



# Shaping The Creative Activity of Future Specialists in Physical Education and Sports and Preparing Them for The Profession

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**ABSTRACT**

The article examines the process of shaping the creative activity of future specialists in physical education and sports and preparing them for their profession. The authors propose a conceptual model for organizing the educational process, which emphasizes the importance of integrating creative education with professional training. The authors argue that the ability to generate new ideas and approaches is critical for success in the ever-changing field of physical education and sports. The article highlights the importance of creating an environment that encourages creativity and innovation, providing students with the necessary tools and skills to develop and implement their ideas. The authors posit that successful implementation of this model requires a shift in the traditional approach to physical education and sports training, moving away from the focus on the acquisition of knowledge toward fostering critical thinking, problem-solving, and creativity.

**Keywords:**

Athlete-centered approach, Health and wellness promotion, Skill development, Team building and communication, Inclusivity and diversity, Technology integration.

**Introduction**

The field of physical education and sports requires individuals who possess not only technical skills, but also creativity and a passion for teaching and coaching. In order to prepare future specialists for this profession, it is essential to shape their creative activity through a multidisciplinary approach to learning. This includes teaching various sports and physical activities, as well as developing knowledge in areas such as physiology, psychology, and nutrition. Creativity in physical education and sports involves the ability to develop new and innovative teaching methods, create engaging lesson plans, design training programs that help athletes improve their performance, and find ways to keep students motivated and interested in learning. By fostering creativity in future specialists, we can help them tailor their

instruction to meet the unique needs of each individual student. To prepare individuals for the profession of physical education and sports, it is also important to provide opportunities for practical experience through internships, field placements, and coaching clinics. These experiences can help future specialists develop the hands-on skills necessary to coach and teach effectively. Shaping the creative activity of future specialists in physical education and sports involves fostering innovation, providing practical experience, and ensuring a comprehensive approach to learning that prepares them for the diverse and dynamic world of sports and physical education.

**Methodology**

The methodology for shaping the creative activity of future specialists in physical

education and sports and preparing them for the profession involves the following steps:1. Provide a comprehensive education: The education of future specialists in physical education and sports should be comprehensive. They should be educated in different fields such as anatomy, physiology, sports psychology, nutrition, injury prevention, and rehabilitation. The aim is to provide a well-rounded education that prepares them for the various challenges they will face as professionals.2. Encourage experimentation: Future specialists should be encouraged to experiment with different methods of training and exercise, creating unique and innovative training programs. They should also be encouraged to think outside the box and come up with new and creative solutions to problems.3. Foster a spirit of innovation: To prepare the specialists for the future, innovation should be a strong focus of their education. They should be taught to constantly think of new and better ways to train and prepare athletes for competition. Innovation is essential for advancing the field of sports and physical education.4. Incorporate technology: Future specialists should be trained to use technology in their work. From analyzing an athlete's performance to designing a personalized training program, technology can help them work more efficiently and creatively.5. Provide practical training experience: Practical training is an essential component of any physical education and sports program. By providing practical experience, future specialists can put their knowledge and skills into practice, gaining valuable experience that will be invaluable in their future careers.6. Encourage collaboration: Collaboration is a key element in the sports and physical education industry. Future specialists should be taught to work collaboratively with other professionals such as trainers, coaches, and nutritionists. Working together, they can create a more comprehensive and effective approach to preparing athletes for competition. The methodology for shaping the creative activity of future specialists in physical education and sports and preparing them for the profession requires a combination of theoretical knowledge, hands-on training, technological

expertise, and a spirit of innovation and collaboration.

### **Result**

The shaping of creative activity is an essential aspect of preparing future specialists in physical education and sports for their profession. Through a combination of theoretical and practical training, students are encouraged to develop their critical thinking skills and explore innovative approaches to teaching and coaching. This not only enhances their ability to adapt to changing circumstances but also helps them to create engaging and effective learning experiences for their future students and athletes. In addition to developing creativity, future specialists in physical education and sports must also possess a strong foundation in the fundamental principles of physical education and sports science. This includes a thorough understanding of anatomy, physiology, biomechanics and motor learning, as well as the ability to apply this knowledge in a practical setting. By combining theoretical knowledge with practical experience, students are able to develop a well-rounded skill set that prepares them for the challenges of the profession. Finally, it is important to note that the development of creative activity and fundamental knowledge is not a one-time event, but rather an ongoing process that requires continuous learning and professional development. As such, future specialists in physical education and sports must be committed to lifelong learning and staying up-to-date with the latest research and best practices in their field. By doing so, they can ensure that they are providing their students and athletes with the highest quality education and training possible.

### **Discussion**

The purpose of this abstract is to discuss the importance of shaping the creative activity of future specialists in physical education and sports and preparing them for their profession. Physical education and sports are critical components of maintaining a healthy and active lifestyle. The quality of instruction in these areas depends on the abilities of future

specialists to interact with their students through creative and innovative teaching methods. The current trend in education is shifting from a focus on rote memorization to project-based learning, which involves enhancing and applying knowledge and skills to real-world situations. This shift necessitates a significant change in how physical education and sports are taught. This abstract discusses methods for developing creativity in future physical education and sports specialists. These methods involve engaging the imagination and developing critical thinking skills. Programs designed to accomplish this should offer a range of opportunities for hands-on learning and experimentation. Additionally, it is necessary to provide formal training in creative problem-solving skills and to teach innovative methods for assessment and evaluation. Finally, physical education and sports specialists must be prepared for the profession. This preparation should begin with an introduction to the field, including trends, methods, and the role of the teacher. It should include practical skills training, such as lesson planning, effective communication, and classroom management. Students should also be exposed to relevant technology and encouraged to stay abreast of new developments in the field. In conclusion, shaping the creative activity of future specialists in physical education and sports and preparing them for the profession is essential. A focus on creativity, critical thinking, and hands-on learning will ensure that future teachers are capable of providing quality education that inspires students to lead healthy and active lives. By providing training in practical skills and keeping students informed of developing trends in the field, we can continue to develop teachers who are dynamic, knowledgeable, and committed to their profession.

The creative activity of future specialists in physical education and sports plays a significant role in shaping their professional skills and competencies. This abstract highlights the importance of preparing future specialists for their profession by providing them with the necessary knowledge, skills, and practical experience. To meet the demands of the modern era, it is essential to equip future specialists with

innovative and creative ideas, effective teaching methodologies, and a strong theoretical foundation. This can be achieved through various pedagogical approaches aimed at developing their cognitive, social, and emotional skills. Along with this, it is important to provide future specialists with practical training, exposure to real-life scenarios, and opportunities for self-reflection to enhance their professional growth. The shaping of creative activity in physical education and sports should be grounded in the principles of inclusive education, encouraging diversity, social and cultural awareness, and gender equality. This will ensure that future specialists are well-equipped to work with a diverse range of individuals.

### Conclusion

In conclusion, the creative activity of future specialists in physical education and sports is vital in shaping their professional skills and competencies. Preparing them for their profession requires a combination of theoretical knowledge, practical training, and exposure to real-life scenarios. It is crucial to ensure that future specialists are equipped with innovative and creative ideas, effective teaching methodologies, and a strong foundation in inclusive education principles.

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