



## MECHANISM FOR THE FORMATION OF PEDAGOGICAL SKILLS OF FUTURE PHYSICAL EDUCATION TEACHERS THROUGH RHYTHMICAL GYMNASTICS TRAINING.

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### Abstract

This article highlights the mechanism for the formation of pedagogical skills of future physical education teachers based on rhythmic gymnastics classes. During the study, experimental work was carried out with the participation of 2nd-year students of the Physical Culture program of Fergana State University. Based on analytical analysis, the theoretical, practical, and methodological aspects of rhythmic gymnastics were studied, and its positive influence on pedagogical training was substantiated. The mechanism put forward in the article has proven to be an effective tool for the development of professional competencies of future teachers and provides practical recommendations.

**Keywords:** rhythmic gymnastics, mechanism, pedagogical skills, students, training, method, physical education

### INTRODUCTION

The development of physical culture and sports is an important factor in the comprehensive development of society. In particular, the role of physical education teachers is invaluable in raising the younger generation to be physically healthy, active, hardworking, and disciplined. Therefore, improving the professional skills of future physical education teachers and developing their pedagogical competence is one of the pressing issues of today. The purposeful and systematic use of rhythmic gymnastics classes serves as an important pedagogical mechanism for the development of methodological competencies of future physical education teachers, the formation of a creative approach to didactic activity, and increasing the effectiveness of practical pedagogical training.

A number of important documents have been adopted on the development of physical culture and sports in the Republic of Uzbekistan. In particular, the Law of the Republic of Uzbekistan "On Physical Culture and Sports" (dated 2015, new edition adopted on September 24, 2019) regulates the issues of popularizing sports and physical education, attracting young people to a healthy lifestyle on a legal basis. Also, the Decree of the President of the Republic of Uzbekistan dated January 24, 2020 No. UP-5924 "On Measures for the Development of Physical Culture and Sports" provides for the modernization of the system of physical culture and sports and the improvement of the process of training personnel in the field.

The relevance of the topic of this study lies in the fact that rhythmic gymnastics classes not only improve the coordination of movements, agility, and physical fitness of physical education teachers, but also play an important role in the formation of their pedagogical approaches. In the modern education system, physical education teachers are required not only to have a high level of physical fitness, but also to be able to apply innovative methods and provide students with aesthetic and cultural education. Rhythmic gymnastics serves as an important tool in fulfilling these requirements.

Thus, in this article, the mechanism of forming the pedagogical skills of future physical education teachers through rhythmic gymnastics is analyzed, and practical recommendations are given in this direction.



## Relevance of the research

Currently, the development of the physical education system and the further strengthening of its role in the educational process has become one of the priority areas of state policy. Improving the professional training of physical education teachers and developing their pedagogical skills is an important factor in improving the quality of education. In particular, through the effective use of rhythmic gymnastics classes, it is possible to form not only physical, but also methodological, psychological, and creative approaches of future physical education teachers.

Important legal foundations for the development of physical culture and sports have been created in the Republic of Uzbekistan. In particular, the Decree of the President of the Republic of Uzbekistan dated December 23, 2022 No. PP-449 "On Measures for the Further Development of Gymnastics Sports" serves to implement systemic reforms in this area. These documents focus on strengthening the material and technical base of gymnastics physical education institutions, training pedagogical personnel, and their professional development.

Rhythmic gymnastics contributes not only to increasing physical activity, but also to the formation of effective interactive communication between the teacher and students in the pedagogical process. This method serves not only to develop the motor culture of future teachers, but also to improve their skills in organizing interesting and effective lessons. Therefore, the formation of pedagogical skills of physical education teachers through rhythmic gymnastics is a relevant scientific and practical issue today, and its study and implementation in practice is of great importance.

This research is significant for the further improvement of the process of training future physical education teachers, improving the quality of education, and expanding the possibilities of introducing modern pedagogical technologies. Therefore, the study and scientific substantiation of the topic contributes not only to the development of educational institutions, but also to the development of the field of physical culture and sports.

## Purpose of the study

The main goal of this study is the scientific-theoretical and practical study, analysis, and development of recommendations for improving the mechanism for the formation of pedagogical skills of future physical education teachers through rhythmic gymnastics.

The research also includes the following areas:

1. **Study of the pedagogical significance of rhythmic gymnastics** - scientific substantiation of the role and importance of rhythmic gymnastics classes in the professional training of physical education teachers.
2. **Identifying factors for the formation of pedagogical skills** - identifying important aspects that serve the development of methodological, psychological, and communicative skills of future physical education teachers.
3. **Improving the methods of effective organization of rhythmic gymnastics classes** - development of training methods based on the study of innovative pedagogical technologies and modern approaches.
4. **Development of practical recommendations** - preparation of scientific and methodological recommendations for the effective introduction of rhythmic gymnastics elements into the process of training personnel in the field of physical education.
5. **Conducting an analysis based on state policy and regulatory documents** - Analyze the ongoing reforms in the field of physical culture and sports in the Republic of Uzbekistan and determine their relevance to the topic of this study.



The results of this study will contribute to improving the professional training of future physical education teachers and will serve the introduction of new approaches to the educational process.

## Literature review

The issue of forming the pedagogical skills of future physical education teachers through rhythmic gymnastics is one of the most relevant areas of research today. Many researchers have conducted scientific research on improving the professional training of physical education teachers and developing their pedagogical competence.

The importance of pedagogical training in the field of physical culture and sports is emphasized in many sources. In particular, **V. K. Balsevich (2000)** in his research emphasizes the importance of motor activity and pedagogical technologies in the process of forming the professional competence of physical education teachers. In his work, he emphasizes: *"Physical education teachers should not only possess a high level of motor skills, but also be able to apply innovative methods"* [1].

Also, L. P. Matveev (2001) is known for his scientific work on studying the methodological foundations of physical education and sports training and adapting them to the modern educational process. In his opinion, *"For physical education teachers, not only sports techniques and training methods are important, but also the ability to establish effective communication with students and organize aesthetically meaningful lessons is of great importance"* [2].

A number of scientific studies in the field of physical culture and sports have also been conducted in Uzbekistan. For example, **M. T. Yusupov (2018)** in his scientific work, analyzing the main directions of development of the physical education system in Uzbekistan, emphasizes the following: *"In the modern education system, innovative approaches to the formation of pedagogical skills of physical education teachers and the effective organization of physical training are among the important factors"* [3].

Speaking about the role of rhythmic gymnastics in the educational process, one can cite the research of **E. A. Strelnikova (2015)**. In his scientific work, he reveals the didactic possibilities of rhythmic gymnastics and emphasizes its importance in the pedagogical process: *"Rhythmic gymnastics classes have a positive effect not only on the physical development of children and youth, but also on the formation of their musical sensitivity, coordination of movements, and aesthetic taste"* [4].

Also, the Decree of the President of the Republic of Uzbekistan No. UP-5924 "On Measures for the Development of Physical Culture and Sports" (January 24, 2020) and the Law of the Republic of Uzbekistan "On Physical Culture and Sports" (September 24, 2019) in addition to strengthening the legal framework aimed at developing this area, emphasizes the need to improve the professional skills of physical education teachers [5,6].

Analysis of the above literature shows that the issue of forming the pedagogical skills of future physical education teachers through rhythmic gymnastics is a relevant scientific topic, and it is necessary to deeply study and apply it in practice.

## Research methodology

This research was conducted with the participation of 2nd-year students of the Physical Culture Department of the Faculty of Physical Culture of Fergana University and aimed at studying the process of formation of pedagogical skills through rhythmic gymnastics classes. The purpose of the study is to assess the influence and determine the effectiveness of rhythmic gymnastics classes on the professional training of future physical education teachers.

## Research participants

50 second-year students studying in the field of physical education were selected and divided into two groups.



**Experimental group (25 people)** - undergoes pedagogical training based on a special rhythmic gymnastics methodology.

**Control group (25 people)** - regular physical education classes.

## Stages of research

### Stage 1: Preparatory stage (during 1 month)

Analysis of scientific literature - study of research on the formation of pedagogical skills of physical education teachers.

Preliminary diagnostics - assessment of the initial level of students' pedagogical skills (questionnaire, tests, observation).

### Formation of experimental and control groups.

### Stage 2: Experimental Stage (4 months)

The experimental group was trained to develop pedagogical skills based on rhythmic gymnastics.

Students taught each other and developed their communicative, organizational, and methodological skills.

The results of the training were assessed monthly, student activities were monitored, and diagnostics were conducted.

### Stage 3: Analysis and Results Stage (Month 1)

The results of the experimental and control groups were compared.

Data were visually analyzed using statistical analysis and diagrams.

Final conclusions were drawn and scientific recommendations were developed.

## Research methods

### 1. Theoretical methods

Analysis of scientific literature  
Study of the basics of pedagogical and sports methodology  
Analysis of the legislation of the Republic of Uzbekistan

### 2. Empirical methods

**Pedagogical observation** - identification of changes in student activities

**Test trials** - Measurement of indicators of pedagogical skills

**Questionnaires and interviews** - collecting opinions from students and specialists

**Expert Assessment** - Analysis of students' pedagogical skills by professors and teachers

### 3. Statistical methods

Analysis of the results of the experimental and control groups

Calculation of average score and percentage

Presentation of results through graphs and diagrams

### 4. Results of the study (presentation through a diagram)

The level of formation of pedagogical skills of students in the experimental and control groups is assessed based on the following criteria:

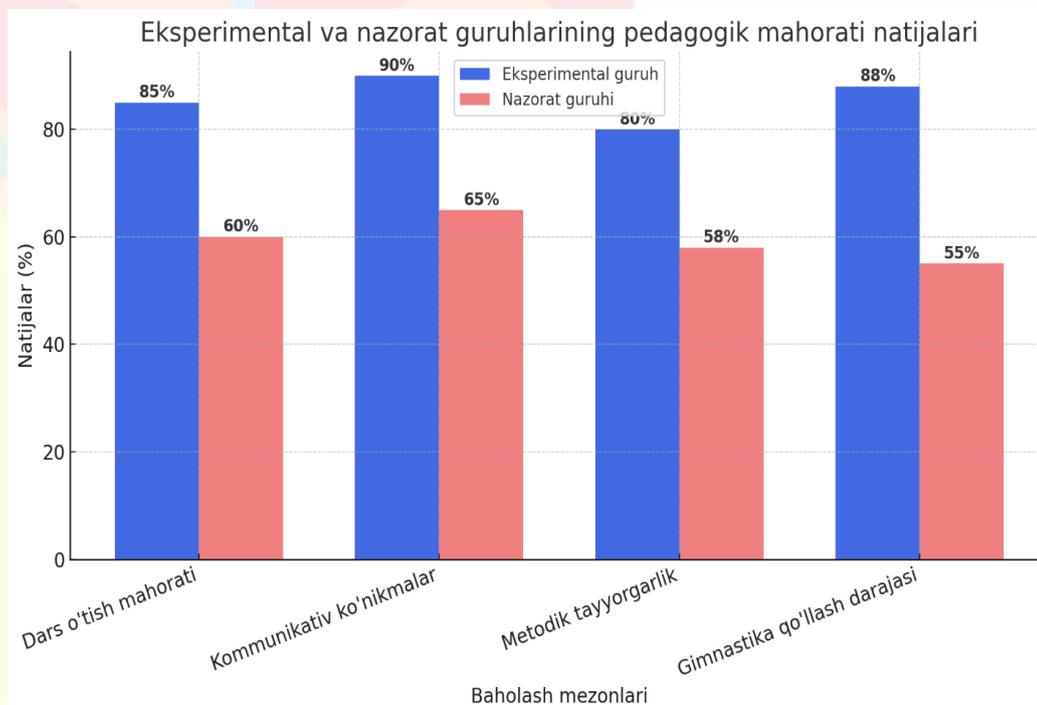
**-Learning Skills**

**-Communicative skills**

**- Methodological training**

**-Rhythmic Gymnastics Utilization Level**

At the end of the research, I will present the obtained results on a diagram.



The diagram above compares the level of formation of pedagogical skills of students in the experimental group and the control group.

**The experimental group** (students engaged in rhythmic gymnastics based on the mechanism for developing pedagogical skills) has high results.

- **Control group** (students engaged in routine activities) remain at a lower level of performance.

This indicates the effectiveness of rhythmic gymnastics classes in the formation of pedagogical skills.

The mechanism for the formation of pedagogical skills of students through rhythmic gymnastics classes was developed for 2nd-year students of the Physical Culture program of Fergana University and serves to prepare students as qualified physical education teachers in the future by orienting rhythmic gymnastics classes towards the formation of pedagogical skills.

The mechanism consists of the following components:

1. **Theoretical training**  
Studying the theoretical foundations of physical education and sports pedagogy.  
Explain the educational and didactic significance of rhythmic gymnastics.  
Formation of communicative skills during the lesson through physical exercises.
2. **Practical exercises**  
Organization of training based on rhythmic gymnastics, relying on methodological manuals.  
Preparation of students for conducting independent classes to form pedagogical experience in groups.  
Development of skills in conducting interactive and creative lessons.
3. **Innovative approaches**  
Use of digital technologies, video analysis, and multimedia tools based on the program.  
Combining rhythmic gymnastics exercises with didactic games and team training.



Conducting trainings aimed at developing effective pedagogical communication between the teacher and the student.

#### 4. **Analysis and evaluation**

Application of special diagnostic methods for assessing student development after each lesson.

Expert evaluation of independent classes conducted by students.

Conducting surveys among students and analyzing the results.

### **Mechanism results and efficiency**

**Methodological skills are developed** - students acquire knowledge and experience in independent teaching and effective organization of classes.

**Communicative skills increase** - students learn to communicate effectively with students and use interactive methods in the lesson.

**The ability to work in a team develops** - students' ability to work in a team and support each other increases.

**The application of innovative approaches is formed** - students acquire skills in using digital technologies, video analysis, and didactic games.

This mechanism serves the formation of pedagogical skills for students of the Physical Culture program of Fergana University, increasing their theoretical and practical training. This approach is important for the formation of professional competencies of future physical education teachers and the organization of the educational process more effectively.

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### **Steps of the mechanism**

#### **Stage 1: Preparatory Stage (1 month)**

- To provide students with an understanding of the pedagogical goals of rhythmic gymnastics and its importance in the physical education educational process.
- Conducting preliminary diagnostics: assessment of the initial state of students' pedagogical skills.
- Formation of experimental and control groups.

#### **Stage 2: Basic Training Stage (4 months)**

- Organization of weekly special rhythmic gymnastics classes.
- Preparation of students' pedagogical presentations (each student tests teaching in small groups).
- Formation of communicative and methodological skills during classes.



- Use of innovative pedagogical technologies and multimedia tools in the learning process.

### **Stage 3: Control and Evaluation Stage (1 month)**

- Assessment of students' independent work.
  - Analysis of students' pedagogical skills by experts and teachers.
  - Comparison of the results of the experimental and control groups.
  - Development of methodological recommendations based on the final results.
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