



DIDACTIC PRINCIPLES OF THE ACMEOLOGICAL APPROACH IN THE PROCESS OF PHYSICAL PREPARATION

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Abstract:

In this article, a summary of the didactic foundations of the acmeological approach in the process of physical training is presented.

Key words: education, training, acmeological, didactic, physical training, sport, technology, action, activity, pedagogue.

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In today's era, the demand for further strengthening of educational work is increasing day by day. That is why educating the young generation, who are the owners of our future, at a mature level in all aspects is becoming one of the main urgent issues. Therefore, educating the young generation as a high-quality staff with modern knowledge based on national, universal and spiritual values is considered to be one of the top priorities. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan, December 31, 1997 No. 586, Decree of the President of the Republic of Uzbekistan on the establishment of the Fund for the Development of Children's Sports of the Republic of Uzbekistan Special pedagogical education carries out the development of scientific, methodological and educational activities of innovative cluster types of education. This depends on the innovative and creative potential of professors and teachers, and it creates opportunities for the rapid popularization of innovative educational technologies in the educational work of educational institutions. Acmeology, on the other hand, recognizes the highest levels of development.

The production of products based on high technologies as a product of human intelligence and thinking, and the implementation of activities aimed at their use in ensuring life well-being, requires the combination of various doctrines, ideas, views and approaches.

In the era of rapid technological development of our century, every professional, at the same time, an active member of the society, should have the ability to form and clearly demonstrate their professional and personal qualities at a high level. Time and socio-economic development demand this. After all, in the Decision of the President of the Republic of Uzbekistan on April 20, 2017 "On measures for the further development of the higher education system", it is necessary to "continually improve the professional skills, quality and level of pedagogic personnel, to increase their qualifications", and for this "... The need to increase the spiritual and moral content of higher education, to inculcate in students and young people the spirit of loyalty to the ideas of independence, to the national traditions of high spirituality and humanity, and to carry out large-scale educational and educational work to



strengthen their immunity to ideas and ideologies and to strengthen critical thinking.

In the science of pedagogy, despite the fact that issues such as preparing the teacher for pedagogical activities and his skills, speech technique, behavior, and communication are studied separately, there was a need for research aimed at demonstrating the teacher's talent, knowledge and capabilities at the highest level and peak. First of all, psychologists who pay attention to this issue, take into account the psychophysiological characteristics of a person and calculate his chances of achieving high goals. However, it is required from the future pedagogue-educator to demonstrate his high professional qualities in various institutions of the continuous education system and not only to improve them during the pedagogical activity, but also to bring up a fully mature and well-rounded generation, to feel personal responsibility in his work. In accordance with this, the concept of acmeology, which means achieving high results on the basis of the gradual development of society, was created as a result of the efforts of many pedagogic-psychological scientists.

Acmeology was formed as a new integrative-complex science, which scientifically substantiates that high professionalism and creative skill of specialists is one of the important human resources in rationally solving problems. Due to the fact that this science studies the laws necessary for the maximum development of professionalism and creativity within the framework of human professional activity, the meaning of the term "acmeology" has been the cause of various debates and discussions among humanities scientists.

According to the pedagogical theory, acmeology is considered a new interdisciplinary subject of "social development of a person", which studies the laws of increasing the creative capabilities of a person and raising his professional skills to the highest level.

Acmeology means the Greek acme - peak, high level, the highest point, perfection, maturity, the best period, logos - teaching meaning, at the stage of a person's professional maturity (30-35 years old), the acme of his rare, unique mental, spiritual,

physiological characteristics. is a science that studies the underlying laws of development.

An important task of acmeology is to determine and scientifically substantiate the ability to fully manifest one's potential at different ages of human development.

In particular, a number of directions such as pedagogical acmeology, military acmeology, management acmeology, medical acmeology, activity acmeology, economic acmeology, legal acmeology have developed and are developing rapidly.

The acmeological concept, which means creative self-expression of the individual, was used by ancient philosophers and thinkers Plato, Leonardo da Vinci, Al Khorazmi, Ibn Sina, Jalaluddin Rumi, Bahauddin Naqshband, V.S. Solovev, N.O.Losskoy, N.I.Pirogov, It is also closely related to the activities of V.M. Bekhterev.

In teaching practice, terms such as "movement activity education", "movement training", "movement skills", "movement skills", "theoretical knowledge" are used and fulfill the purpose of providing physical information as mentioned above.

Involvement of the population in physical education and sports and improving health through sports have been recognized since time immemorial. This not only creates a healthy environment, but also serves to guide each young generation in a positive and creative direction. It is clear to all of us that our state has been paying special attention to this issue in recent years. In particular, every decision and decree issued in this regard creates the ground for the development of physical education and sports.

The development of sports and education in accordance with the needs of the times leads to a sharp increase in the level of competition today. In the development of education and training, a modern approach is needed to ensure that the knowledge and skills of the youth reach a high level. Especially, the role of sport in the life of the world society is getting deeper and deeper, it always requires an approach based on an innovative and scientific approach. Today, the innovative cluster of pedagogical education and



the implementation of acmeology in the field of sports is a modern mechanism.

Acmeology, in addition to commenting on human maturity, is also important to society for each individual to have an acme period for as long as possible.

Areas of acmeology: separately, there is a professional acmeology within the considered doctrine. in turn, it has its own instructions:

- pedagogical acmeology;
- school;
- acmeology of physical culture;
- social;
- military;
- medical.

The main direction of the exercises is to choose the method of movement in accordance with the situation. For example: when receiving the ball, it consists of connecting the interaction of the partner with his own movement and performing the above-mentioned exercises.

The purpose of such exercises is to provide accurate ball passing, reception, perfection of movements, and at the same time, it also develops the indicators of physical qualities at a high level.

The essence of such exercises is that participants are given the opportunity to choose a tactical action method and evaluate its effectiveness.

Physical training is divided into general and special physical training. General physical fitness is one of the important tasks of sports training, focused on ensuring full physical development and all-round physical fitness of the participants. General physical training is a process aimed at improving necessary life skills and developing basic physical qualities. The goal is to create a general physical fitness base, which is the foundation of special physical training.

The tasks of general physical training are to develop the basic physical qualities, to increase the functional capabilities of the body, to expand the scope and executive limit of movement skills, to strengthen health, to activate the recovery process, to increase the body's resistance to external and internal negative effects.

Special physical training is a process aimed at developing the basic and decisive physical

qualities in this sport in order to achieve high results in the chosen sport.

Special physical training is used in all stages and periods of sports training in a suitable measure in terms of volume and intensity.

Theoretical and psychological training

"Psychology" refers to the science that studies the mind and character. Therefore, it is more accurate to use the phrase "psychological preparation" instead of the phrase "psychological preparation". The great practical importance of the results of acmeological conclusions is that they represent information about the conditions under which a person was brought to the peak of intellectual, physical and spiritual activity.

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