



Methodology for the Formation of Professional Competence of Future Coaches in Freestyle Wrestling

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Annotation: The article discusses some issues of the formation of professional competence of future teachers-coaches and substantiates the main pedagogical conditions for the formation of professional competence of future teachers-coaches in freestyle wrestling.

Keywords: general cultural competences, competences, competence-based approach, higher education, physical culture and sports, pedagogical education, coach, teacher of physical culture, sports education.

The content of any profession is determined primarily by the objective requirements of the society in which this professional activity is carried out. For the coaching profession in our country, these requirements are expressed in the goals and objectives of physical education and sports. The main goal of sports training is "... to develop the spiritual and physical abilities of an athlete through the achievement of high sports results in order to use sports activities as a factor in the harmonious formation of personality and education in the interests of society." In accordance with this goal, in the process of sports training, educational, educational and recreational tasks should be solved in unity.

Psychologists and philosophers have studied the system of pedagogical values (SL. Rubinshtein, etc.) and the psychological aspects of the activity of a specialist teacher (L. S. Vygotsky, SL. Rubinshtein, etc.).

The works of V. Bufti, E. Mainberg, N. Tomsh and others are devoted to the issues of improving the professional training of specialists for the field of physical culture.

In recent years, a significant leap in the field of sports pedagogy has taken place in domestic science, in particular, in the training of highly qualified athletes in martial arts.

The above works have made a huge contribution to the development of the scientific foundations of the theory and methodology of physical education, taking into account the individual training of high-class athletes.

Analyzing the approaches of various scientists to the study of the concept of "professional competence" and taking into account the specifics of physical culture as a science and as an academic subject, we proceed from the fact that the professional competence of a teacher-trainer is a complex characteristic of a personality, including a harmonious combination of professional, communicative and personal properties, allowing to achieve high-quality results in the process of solving typical problems in the main types of professional activities in the field of physical education. The structure of the professional competence of a teacher-trainer includes three components: professional activity, communicative and personal, each of which corresponds to certain competencies and professional and personal properties that are basic for this competence.



Pedagogical conditions for the formation of professional competence of teacher-trainers are an essential part of the teacher's professional training, which is a continuous process of formation of readiness for ethno-pedagogical activity and has an integration property in relation to professional training as a whole. The integration property inherent in pedagogical training makes it possible to qualify it as a system that combines and connects the basic knowledge and skills acquired by future teacher-trainers in the study of the disciplines of the curriculum and partly implemented and consolidated during the passage of pedagogical practices.

The pedagogical condition for the formation of the professional competence of a teacher-trainer is understood as a system of regulators, in accordance with which the process of training and education is designed and implemented. These regulators are designed to give him certain target, content and procedural properties, thanks to which he can fulfill the social function expected from training and education - to form future teacher-trainers with a certain type of pedagogical education. The pedagogical conditions for the formation of the professional competence of a teacher-trainer involve a combination of the basic framework, a component, taking into account the national-regional component, taking into account the peculiarities of the socio-cultural situation of a particular territory.

- We define the national-regional component as a means of ensuring the specific needs and interests in the field of education of the peoples of the region, which includes that part of the content that reflects the national and regional identity of culture.
- The national-regional component of higher education is a part of the state educational standard for training a specialist in the field of physical culture, which, in accordance with the principle of regionalization, ensures the formation of professional, spiritual and creative qualities of a person that meets the requirements of a regional (including ethno-cultural), professional environment and the needs of the individual.
- For a holistic mastery of the entire set of professional competencies of a teacher-trainer, it is necessary to create a pedagogical holistic cultural and educational space in which cultural events take place, the creation of culture and the upbringing of a person of culture are carried out (creation of conditions for the socio-cultural development of the student's personality through knowledge of the values of the culture of the Sakha people; ensuring opportunities for the emergence of the need and readiness of the student to enter the world of culture of the Sakha people); assistance to the student's knowledge and formation of the "I"-concept (an integrative principle that allows the individual not only to realize himself, but also to consciously direct and regulate his activity; ethnic self-awareness); creation of conditions for the manifestation of the creative individuality of the student; creation of an atmosphere of cooperation, development of means of pedagogical support for the cultural activities of students in the educational space of the university.
- It is possible to achieve the above by introducing into the educational process the pedagogical conditions for the formation of the professional competence of the future teacher-coach in freestyle wrestling.
- Starting to develop these conditions, we determined its goal based on the need to educate the student as a subject of culture (introducing him to the national culture, developing high morality and social activity, personal dignity, combined with tolerance for the position of others, patriotism, unconditional politeness, etc.). The main tasks are:
 - ✓ creating conditions for the socio-cultural development of the student's personality through the knowledge of the values of the culture of the Sakha people;



- ✓ providing opportunities for the emergence of the need and readiness of the student to enter the world of culture of the Sakha people;
- ✓ assistance in the knowledge and formation of the "I"-concept by the student (an integrative principle that allows the individual not only to be aware of himself, but also to consciously direct and regulate his activity; ethnic self-awareness);
- ✓ creation of conditions for the manifestation of the student's creative individuality;
- ✓ creation of an atmosphere of cooperation, development of means of pedagogical support for the cultural activities of students in the educational space of the university.

The initial stage is the creation of a cultural and creative atmosphere and a culturally consistent environment containing national color, in which cultural events take place and the "creation of culture" is carried out. In our study, the cultural and educational space of the university is built in two layers: "spatial-objective" (materialized layer) and "spiritual-emotional" (spiritual, personal, evaluative layer, built on dialogue, communication between a teacher and a student, a student with elements culture) and is considered in the unity of the following subsystems: in order for the educational process to contribute to "entry" into the world of culture, the content component of each individual discipline must be "culture-intensive". Freestyle wrestling and other subjects related to freestyle wrestling, based on the means of freestyle wrestling and declared as the basis of experimental teaching, differing in some specificity, initially have significant educational and ethno-pedagogical potential, the possibility of socialization of those involved by combining the values of sports, society and the individual. It is possible to increase the effectiveness of the pedagogical potential of freestyle wrestling by strengthening the personal-semantic orientation of the educational process, filling the content of education with cultural, i.e. human, meanings.

The means of solving the problem of cognition and development of the student's own "I"-concept within the framework of pedagogy are the pedagogical situations designed by us for the cultural identification of each individual student with past cultures. For example, the special course "Combat Sports" (using the example of the "hapsagai" wrestling) additionally provides an opportunity to get acquainted with the ethnic culture, way of life, and spiritual values of the Sakha people. The inclusion of knowledge about the cultural identity and cultural heritage of peoples in the content of the subject training of students of the Institute of Physical Culture and Sports, awakening their interest in the peculiarities of cultures, life and traditions contribute to familiarization with cultural values, fostering respect for representatives of various nationalities, tolerance for the position of others, patriotism.

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