



# **THE IMPORTANCE OF A VARIATIVE EDUCATION APPROACH IN IMPROVING THE PROFESSIONAL COMPETENCE OF PHYSICAL EDUCATION AND SPORTS SPECIALISTS**

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## **Abstract**

This article discusses the importance of a variative education approach in developing the professional competence of specialists working in the field of physical education and sports. It also analyzes issues related to improving specialists' knowledge, skills, and abilities through democratization, liberalization, and the application of innovative technologies within the professional development system. The study identifies ways to increase the effectiveness of professional development processes through the use of modern pedagogical technologies, distance learning forms, and interactive teaching methods.

**Keywords:** Variative education, professional competence, professional development, innovative technologies, democratization, liberalization, pedagogical mastery, creative approach.

## **Introduction**

Today, the development of the professional potential of specialists working in the field of physical education and sports is considered one of the important tasks. The modernization of the education system, the introduction of modern pedagogical technologies, and the application of innovative approaches require continuous improvement of specialists' qualifications.

Professional development education plays an invaluable role in shaping the professional competence of physical education and sports specialists. The

effectiveness of this process largely depends on its organization based on the principle of variative education. A variative approach allows the educational process to be organized taking into account specialists' individual needs, professional directions, and levels of knowledge.

### **Literature Review and Methodology**

Professional competence is one of the important indicators of pedagogical activity, representing the integration of a specialist's theoretical knowledge, practical skills, and professional experience. Researchers interpret professional competence as a set of knowledge, skills, and abilities that enable a person to carry out effective professional activity in a particular field.

In pedagogical research, several structural components of professional competence are distinguished:

- **motivational component** (interest and needs related to professional activity);
- **functional component** (professional knowledge and practical skills);
- **communicative component** (ability to communicate and exchange information);
- **reflective component** (ability to analyze and evaluate one's own activity).

These components play an important role in the formation and development of a specialist's professional mastery.

### **Results**

The application of a variative approach in the professional development of physical education and sports specialists contributes to increasing the effectiveness of the educational process. The variative education model allows the use of different forms and methods based on the professional needs, experience, and level of preparedness of participants.

In the process of professional development, the use of the following modern pedagogical technologies is of great importance:

1. distance learning platforms;
2. webinars and online seminars;
3. multimedia tools;
4. electronic portfolio systems;
5. interactive teaching methods.



Such an approach increases participants' activity in the learning process, develops their independent thinking, and deepens their professional knowledge.

### **Discussion**

The democratization of the professional development system ensures the active participation of specialists in the educational process. This process involves taking into account participants' professional needs, adapting educational programs, and using innovative pedagogical methods.

At the same time, the liberalization of professional development education expands opportunities for specialists to engage in independent learning, conduct scientific research, and apply creative approaches.

A creative approach also develops the ability of physical education and sports specialists to generate innovative ideas and implement them in pedagogical practice. This not only increases the effectiveness of the educational process but also positively influences the development of sports pedagogy.

### **Conclusion**

In conclusion, a variative education approach plays an important role in developing the professional competence of physical education and sports specialists. This approach allows for the individualization of the professional development process, the introduction of modern pedagogical technologies, and the continuous improvement of specialists' professional skills.

Moreover, through the democratization and liberalization of the professional development system, it is possible to enhance specialists' creative thinking, innovative activity, and pedagogical potential. As a result, it becomes possible to train highly qualified specialists in the field of physical education and sports who possess modern knowledge and skills.

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