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*Журналға келген мақалаларға жуўап қайтарылмайды, журналда жарияланған мақалалардан алынған үзіндилер «Мугаллим ҳәм ўзликсиз билимлендириў» журналынан алынды, деп көрсетилиўи шәрт. Журналға 5-6 бет көлеминдеги материаллар еки интервалда TIMES NEW ROMAN шрифтинде электрон версиясы менен бирге қабыл етиледі. Мақалада келтирилген маглыўматларға автор жуўапкер.*

## МАЗМУНЫ

### ТИЛ ҲАМ АДЕБИЯТ

<b>Ibadullaev K.M.</b> PIRLS xalqaro baholash dasturi talablari .....	4
<b>Тешабоева З.С.</b> Шакл ва мазмун ўртасидаги функционал алоқалар - сўзлар орасидаги муносабатларни ифодаловчи восита сифатида .....	8
<b>Маринова Н.Х.</b> Инновационные подходы обучению иностранному языку в неязыковых вузах .....	10
<b>Ахмадалиева М.Ш.</b> Роль литературной критики в саморазвитии писателя .....	14
<b>Наримбоева Л.К.</b> Практические аспекты формирования коммуникативного подхода в развитии языковой личности при обучении иностранному языку .....	17
<b>Achilova M.S.</b> Composition analysis of the work A.S.Chulpan .....	21

### ПЕДАГОГИКА, ПСИХОЛОГИЯ

<b>Ибадуллаев Қ.М.</b> Интерактив электрон доскалар – таълим сифатини оширишнинг омили сифатида .....	24
<b>Ахмадалиев Б.С.</b> PIRLS баҳолаш тизимида танқидий ўқиш тамойилларининг аҳамияти .....	26
<b>Шарипова Н.Б.</b> Ўқувчилар билан ишлаш жараёнида ноанъанавий дарсларни ташкил этиш .....	30
<b>Атабоев Ф.У.</b> Методы и формы обучения в непрерывное образование .....	34
<b>Атабеков Ф.О.</b> Коммуникативная стратегия убеждения и способы её реализации в аргументационных текстах паремий .....	38
<b>Холматова С.К.</b> Медиакомпетентность педагога как фактор развитие медиаграмотности студентов .....	40
<b>Исманова М.А.</b> Психологические свойства формирования профессиональной направленности личности педагога .....	44
<b>Носирова Р.Х.</b> Инновационные методы преподавания психологии и связь с педагогикой .....	48
<b>Санақулова А.Р.</b> Повышения качества педагогического корпуса в профессионально-ориентированное подготовке в межотраслевой интеграции .....	51
<b>Ибадуллаев К.М.</b> Применение компьютерных технологий в обучении географии .....	54
<b>Муталова Д.А.</b> Методы и формы обучения в непрерывное образование .....	57
<b>Xidoyatova N.A.</b> Integrative approach: important element of teaching of foreign language .....	62
<b>Shonasirova Z.Yu.</b> The role of independent works in educational process .....	65
<b>Xidoyatova N.A.</b> The psychological development of properties volitional qualities of pupils .....	68
<b>Joraboyev A.B., G'anixo'jayev A.Sh.</b> Professional training of a teacher of a new formation in the conditions of the implementation of inter-industrial integration .....	72

### МИЛЛИЙ ИДЕЯ ҲАМ РУЎХИЙЛИҚ ТИЙКАРЛАРЫ, ТАРИЙХ, ФИЛОСОФИЯ

<b>Соатов Э.М.</b> Возможности предвидения: методы и средства познания будущего .....	75
<b>Ismanova M.A.</b> Methodology of teaching history as an academic subject .....	79

## ФИЗИКА, МАТЕМАТИКА, ИНФОРМАТИКА

<b>Турсунбоева М.Д.</b> Бўлажак меҳнат таълими ўқитувчиларининг касбий сифатларини узвийлик ва узлуксизлик тамойили асосида босқичма-босқич шакллантириш .....	86
<b>Журабоев А.Б.</b> Совершенствование информационных технологий в формировании профессиональной компетентности будущего специалиста .....	89
<b>Холматова С.К.</b> Применение информационно-коммуникационной технологии в обучение правового мышление .....	93
<b>Каюмов Ж .С.</b> Теория применение информационно-коммуникационной технологии в образовании .....	95
<b>Tursunboyeva M.D.</b> System of information and communication technologies in the education .....	99

## БАСЛАЎШ КЛАСС, МЕКТЕПКЕ ШЕКЕМГИ ТӘРБИЯ

<b>Хурвалиева Т.Л.</b> Мактабгача 5-7 ёшдаги болаларни атроф олам билан таништиришда замонавий технологиялардан фойдаланиш .....	103
<b>Каримжанова Д.А.</b> Мактабгача таълим муассасаларда тарбияланувчиларни ижодкорлигини ривожлантиришнинг интерактив методлари .....	107
<b>Хурвалиева Т.Л., Худойберганова Ш.Б.</b> Мактабгача ёшдаги болаларни атроф олам билан таништиришда хорижий тажрибалардан фойдаланиш .....	111
<b>Abdullayeva M.D.</b> Boshlang'ich sinf o'quvchilarida ijtimoiy-huquqiy me'yorlar asosida ijtimoiy ko'nikmalarni takomillashtirish yo'llari .....	115
<b>Abdullayeva M.D.</b> Maktabgacha va kichik maktab yoshidagi bolalarni ijtimoiy-huquqiy me'yorlar bilan tanishtirish .....	118
<b>Шанасирова З.Ю.</b> Подготовка будущего учителя к преподаванию дисциплины «Окружающий мир» в начальной школе .....	120
<b>Абдуллаев А.А., Эркинходжаева Г.Э.</b> Место и роль физической культуры в общей системе воспитания детей дошкольного возраста .....	125
<b>Матмуродов А.К.</b> Повышение уровня самостоятельности на основе структуры урока труда в младших классах .....	129

## ФИЗИКАЛЫҚ ТӘРБИЯ ХӘМ СПОРТ

<b>Носирова Р.Х., Рустамбекова Н.А.</b> Соғлом турмуш тарзини яратишда ижтимоий ҳамкорлик масалалари .....	135
<b>Солайдинов Э.Ш.</b> Соғлом турмуш тарзини яратишда кўхна халқ ўйинларидан фойдаланиш йўллари .....	140
<b>Хуррамов Э.Э.</b> Бўлажак жисмоний тарбия ўқитувчиларини инновацион фаолиятга тайёрлашда Европа мамлакатлари тажрибаларидан фойдаланиш технологиялари .....	142
<b>Хакимов Ш.Т.</b> Жисмоний тарбия бўйича дарс конспектини тузиш методикаси .....	148
<b>Абдуллаев А.А.</b> Физическое воспитание в системе подготовки человека к профессиональной деятельности .....	154
<b>Абдуллаев А.А.</b> Социокультурные функции и роль физической культуры в формировании основных качеств и свойств личности .....	157
<b>Gimazudinov R.G.</b> The oretical and practical basis of badminton coach activity .....	160

## THE THEORETICAL AND PRACTICAL BASIS OF BADMINTON COACH ACTIVITY

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**Tayanch so'zlar:** sog'lom turmush tarzi, atrof-muhit, tabiatshunoslik asoslari, jismoniy tarbiya, shakllantirish, rivojlanish.

**Ключевые слова:** здоровый образ жизни, окружающая среда, основы естествознания, физическое воспитание, формирование, развитие.

**Key words:** healthy lifestyle, environment, natural science foundations, physical education, formation, development.

The theoretical and practical foundations of professionalism are developed by the science of acmeology (from the Greek. Act - the peak of maturity, achievements), which considers in interconnection the objective and subjective conditions that allow a person to achieve the highest performance for him in his professional activity.

In acmeology, there are three periods of the formation of a personality and the achievement of the pinnacle of professionalism. The first - pre-pre-launch - is determined by the inclinations of a person, his endowment of abilities, family and school education and development. The second one is prelaunch - upbringing, education, training in a professional educational institution. The third - starting (period of optimum, finish) - is a period of self-movement to the heights of professionalism in independent professional activity throughout the working life.

On this basis, three stages are distinguished in lifelong physical culture professional education: the first is pre-professional (pre-university); the second - basic professional (university); the third is the stage of professional development (postgraduate).

Work at the pre-professional (pre-university) stage is carried out by the joint efforts of the school, higher and secondary physical education institutions. At this stage, success depends on two factors - the quality of preschool and school physical education and work on vocational guidance and preliminary vocational training. The high quality of physical education and sports in general education and sports schools provides the necessary level of special motor skills and qualities, health, the need for regular physical culture and sports activities.

At the basic stage of professional training, work is based on the target settings, the structure of activity and the model of the teacher (teacher, trainer), which include a set of social requirements: on the one hand, in terms of a set of knowledge, skills and abilities, on the other, in terms of the level of worldview, moral and social qualities.

Distinguish between a specialist model (working, functioning) and a specialist training model (for organizing vocational training based on a specialist model). The specialist model usually includes a professiogram as a description of the requirements for the activity and personality of a specialist.

- Know the didactic patterns in physical education and sports;
- to master the methodology of physical culture and sports activities with various groups of the population;

- Know the anatomical and physiological, hygienic and psychological and pedagogical foundations of physical education and sports;
- Know the methods and system of organizing complex control in physical education and sports training;
- be able to formulate specific tasks of physical education of various groups of the population, training athletes of different ages and qualifications;
- to master the technology of teaching various categories of people to motor actions and the development of physical qualities in the process of physical culture and sports;
- be able to plan and conduct the main types of physical culture and sports activities with school-age children, adults, taking into account the sanitary and hygienic, climatic, regional and national characteristics;
- be able to assess the effectiveness of physical culture and sports activities;
- be able to plan and carry out measures to prevent injuries and provide first aid;
- be able to carry out consulting activities on the organization and conduct of individual and collective physical culture and sports activities for people of different ages;
- to master the technique of speech («professional language») in the process of physical culture and sports activities, to master the skills of communication, educational and consulting work, to correctly express and substantiate various provisions;
- to be able, in the process of self-education and self-improvement, to master new types of physical culture and sports activity in relation to the education received at the university;
- to master the skills of rational use of educational and laboratory equipment, audiovisual means, computer technology, training devices and special equipment in the process of various types of classes;
- to master the means and methods of forming a healthy lifestyle based on the need for physical activity, regular exercise, the use of hygienic and natural factors in order to improve the health and physical improvement of trainees;
- be able to apply the skills of scientific and methodological activities to solve specific problems arising in the process of conducting physical and sports activities;
- be able to apply methods of medical and pedagogical control in specific situations of professional activity;
- be able to provide first aid for injuries in the process of physical culture and sports;
- to be able to determine the causes of errors and find a methodology for their elimination in the process of mastering by trainee's motor actions and the development of physical qualities

From all that has been said, it can be noted that in recent years there has been a tendency to decrease the level of physical and especially sports readiness of applicants entering pedagogical universities at the faculty of physical culture. This is due to a decrease in the level of mass sports work in general education schools, a deterioration in the conditions for the activities of children and youth sports schools and other institutions

of additional education. Therefore, along with the task of improving sportsmanship, there was an equally important task of improving the physical (motor) training of students.

During this period, the content of exams was revised: admission, annual and final (state certification of graduates). There was a clear tendency to reject the traditional system, when only the «motor» component of the professionalism of physical culture and sports activity (exams in gymnastics, athletics, swimming) was taken into account during admission, and the «intellectual, theoretical» component (exam on the theory and methodology of physical education and sports). The transition to a new system began: during admission, take into account the level of physical conditions of the applicant (exam based on testing physical fitness) and the «theoretical and professional level» (examination on the basics of knowledge in the field of physical culture), and upon graduation - the theoretical and methodological level based on the content final qualification work and theoretical and practical level on the basis of an integrated exam in the theory and methodology of physical education and sports with the inclusion of methodological and practical tasks based on the methodological skills of a teacher in physical culture and sports.

The success of a physical education teacher, a sports coach, a physical education teacher depends on the level of professionalism. «A professional is a specialist who has mastered high levels of professional activity, consciously changes and develops himself in the course of labor, makes his own individual creative contribution to the profession, who has found his individual purpose (a professional is a specialist in his place), stimulating public interest in the results his professional activities and increasing the prestige of his profession in society. «

Professionalism in any area is determined by what motives motivate a person, what is the meaning of a specific professional activity in his life, what goals he sets, etc., as well as what technologies and means a person uses to achieve his goals. It is important to note that studying at a university provides a certain level of professional readiness of a graduate, and the higher this level, the more reasons that the formation of professionalism will be more successful, since a person becomes a professional only in the process of professional activity.

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РЕЗИОМЕ

Badminton murabbiyi, sportdagi, jismoniy chiniqqanligi, muvaffaqiyati kasbiy mahorat darajasiga bog'liq. «Mutaxassis - bu kasbiy faoliyatning yuqori darajasini o'zlashtirgan, mehnat jarayonida o'zini ongli ravishda o'zgartiradigan va rivojlantiradigan, kasbga o'zining individual ijodiy hissasini qo'shadigan, o'zining individual maqsadini topgan mutaxassis (mutaxassis - o'z ishining mutaxassisi). joy), uning kasbiy faoliyati natijalariga jamoatchilik qiziqishini rag'batlantirish va o'z kasbining jamiyatdagi nufuzini oshirish.

РЕЗИОМЕ

В спорте успех тренера по бадминтону зависит от физическое подготовки и зависит от уровня профессионализма. «Специалист - это специалист, освоивший высокий уровень профессиональной деятельности,

сознательно изменяющий и развивающий себя в процессе работы, вносящий свой индивидуальный творческий вклад в профессию, находящий свое индивидуальное предназначение (специалист - специалист). место) , стимулировать общественный интерес к результатам своей профессиональной деятельности и повышать престиж своей профессии в обществе.

#### SUMMARY

The success of a physical education teacher, in sports, a physical education teacher depends on the level of professionalism. «A professional is a specialist who has mastered high levels of professional activity, consciously changes and develops himself in the course of labor, makes his own individual creative contribution to the profession, who has found his individual purpose (a professional is a specialist in his place), stimulating public interest in the results his professional activities and increasing the prestige of his profession in society».

