



# **MODERN SCIENTIFIC CHALLENGES AND TRENDS**

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### REQUIREMENTS FOR PERSONAL AND PROFESSIONAL QUALITIES OF A FUTURE SPECIALIST IN PHYSICAL EDUCATION AND SPORTS

**Abstract.** *A modern teacher of physical education and sport should be an enthusiast of his/her work, convinced of the usefulness and necessity of what he/she does. Love for professional activity is a quality without which there can be no teacher. The components of this quality are conscientiousness and self-denial, the joy of achieving educational results, constantly growing demands on oneself and one's pedagogical qualifications.*

**Key words:** *future physical education and sports teacher, teacher, pedagogical activity, professional activity.*

The success of a physical education teacher depends on the level of his/her professionalism acquired during the course of study and improved in the course of pedagogical practice and practical experience. It is reasonable to believe that a professional is a specialist who has a high level of professional activity, consciously changes and develops himself/herself during work, makes an individual creative contribution to the profession, finds his/her own individual purpose, stimulates public interest in the results of professional activity, increasing the prestige of the profession in society [1-6].

The personality of a modern educator is largely determined by his/her erudition and high level of culture. Anyone who wants to navigate freely in the modern world must know a lot. An educated teacher must also be a carrier of high personal culture. Whether we like it or not, a teacher is always a visual model for students, and this model should be a kind of standard for how they are perceived and how they should behave.

The personality of a modern teacher and educator is largely determined by their erudition and high level of culture. Anyone who wants to navigate freely in the modern world must know a lot.

Along with the requirements that are usually imposed on teachers of any speciality, in the field of pedagogical activity of physical education teachers there are certain requirements for their education and preparation for the future profession:

1. Proper physical development and physical training (preferably not lower than the first sports category).

2. Development of organisational skills in the educational process.

3. Thorough knowledge of biological sciences, knowledge of the basics of social and pedagogical disciplines, physiology, biochemistry, sports medicine and hygiene.

4. Possession of an exemplary model of one of the branches of sports and pedagogical activity. If a student of a higher education institution has studied the basics of physical culture and sports, has a perfect command of the techniques and methods of a particular sport, but at the same time, the conditions of work of a graduate require him/her to know and master other techniques and sports to achieve greater mastery of the teacher's skills.

A future physical education and sports teacher must learn how to organise lessons that promote health, reduce fatigue, improve well-being and increase professional performance.

Teaching is the professional activity of a teacher who, through various actions, solves the problems of educating and developing children.

A teacher is always an active and creative person. He or she is the organiser of the daily life of students. Only a person with a developed will, in which personal activity plays a decisive role, can awaken the interests and lead the students.

The main content of a physical education teacher's work is to perform certain functions – teaching, educational, and organising. They are perceived in a complex.

In the system of organising the work of a future physical education teacher, a worthy place should be given to vocational training. Having the general effect of improving the body, training helps to strengthen the health of the teacher, reduce morbidity, and improve the quality of work.

The professionally necessary qualities of a teacher are endurance and self-control. A professional must always maintain a leading position in the educational process, even in the most unexpected circumstances (and there are many of them). No breakdown, confusion and helplessness of student teachers should be felt or seen. It is necessary to constantly remind yourself of this, control your actions and behaviour, and not stoop to resentment towards students.

In the system of organising the work of a future physical education and sports teacher, a worthy place should be given to vocational training. Having the overall effect of improving the body, training helps to strengthen the health of the teacher, reduce morbidity, and improve the quality of work.

The professional orientation of physical education is based on an analysis of the specifics of the conditions and nature of the work task. If we take into account the working posture - mostly standing, mobile, mostly standing, all of which skilfully combine forms of speech activity. The position of the body during work leads to certain energy expenditures and has a significant impact on the teacher's performance.

A modern school requires a great deal of skill from a physical education teacher. He or she must have the entire arsenal of modern knowledge, take into account the psychological, social, material and technical and all other aspects of training any athlete.

In essence, a physical education teacher is first and foremost a teacher, and the same requirements apply to him or her as to any teacher.

The success of students (and eventually future athletes) largely depends on the personality of the physical education teacher - his or her knowledge, pedagogical talent, authority, will, and ability to generalise creatively.

The pedagogical management of such a complex organism as a class or a group of children requires a teacher to be resourceful, intelligent, persistent, always ready to solve any situation on his/her own. The teacher is a role model, encourages students to imitate him or her, to look up to a close model and to be available for imitation.

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