation is ensured.

Keywords: Modern training, interactive classes, information technology, national customs and traditions, physical, mental and spiritual development, independent thinking, creativity, initiative, national sports, folk games, national dances, traditional competitions.

Introduction

Students are formed an conscious attitude to values when teachers introduce national values through modern training, interactive classes and information technology. In this process, physical education classes are considered as a means of developing not only sports skills, but also respect for national customs and traditions.

The most important aspect of modern approaches is that they see the individual as an active subject. In the process of his/her physical, mental and spiritual development, the student will consciously accept national values and will be able to apply them in practical activities. In this regard, the qualities of independent thinking, creativity and initiative are instilled in future teachers in accordance with national values. When in the process of physical education, national sports,

folk games, national dances and traditional competitions are conveyed to students with the help of modern methods, they will understand the essence of values. Such a process ensures not only physical development but also spiritual harmony. The use of modern psychological approaches in the development of professional qualities strengthens the personal competence of the teacher. In particular, the culture of communicative skills, empathy and communication serve as the main criterion in education based on national values. If the teacher uses modern training technologies, role-playing games and analysis of problem situations in his lessons, pupils will have a faster ability to sense national values and apply them. At the same time, modern approaches enhance the understanding of values through personal experience and reflection. This will educate future teachers as not only knowledgeable, but also a specialist committed to national ideas and values.

The use of innovative methods allows for assimilating national values into modern education. For example, understanding the meaning of values will be reached a new level through virtual labs, online trainings, simulation games. At the same time, the use of the project methodology for the application of national values in practice gives effective results. Students will independently strengthen their professional qualities by undertaking sporting events, cultural events and wellness initiatives that promote national values. Such activities enrich the modern educational process with national values.

Modern psycho-reconstructive approaches based on national values are also important in the formation of professional qualities of physical education teachers. When students are taught in the spirit of national values such processes as overcoming stress, strengthening willpower, increasing discipline and responsibility, their psychological preparation will be further strengthened. Future teachers will develop their professional competencies by applying this experience in their activities. Also, the motivation factor plays a special role in modern approaches. Students' goals based on national values make their work in the educational process more effective.

Approaches based on national values are significant in that they are aimed at improving the physical and spiritual development of the individual. At the same time, modern educational theories and technologies create a scientific basis for the process of assimilation of values. Thus, the professional qualities of future teachers of physical education are developed, who are formed not only as

knowledgeable, but also as spiritually mature specialists with a national identity. As a result, a healthy lifestyle based on national values will be promoted in society.

Although theoretical approaches to an in-depth assessment of the laws of the formation of national values in students in modern social psychology have not been fully developed, the scientific views of foreign scientists serve as an important source for illuminating this issue. A.I. Kravchenko interprets values as representations of such social phenomena as kindness, justice, patriotism, love and friendship, which are supported by the majority. However, showing values only at the level of imaginations raises some objections, since values are reflected both in the examples of material culture and in social norms, as well as in historical and spiritual riches. In this context, values should be evaluated not simply as a common ideal or standard, but as a set of material and spiritual assets created in the course of the historical development of mankind.

The peculiarity of values is that they will not only have positive significance in the past, but will also be able to create new opportunities for the future prospect. Because values have a stable place in everyone's life as a factor that serves to know the world and change it in practice. At the heart of each value lies the possibility of understanding nature, society and the spiritual world, scientific generalization, and the possibility of influencing social and spiritual development. At the same time, the emergence of new values is associated with the transmission of human knowledge and spiritual experience from generation to generation. Thus, values manifest themselves as an important factor influencing a person's spiritual development.

Important events that have taken place in the development history of each nation, the experiences of great personalities who contributed to it, are also part of national values. This aspect is also important for future teachers of physical education, because in their work they should use not only historical heritage, but also modern socio-cultural processes to instill national values in the younger generation. Through the use of values formed on the basis of national games, sports, ancient traditions in physical education classes, the teacher fulfills not only professional qualities, but also spiritual and educational mission. Thus, national values will focus on the professional competence of future teachers, ensuring their personal and professional development.

In our opinion, the combination of national values with modern approaches to the development of professional qualities of future teachers of physical education will significantly increase the effectiveness of teaching. At the same time, the possibilities for overcoming stress, forming discipline and responsibility, developing volitional qualities through psychocorrective methods are expanded, and this process serves to strengthen the professional competence of teachers. The essence of values is manifested not just subjective assumptions, but as a set of material and spiritual wealth created in society, which play an important role in ensuring the personal and professional development of the younger generation. As a result of the instillation of national values into the professional activities of teachers, students are formed a healthy lifestyle, social activity and spiritual cohesion. In the process, values will not only be important as a means of preserving the legacy of the past, but also as a means of creating new opportunities for the future. The historical experience, cultural heritage and spiritual values of each nation serve as the basis for the formation of professional qualities for future teachers. Therefore, educational processes based on national values form the teacher as a knowledgeable, intellectual, nationally conscious and spiritually mature specialist.

In the present period, there is a growing interest in the problem of a new assessment of the system of social values, the reformation of personal values. The concept of "value" has been extensively studied in many studies, and in the dictionary of S.I. Ojegova it is defined as "a concept that expresses important spiritual, cultural and material values."

Researcher A.N. Leontev emphasizes that activity is the main means of accepting social values, indicating the formation of a person's "system of meaning" in the process of reflection and activity.

D.A. Leontev connects the concept of value with three types of phenomena: notes that it is reflected in the ideals of society, in the activities or works of certain people, as well as in the motivational structure of the individual. B.S. Bratus, on the other hand, divides values into two types: first, personal values, which represent the conscious meaning of life; the second is external values that are not directly related to the semantic sphere of the individual. These views show that a person always lives in a specific value system, and it is this system that determines his life content and position as a person.

K.D. Ushenisky in his work "As a subject of human education" expounds the psychological foundations of education, emphasizes the need to educate memory, volitional qualities and emotions. He emphasizes the need to develop students' conscious memory, to strengthen them through repetition, pointing out visual objectivity as the main principle in any educational process. He believes that repetition serves not only to restore those who have forgotten, but also to prevent forgetting. Ushenisky also notes the need to rely on students' activity and initiative, to ensure consistency in the learning process and a close connection with the outside world. His ideas about the art of art allow the formation of moral qualities in students through natural phenomena, family activities, objects reflected in works of art, as well as life events. Therefore, he considers it important to have a strong influence on the child in the process of education and upbringing, to be guided by a teacher in personal development.

Researcher S.A. Lebedev defines values as universal goals and norms.

S.Yu. Golovin, on the other hand, sees them as social units and the product of the activities of the whole human life, citing three forms of them.

Forms of existence of values are of three types. The first is the social standard, which is formed in the minds of the society and theorizes the concept of "should" in various fields. These values can be universal and concrete-historical. The latter, being the works of material and spiritual culture, as well as the objectified form of human activity, is reflected in the ideals of social value. The third is that social values pass through the prism of an individual's life and enter into his psychological structure and serve as a source of behavior as personal values.

These scientific views play an important role in the development of the professional qualities of future teachers of physical education on the basis of national values. They must not only inculcate national values in the minds of students, but also apply them as a psychological, social and pedagogical basis in their activities. With this approach, future specialists are formed not only professionally, but also committed to the values of society, spiritually harmoniously developed. The integration of national values into professional activities strengthens the psychological competence of the teacher, increases personal qualities and increases the effectiveness of the upbringing of the younger generation.

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