

SCIENCE
PROBLEMS.UZ

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Actual problems of social and humanitarian sciences
Актуальные проблемы социальных и гуманитарных наук

Ijtimoiy-gumanitar fanlarning dolzarb muammolari

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2025

SCIENCEPROBLEMS.UZ

IJTIMOIIY-GUMANITAR FANLARNING DOLZARB MUAMMOLARI

№ 5/9 (5) – 2025

АКТУАЛЬНЫЕ ПРОБЛЕМЫ СОЦИАЛЬНО- ГУМАНИТАРНЫХ НАУК

ACTUAL PROBLEMS OF HUMANITIES AND SOCIAL SCIENCES

TOSHKENT-2025

BOSH MUHARRIR:

Isanova Feruza Tulqinovna

TAHRIR HAY'ATI:

07.00.00- TARIX FANLARI:

Yuldashev Anvar Ergashevich – tarix fanlari doktori, siyosiy fanlar nomzodi, professor;

Mavlanov Uktam Maxmasabirovich – tarix fanlari doktori, professor;

Xazratkulov Abror – tarix fanlari doktori, dotsent;

Tursunov Ravshan Normuratovich – tarix fanlari doktori;

Xolikulov Axmadjon Boymahmatovich – tarix fanlari doktori;

Gabrielyan Sofya Ivanovna – tarix fanlari doktori, dotsent;

Saidov Sarvar Atabullo o'g'li – katta ilmiy xodim, Imom Termiziy xalqaro ilmiy-tadqiqot markazi, ilmiy tadqiqotlar bo'limi.

08.00.00- IQTISODIYOT FANLARI:

Karlibayeva Raya Xojabayevna – iqtisodiyot fanlari doktori, professor;

Nasirxodjayeva Dilafroz Sabitxanovna – iqtisodiyot fanlari doktori, professor;

Ostonokulov Azamat Abdukarimovich – iqtisodiyot fanlari doktori, professor;

Arabov Nurali Uralovich – iqtisodiyot fanlari doktori, professor;

Xudoyqulov Sadirdin Karimovich – iqtisodiyot fanlari doktori, dotsent;

Azizov Sherzod O'ktamovich – iqtisodiyot fanlari doktori, dotsent;

Xojayev Azizxon Saidaloxonovich – iqtisodiyot fanlari doktori, dotsent;

Xolov Aktam Xatamovich – iqtisodiyot fanlari bo'yicha falsafa doktori (PhD), dotsent;

Shadiyeva Dildora Xamidovna – iqtisodiyot fanlari bo'yicha falsafa doktori (PhD), dotsent v.b.;

Shakarov Qulmat Ashirovich – iqtisodiyot fanlari nomzodi, dotsent;

Jabborova Charos Aminovna - iqtisodiyot fanlari bo'yicha falsafa doktori (PhD).

09.00.00- FALSAFA FANLARI:

Hakimov Nazar Hakimovich – falsafa fanlari doktori, professor;

Yaxshilikov Jo'raboy – falsafa fanlari doktori, professor;

G'aybullayev Otabek Muhammadiyevich – falsafa fanlari doktori, professor;

Saidova Kamola Uskanbayevna – falsafa fanlari doktori;

Hoshimxonov Mo'min – falsafa fanlari doktori, dotsent;

O'roqova Oysuluv Jamoliddinovna – falsafa fanlari doktori, dotsent;

Nosirxodjayeva Gulnora Abdukaxxarovna – falsafa fanlari nomzodi, dotsent;

Turdiyev Bexruz Sobirovich – falsafa fanlari doktori (DSc), Professor.

10.00.00- FILOLOGIYA FANLARI:

Axmedov Oybek Saporbayevich – filologiya fanlari doktori, professor;

Ko'chimov Shuxrat Norqizilovich – filologiya fanlari doktori, dotsent;

Hasanov Shavkat Ahadovich – filologiya fanlari doktori, professor;

Baxronova Dilrabo Keldiyorovna – filologiya fanlari doktori, professor;

Mirsanov G'aybullo Qulmurodovich – filologiya fanlari doktori, professor;

Salaxutdinova Musharraf Isamutdinovna – filologiya fanlari nomzodi, dotsent;

Kuchkarov Raxman Urmanovich – filologiya fanlari nomzodi, dotsent v/b;

Yunusov Mansur Abdullayevich – filologiya fanlari nomzodi;

Saidov Ulugbek Aripovich – filologiya fanlari nomzodi, dotsent;

Qodirova Muqaddas Tog'ayevna - filologiya fanlari nomzodi, dotsent.

12.00.00- YURIDIK FANLAR:

Axmedshayeva Mavlyuda Axatovna – yuridik fanlar doktori, professor;

Muxitdinova Firyuza Abdurashidovna – yuridik fanlar doktori, professor;

Esanova Zamira Normurotovna – yuridik fanlar doktori, professor, O'zbekiston Respublikasida xizmat ko'rsatgan yurist;

Hamroqulov Bahodir Mamasharifovich – yuridik fanlar doktori, professor v.b.,;

Zulfiqorov Sherzod Xurramovich – yuridik fanlar doktori, professor;

Xayitov Xushvaqt Saparbayevich – yuridik fanlar doktori, professor;

Asadov Shavkat G'aybullayevich – yuridik fanlar doktori, dotsent;

Ergashev Ikrom Abdurasulovich – yuridik fanlari doktori, professor;

Utemuratov Maxmut Ajimuratovich – yuridik fanlar nomzodi, professor;

Saydullayev Shaxzod Alixanovich – yuridik fanlar nomzodi, professor;

Hakimov Komil Baxtiyarovich – yuridik fanlar doktori, dotsent;

Yusupov Sardorbek Baxodirovich – yuridik fanlar doktori, professor;

Amirov Zafar Aktamovich – yuridik fanlar doktori (PhD);

Jo'rayev Sherzod Yuldashevich – yuridik fanlar nomzodi, dotsent;

Babadjanov Atabek Davronbekovich – yuridik fanlar nomzodi, professor;

Normatov Bekzod Akrom o'g'li — yuridik fanlar bo'yicha falsafa doktori;

Rahmatov Elyor Jumaboyevich — yuridik fanlar nomzodi;

13.00.00- PEDAGOGIKA FANLARI:

Xashimova Dildarxon Urinboyevna – pedagogika fanlari doktori, professor;

Ibragimova Gulnora Xavazmatovna – pedagogika fanlari doktori, professor;

Zakirova Feruza Maxmudovna – pedagogika fanlari doktori;

Kayumova Nasiba Ashurovna – pedagogika fanlari doktori, professor;

Taylanova Shoxida Zayniyevna – pedagogika fanlari

doktori, dotsent;

Jumaniyozova Muhayyo Tojiyevna – pedagogika fanlari doktori, dotsent;

Ibraximov Sanjar Urunbayevich – pedagogika fanlari doktori;

Javliyeva Shaxnoza Baxodirovna – pedagogika fanlari bo'yicha falsafa doktori (PhD);

Bobomurotova Latofat Elmurodovna — pedagogika fanlari bo'yicha falsafa doktori (PhD).

19.00.00- PSIXOLOGIYA FANLARI:

Karimova Vasila Mamanosirovna – psixologiya fanlari doktori, professor, Nizomiy nomidagi Toshkent davlat pedagogika universiteti;

Hayitov Oybek Eshboyevich – Jismoniy tarbiya va sport bo'yicha mutaxassislarni qayta tayyorlash va malakasini oshirish instituti, psixologiya fanlari doktori, professor

Umarova Navbahor Shokirovna– psixologiya fanlari doktori, dotsent, Nizomiy nomidagi Toshkent davlat pedagogika universiteti, Amaliy psixologiyasi kafedrasini mudiri;

Atabayeva Nargis Batirovna – psixologiya fanlari doktori, dotsent;

Shamshetova Anjim Karamaddinovna – psixologiya fanlari doktori, dotsent;

Qodirov Obid Safarovich – psixologiya fanlari doktori (PhD).

22.00.00- SOTSIOLOGIYA FANLARI:

Latipova Nodira Muxtarjanovna – sotsiologiya fanlari doktori, professor, O'zbekiston milliy universiteti kafedra mudiri;

Seitov Azamat Po'latovich – sotsiologiya fanlari doktori, professor, O'zbekiston milliy universiteti;

Sodiqova Shohida Marxaboyevna – sotsiologiya fanlari doktori, professor, O'zbekiston xalqaro islom akademiyasi.

23.00.00- SIYOSIY FANLAR

Nazarov Nasriddin Ataqulovich –siyosiy fanlar doktori, falsafa fanlari doktori, professor, Toshkent arxitektura qurilish instituti;

Bo'tayev Usmonjon Xayrullayevich –siyosiy fanlar doktori, dotsent, O'zbekiston milliy universiteti kafedra mudiri.

OAK Ro'yxati

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07.00.00 – TARIX FANLARI

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CURRENT CHALLENGES IN TRAINING QUALIFIED PROFESSIONALS IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS

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Abstract. This article provides a scientific analysis of current aspects of professional training of specialists in the field of physical education in the context of modernizing the modern educational space. The priority of forming comprehensive professional competencies covering pedagogical, methodological, digital, and socio-emotional components of future personnel's professional readiness has been substantiated. Special emphasis is placed on the need to introduce innovative educational technologies, integrate digital resources into the educational process, and develop emotional intelligence and communication skills as key components of the professional development of teachers and coaches. The study also examines contemporary challenges, including the processes of digitalization, globalization, transformation of educational standards, and the evolution of labor market demands.

Keywords: physical culture, professional training, pedagogical competencies, digital technologies, emotional intelligence, current problems.

АКТУАЛЬНЫЕ ПРОБЛЕМЫ ПОДГОТОВКИ КВАЛИФИЦИРОВАННЫХ КАДРОВ В ОБЛАСТИ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА

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Аннотация. В данной статье осуществлён научный анализ актуальных аспектов профессиональной подготовки специалистов в сфере физической культуры в контексте модернизации современного образовательного пространства. Обоснована приоритетность формирования комплексных профессиональных компетенций, охватывающих педагогическую, методологическую, цифровую и социально-эмоциональную составляющие профессиональной готовности будущих кадров. Особый акцент сделан на необходимости внедрения инновационных образовательных технологий, интеграции цифровых ресурсов в учебный процесс, а также на развитии эмоционального интеллекта и коммуникативных способностей как ключевых компонентов профессионального становления педагогов и тренеров. В рамках исследования также рассмотрены вызовы современности, среди которых выделяются процессы цифровизации, глобализации, трансформация образовательных стандартов и эволюция требований рынка труда.

Ключевые слова: физическая культура, профессиональная подготовка, педагогические компетенции, цифровые технологии, эмоциональный интеллект, актуальные проблемы.

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Introduction. The current state and prospects for improving the system of professional training for personnel working in the field of physical culture and sports require close attention. Analyzing existing teaching methods and programs, as well as identifying the most pressing

problems faced by educational institutions, is an important step towards enhancing the quality of specialist training.

Developing new approaches to forming competencies that meet modern labor market requirements and introducing innovative technologies into the educational process will undoubtedly help raise the qualification level of graduates and ensure their competitiveness. Additionally, it is necessary to focus on advancing scientific research activities in the field of physical culture and sports, which will contribute to the creation of new knowledge and technologies, as well as elevate the prestige of the profession. [1,2,4,5].

The modern system of training specialists in physical education faces a number of challenges: changing educational standards, the need to implement digital technologies, and increasing requirements for graduates' pedagogical and socio-emotional competencies. In this regard, the search for new approaches to the professional training of future specialists capable of effectively working in the context of the information society and globalization is becoming increasingly relevant.

The purpose of this study is to substantiate theoretical and practical approaches to improving the system of professional training of specialists in the field of physical education in the context of modernization of education, with an emphasis on the formation of key professional competencies, the integration of digital and innovative technologies into the educational process, as well as the development of socio-emotional and communicative skills that meet the requirements of the modern labor market and changing educational standards.

The methodological foundation of the research consisted of:

- an analytical review of scientific literature on issues of professional training;
- a comparative analysis of domestic and international experience;
- a systematic approach to assessing pedagogical technologies and digital tools in education;
- questionnaires for students and instructors.

Research results: Modern challenges in the professional training of specialists in the field of physical education represent a multifaceted problem that requires a comprehensive approach and the integration of advanced scientific knowledge and practical skills. Within this discussion, several key aspects that require detailed consideration and further development can be highlighted.

1. Lack of practical training as a fundamental deficiency. Future physical education specialists face the need to acquire deeper and more comprehensive practical skills, particularly in working with diverse age groups and fitness levels. This stems from the fact that effective professional practice in this field demands a profound understanding of clients' needs and the ability to tailor training programs to the individual requirements and characteristics of each person.

2. The relevance of updating educational programs. In the context of the rapid development of scientific research and the introduction of innovative methods in the field of physical culture and sports, educational programs should be regularly updated. This is necessary to ensure a high level of specialist training and their competitiveness in the modern labor market.

3. Digital technology integration as an innovative development vector. In the vector of modern digitalization of society, the introduction of modern technologies such as virtual and

augmented reality opens up new opportunities for increasing the effectiveness of the educational process. These technologies allow for modeling real training situations, contributing to a deeper understanding of the material and the development of professional skills.

4. Interdisciplinary approach as the basis of integrated learning. Professional training of specialists in the field of physical culture should be based on an interdisciplinary approach, including knowledge from anatomy, physiology, psychology, medicine, and other related sciences. This allows future specialists to form a holistic understanding of the processes occurring in the human body and contribute to a more comprehensive approach to solving professional tasks.

5. Developing teamwork skills as a key aspect of professionalism. Physical education specialists often work as part of teams, whether in sports clubs or fitness centers. Therefore, developing effective interaction and communication skills is an integral part of professional training. This contributes to the formation of a harmonious team and improves the quality of services provided.

6. Adapting programs to individual needs as the basis of a personalized approach. In modern society, there is a trend towards individualization of approaches to a healthy lifestyle. This requires physical education specialists to be able to adapt their programs to account for each client's personal data, their physical fitness level, age, health condition, and other factors.

7. Qualification requirements for teaching staff. The high level of qualification of teachers training specialists in the field of physical education is a key factor in ensuring the quality of the educational process. It is important to involve experienced coaches and sports specialists in conducting practical classes and lectures, which allows students to acquire relevant knowledge and skills.

8. Motivation and interest in a healthy lifestyle as the basis of professional identity. Physical education teachers themselves should be passionate about their work and convey their motivation to students. For this, it is necessary to organize meetings with famous athletes, coaches, and specialists in the field of physical education, to conduct master classes and trainings aimed at increasing interest in a healthy lifestyle and professional development.

9. Compliance of educational programs with labor market requirements. Educational programs should be regularly analyzed, taking into account the requirements of employers. This allows graduates to be competitive in the labor market and successfully find employment in various fields related to physical education and sports.

10. Monitoring the quality of specialist training as a strategic task. Developing effective methods for monitoring the quality of training specialists in the field of physical education is a key task for ensuring a high level of their qualifications and professionalism. This includes both internal and external assessment mechanisms aimed at identifying and eliminating potential shortcomings in the educational process [3,4,5].

In the course of our research, based on the obtained data of pedagogical observation, questionnaire survey, the following problematic aspects of training professional personnel in the field of physical culture and sports were identified:

- insufficient level of digital literacy of teachers and students;
- weak integration of innovative technologies into the educational process;
- limited practice-oriented learning;

- the need to develop soft skills in future specialists.

In our view, to address the aforementioned problematic aspects, it is necessary to include the following innovative approaches:

- Application of online courses and mobile applications in pedagogical training;
- Implementation of gamification and VR technologies for simulating pedagogical situations;
- using artificial intelligence to monitor students' academic performance and emotional state;
- development of emotional intelligence through special trainings.

Thus, the problem of professional training of physical education specialists lies in the need to combine traditional teaching methods with new digital and socio-emotional practices. A modern specialist must be not only a carrier of professional knowledge, but also possess digital literacy, the ability to work with large flows of information, and build effective communication with students and colleagues.

Conclusions. 1. Training specialists in physical education requires a comprehensive approach that combines pedagogical, methodological, digital, and socio-emotional competencies. 2. The main problems are the low level of digital readiness and the lack of practice-oriented technologies. 3. As a solution, it is necessary to strengthen the integration of digital tools, introduce innovative pedagogical methods, and develop soft skills. 4. Professional training of future specialists should be built taking into account the modern challenges of globalization and digitalization of education.

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