



ADVANTAGES OF DEVELOPING THE SOCIO-CULTURAL COMPETENCE OF COACHES FOR OLYMPIC AND PARALYMPIC SPORTS IN THE PROCESS OF PROFESSIONAL IMPROVEMENT

Journal Website:
<https://masterjournals.com/index.php/crjp>

Submission Date: March 17, 2023, **Accepted Date:** March 22, 2023,

Published Date: March 27, 2023

Crossref doi: <https://doi.org/10.37547/pedagogics-crjp-04-03-08>

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ABSTRACT

This article analyzes the content and essence of the development of socio-cultural competence of coaches in Olympic and Paralympic sports during the training process, and considers the specific features of the training system.

KEYWORDS

Sport, trainer, professional development, knowledge, competence, skill, socio-cultural competence, sports school, physical education and sports specialist.

INTRODUCTION

Today, socio-economic and scientific-technical changes on a global scale, the large-scale attention paid to the field of physical education and sports in our country, require the continuous improvement of the qualifications and professionalism of trainers in Olympic and Paralympic sports. Trainers of Olympic and Paralympic sports, in addition to having a perfect knowledge of their specialty, regularly improve their professional level in order to perform tasks in a

multifaceted work process in a qualitative, effective and efficient way, to successfully operate in modern socio-economic conditions, in particular, in conditions of intense competition in the labor market. must go. This important task can be achieved by developing the level of socio-cultural competence of trainers in Olympic and Paralympic sports and further improving their knowledge, skills, professional competence, as well as by improving their pedagogical culture.



LITERATURE ANALYSIS

Issues of improving the system of professional development, professional retraining of pedagogues, stratification of the educational process in the system of professional development of teachers, improvement of education quality management Yu. Asadov, A. Ibragimov, R. Choriev, A. Andreev, S.A. Dochkin, V.D. ... , J. Tolipova, S. Saidkulov, M. Jumaniyozova, M. N. Nishonov, O. Abduquddusov, M. A. Yuldashev and others studied.

In the modern foreign methodology, socio-cultural competence is included in the component of communicative competence, and socio-cultural competence is defined as a certain level of familiarity with the socio-cultural process, social competence is the desire to communicate with others, the ability to manage [12].

R. Milrud defines socio-cultural competence as an active component of general communicative competence [8].

In the researches of V. Masovich, when analyzing the issues of socio-cultural competence, it was emphasized that it is closely related to a specific social and cultural environment and the importance of social, material and spiritual conditions in which a person operates [7].

L. R. Kohl believes that socio-cultural competence is mainly manifested in the understanding of language and national culture, knowledge and compliance with behavioral norms [5].

According to D.Sh. Nafasov, socio-cultural competence means the ability to systematically use socio-cultural knowledge, skills and abilities necessary for a person to successfully interact with people in a specific social environment, in a multicultural society, to organize effective communication based on intercultural values, it is also understood to respect foreign culture, to

understand it and to have a tolerant attitude towards others, to make rational decisions in various social situations, and to be ready to positively resolve controversial issues [9].

RESEARCH RESULTS

Article 3 of the Law of the Republic of Uzbekistan "On Physical Education and Sports" defines "coach - a physical person who has a qualification certificate for coaching activities and conducts training and mass physical education events, as well as leading competition activities to achieve sports results." [1], is marked as.

Sports trainers of sports schools are multi-faceted specialists who educate the growing young generation to be physically healthy and mature, teach them skills in sports, give them knowledge and skills, prepare them for life, and train them for military training. The tasks of trainers in sports include: planning, organizing, conducting sports training, checking general and special physical fitness, attracting young people to pedagogical, educational, sports and health work, and conducting the selection of talented young people, in sports competitions Refereeing, organizational work, lectures, etc., consists of improving one's qualifications and professional skills, managing sports training [4].

We can interpret the development of socio-cultural competence of Olympic and Paralympic sports trainers in the process of training as the ability to adapt to changing pedagogical conditions. Because the change in the nature of the trainer's activity in Olympic and Paralympic sports has a significant impact on all his relationships in the training process. Therefore, it is very difficult for a coach in Olympic and Paralympic sports to get used to his new role in the initial period of professional development. A sudden change in the nature of the activity also affects his relationships and



psyche. In his new role, the trainer enters into a new relationship with the training organizers.

The exchange of the status of the teacher with the status of the listener has an effect on his communication, behavior, and motives of activity. The rapprochement of both his activities (teacher-listener) is realized on the basis of new relations. These relationships largely depend on the personal and professional qualities of the teacher of the training institution. At the same time, it is also important how the listener defines his motivations in the new environment [6].

Training of trainers of sports schools is a separate and necessary part of the system of adult education. The development and activity of this system, with its meaningful nature, depends on complex problems, qualifications, social tasks and personal requirements, and determines the educational direction of this social institution. Theoretical and practical training is an important part of continuous education. In the literature published by UNESCO, the main task of this system is to provide a full-fledged life of a specialist in today's fast-changing modern society, with comprehensive knowledge and skills necessary for his spiritual-educational and vital forces. Creating an optimal and adaptive system of professional development requires the implementation of modern achievements of pedagogy and psychology, as well as theoretical and methodological support [10].

The process of professional development provides not only theoretical preparation of physical education and sports specialists, but also adaptation to new conditions in the implementation of labor activities, practical experience for solving problems related to the profession in uncertain situations during training (training), social, communicative, also implies further improvement of informational, professional and other

personal qualities. It should be noted that the development of social and cultural competence of students during the training process is considered a priority, and the quality and effective implementation of this important task involves the development of the unique qualities and characteristics of the personality of the students.

The place and role of the training system in the development of social and cultural competence of physical education and sports specialists is important. Because, in the process of training, students learn modern methods and advanced foreign experiences in their specialties, communicate with representatives of different nationalities, gain experience in social life, learn about the cultural identity of foreign language speakers, their customs, norms, and beliefs. participate in spiritual and educational activities [3].

The goal of developing socio-cultural competence of trainers in Olympic and Paralympic sports during the training process is to increase the professional, moral and moral level of the trainees; the use of advanced educational technologies and international experience in the implementation of educational activities, educational activities, conducting scientific and educational-methodical research and strengthening the skills of putting them into practice; improvement of students' knowledge of the normative-legal basis for the organization of educational processes, and the level of socio-cultural competence that will help intercultural communication to an adequate level. The training process equips trainers of Olympic and Paralympic sports with the latest innovations in the field of physical education and sports, brings their professional and personal qualities, professional training to the level of modern requirements, enriches their existing knowledge with modern innovations in sports education, as they regularly improve their professional skills. guides methodically, introduces



new principles and methods of organizing the training process, qualification requirements, regulatory and legal documents, develops the level of socio-cultural competence.

A coach is the main management entity in a group of athletes or a sports team, he focuses his activities not only on training highly qualified athletes, but first of all, he should be able to educate a comprehensively formed, healthy, highly moral, cultured, initiative, independent thinker, people-oriented and patriotic person. . In order to carry out such work purposefully, the trainer should not only be a master and expert in his sport, but he should also master the anatomical, biomechanical, psychophysiological, and even biochemical foundations of sports training[11].

It is known from practice that the competitiveness of a trainer in sports is determined by his professional qualifications. A socio-culturally competent coach of modern Olympic and Paralympic sports is competitive in the labor market, a skilled owner of his profession and oriented to complex areas of activity, ready to accept suitable solutions in problematic situations, continuous professional growth, able to see the future, correctly understand the external environment, understand cultural factors knowledge, the ability to quickly solve problems, the ability to solve simple and complex tasks of various types at different levels, socially flexible, able to properly organize one's work, self-education and self-improvement, social and professional communicative, qualified at a level that corresponds to one's specialty and level , responsible, tolerant of others, proactive, multifaceted physical education and sports specialist.

A socio-culturally competent sports trainer can conduct pedagogical activities and pedagogical communication at a high level, and his students also achieve excellent results in sports competitions. At the

same time, the socio-cultural competence of the sports coach is based on his professional knowledge, skill level, attitude to work and colleagues, compliance with communication ethics; mastery of communication tactics and strategies; It is also determined by the mutual harmony of the qualities of knowing the specific characteristics and problems of the participants of the dialogue, preventing conflicts, self-confidence, and the ability to listen to others [2].

We believe that it is necessary to take into account the following in the development of socio-cultural competence of coaches in Olympic and Paralympic sports during the training process:

- to contribute to the personal development of the trainer;
- further development of his creative abilities by encouraging the initiative of the trainer;
- effective use of the experience of leading foreign countries in the development of socio-cultural competence of trainers;
- summarizing the accumulated experience in the development of socio-cultural competence of trainers;
- focus on collective development of socio-cultural competence of trainers in the training system;
- to create a comprehensive system of spiritual and educational activities consisting of consistent and comprehensively harmonious components for the development of social and cultural competence.

The traditional tasks of the training system of trainers are to learn about reasonable training methods and methods, to develop professional training as a result of the exchange of advanced pedagogical experience. Innovative tasks of the training system of trainers - to study the professional needs of the training staff and to study the innovative activities in experimental conditions. In addition, it is necessary to take into



account the adaptation to the changing social conditions of the present time and the growth of various professional needs of trainers in sports practice, as well as the development of methodological manuals and training programs.

That is, the trainer's training system should help to form the trainer's conceptual views on pedagogical thinking and pedagogical research, meeting the modern demands of the society. The training system of trainers should be a variable (variable) feature in these conditions, where the training system and the expert's methodological system carry out mutual enrichment.

In modern social conditions, the training system of trainers should serve as a means of reviving the personal potential of the specialist and growing professional skills. In this system, the trainer participates in the educational process of professional development as an object, as a subject who realizes his knowledge and professional needs in the educational process [4; B.11-12].

CONCLUSION

Experts say that one of the main reasons for the low level of socio-cultural competence of trainers in most Olympic and Paralympic sports is that their knowledge, skills and qualifications are not in the required range.

The training process plays an important role in improving the professional knowledge and skills of trainers in Olympic and Paralympic sports, developing their socio-cultural competence. The need to improve the qualifications of trainers in Olympic and Paralympic sports should be implemented depending on the changes taking place in the social life of the society.

In the development of socio-cultural competence of trainers in Olympic and Paralympic sports in advanced educational institutions, active teaching methods, seminar-trainings and preparation of test questions

and interesting assignments based on current topics, current problems related to the professional activity of trainers, physical education and sports the latest news in the field, preparation of specialists, presentation of video clips on important topics related to the training process, use of puzzles with the participation of new terms will have a positive effect. For this purpose, it is possible to achieve the intended goal by creating a new system of scientific views on the development of socio-cultural competence of trainers in Olympic and Paralympic sports and directing new approaches to the professional activity of specialists, accelerating their adaptation to continuous professional development.

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