

**ACTUAL ISSUES OF PREPARING STUDENTS FOR HIGHER EDUCATION IN THE FIELD OF PHYSICAL CULTURE AND SPORTS**

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Annotation

The article describes the three-step developed methodology to improve the preparation of school children in the field of physical culture and sports and the result of scientific research on its effectiveness.

Keywords: modernization, complex approach, technical method, motivation, pedagogical activities, indicators, model descriptions, methodology.

The concept has been developed on the enhancement of physical culture and sports by 2025 in our country. In this concept it was determined to increase the total number of people regularly engaged in physical education and sports up to 30% and the total number of women engaged in sports organizations and institutions up to 20% as the main tasks.

The quality composition of trainers and specialists in state educational institutions, especially, the number of qualified employees is to be gradually increased 80% by 2025.

Training of qualified personnel is always considered one of the important issues in education. The huge demand for the physical condition of school children implies the existence of an additional level of preparation for entrance exams to higher educational institutions in physical culture and sports. The modern practice of preparing students for higher education has shown that selection as a component of the process of forming a contingent of students is a special “filter” that helps to select a small number of young people suitable for study. The quality of the preparation of school students for higher education is appraised by their future study success and the stability of the formed students contingent. The approach related to the implementation of additional educational programs aimed at increasing the quality of training of specialists takes a decisive place among the main direction of modernization of education. In the modern condition of working with school students, a special play is firstly occupied by the higher education system. In recent years the demand for personnel providing physical education and sport training processes in preschool, general secondary, special secondary and higher educational institutions physical culture –sports, sports-spectatorship, tourism, treatment, rehabilitation and prevention institutions has been increasing. Professional physical training is an action-oriented type of physical education that takes into account both general and special requirements. The wide range and complexity of its content requires knowledge of the laws of organizing and carrying out the pedagogical process in the specific conditions and the development of skills. From that, there are various types of requirements for its preparation.

Differences between students in terms of physical and mental fitness justify the need for PPP (professional physical training). Professional physical training means the system of



physical training that ensures the formation and improvement of the qualities and personal qualities that are important for a certain professional activities.

According to a number of authors, modern scientific and technical technology has a strong negative impact on a person's life, which is reflected in his health and professional work. Due to the lack of physical activity the body becomes weak, nervous and emotional breakdowns occur.

The impact of such factors has different effects on the owners of different occupational groups. As a result, people experience high neuro-psychological stress, fatigue, and work capacity decreases. It focuses on proactive preventive measures to overcome the negative consequences associated with technical development. The absolute and relative share of intellectual empowerment in physical labor is increasing. The elements of physical and mental labor are in many respects compatible in the professions of many mass workers, public workers, and specialists, in which the proportion of mental labor increases regularly, but the independence of both remains relatively low.

The level of training required by the chosen field of activity is achieved through the comprehensive implementation of the principles of training, education and sports training. The absolute and relative share of intellectual empowerment in physical labor is increasing. The elements of physical and mental labor are in many respects compatible in the professions of many mass workers, public workers, and specialists, in which the proportion of mental labor increases regularly, but the independence of both remains relatively low.

The level of training required by the chosen field of activity is achieved through the comprehensive implementation of the principles of training, education and sports training. A large number of resources on pedagogy of physical education, theory and methodology of physical education, theory and methodology of PPP of various specialists provide information in this regard.

Such researches should be of a permanent nature, it is necessary to ensure the accumulation of scientific material, taking into account the permanent changes that have occurred in all areas of the national economy under the influence of the scientific and technical revolution. It should be recognized that the methods of mathematical analysis of the materials obtained by students in determining the content of the PPP are more widely used.

According to the authors, the wider use of dispersion, correlation, and regression analysis methods to objectively assess the seriousness of the importance of various contents in the physical education system of students will greatly increase the scientificity of choosing tools and methods for its implementation in the system of physical education of students.

The practice of physical training, the results of special researches have broadened the ideas about the content of professional practical physical training. This allows us to determine three leading directions for increasing the level of professional training of the participants. The first is related to the increase in the size and total time of physical education training, the activation of sports, the second is to strengthen the special direction of physical education, and the third is related to the comprehensive solution of the general and special tasks of the PPP, which are discussed in detail. However, the inability to identify reliable information about the proportions



and dynamics of the mentioned activities content during the analysis, which affects the participants, also affects the tools used in the work.

Searching for new directions in the training of specialists in the field of physical culture and sports is considered one of the main ways to improve the scientific and pedagogical process in higher education institutions. Acting

This, in turn, requires paying serious attention to the field of preparing young people for higher education. In particular, further popularization of physical education and sports and training of qualified personnel in this field that meet the requirements of the time is also one of the urgent issues.

We conducted our research with students of the graduating class of general secondary schools and studied their level of preparation for higher educational institutions in the field of physical education and sports.

The lack of motivation and low motivation of the personnel raises the issue of finding ways to improve the retention and selection of the contingent of students to enter higher education institutions in the field of physical culture and sports.

The motivation of school pupils and students for physical culture training and pedagogical activities was studied. The analysis of the results showed that the connection with the development of physical qualities (84.3%), the desire of schoolchildren to engage in physical culture and achieving high results in the chosen sport (68.7%) are the most effective motives. Among students, these motives were 53.2% and 31%, respectively. 21% of schoolchildren and 38.4% of students defined health promotion.

Motivation is the main factor in understanding pedagogical activity. Interest in pedagogic activity is understood as a connection with education and training, as an individual's desire for professional activity. The analysis of the results showed that this indicates that some schoolchildren are approached with a wrong understanding, which means that they do not have the necessary information about professional activities in the field of physical culture and sports, and they are not given the opportunity to try their hand at it. Therefore, there is a need for additional training for schoolchildren on choosing a profession and pedagogical activity.

During the pedagogical experiment, the effectiveness of the 3-level preparation method of school students for higher education was determined based on the indicators of physical fitness. The first stage "Choosing the orientation of action and formation of motivation", in which it was planned to increase the level of knowledge, skills and qualifications, to strengthen the activity and effectiveness of action, and to form good qualities. Here, 50% of the time was allocated to general physical training, 50% was also spent on special physical training, but 10% of them was individual training.

The second stage was "teaching and educating", mastering various skills and abilities, developing flexibility, coordination of movements and speed-strength qualities, acquiring special knowledge.

The third level is "improvement", increasing the level of movement activity and sports skills, strengthening health, independence, self-control and knowledge in the field of physical culture and sports aimed at forming a system of qualifications and skills. In this program, the share of special tools was increased to 80%, and general development exercises made up only 20%.



The formation of professional interest at a high level among schoolchildren is based on the expression of enthusiasm for the chosen profession at a high and low-medium level. Schoolchildren have not yet developed a high level of interest in the profession. 58.3% of respondents showed a high level of interest in pedagogical activities, and 38.5% showed interest in professional activities.

A comparative analysis of the manifestation of interest in pedagogical activity showed that 58.3% of the respondents showed a high level of interest in teaching, and 38.5% of the formed professional interest.

The developed method of preparing school students for higher education provides students with methodical recommendations on the formation of interest in physical culture.

It is appropriate to carry out the training of schoolchildren in three stages for the purpose of planning and evaluating their personal qualities, taking into account the level of physical fitness based on the model specifications.

It is recommended to use the method of active teaching in order to increase the interest of schoolchildren in preparation. they increase conscious interest in training, gradually increase their size, develop attention, and create a desire for new directions.

The main factors of preparation for higher education are the following: effectiveness of preparation for higher education, motivation, formation of personal qualities, knowledge and skills in the field of physical culture and sports, compatibility of model descriptions, movement activity, sports and physical training.

Model indicators of schoolchildren, successful students and specialists have been developed, which determine the directed and step-by-step formation of necessary physical and personal qualities in the process of preparation for higher education. Methodology of preparation of school students to higher education based on model descriptions was developed. Pre-university training consists of three stages, in which the tasks of choosing the direction of action and formation of motivation, teaching and training, improvement in the chosen activity are solved.

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