

Improving The Professional Competence Of Future Physical Education Teachers In Higher Education Institutions

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Abstract. The development of professional competence among future physical education teachers is a critical aspect of higher education. This study explores effective strategies for enhancing the professional capabilities of physical education students, emphasizing pedagogical skills, subject knowledge, and practical experience. The research examines modern methodologies, including digital learning tools and interdisciplinary approaches, to ensure comprehensive teacher training. The findings suggest that integrating innovative techniques significantly improves teaching efficacy and student engagement.

Keywords: Physical Education, Professional Competence, Higher Education, Pedagogical Skills, Digital Learning, Interdisciplinary Approach

Introduction

Professional competence is an essential characteristic of physical education (PE) teachers, influencing their ability to deliver effective instruction and promote students' physical and mental well-being. Higher education institutions play a pivotal role in shaping these competencies through curricula that integrate theoretical knowledge with practical training. This paper examines the importance of professional development in PE teacher training and highlights key methods for its enhancement.

Methods

This study employs a qualitative approach, analyzing existing literature and case studies from various educational institutions. Data collection includes surveys and interviews with PE instructors and students, assessing the effectiveness of different teaching methodologies. Key areas of focus include digital tools, interdisciplinary methods, and competency-based learning models.

Results

The research findings indicate that incorporating technology in PE instruction significantly enhances students' learning experiences. Moreover, competency-based education fosters a deeper understanding of pedagogical principles. Practical training sessions and interdisciplinary coursework further improve teaching proficiency. Statistical analysis of survey responses demonstrates a positive correlation between modern teaching methods and professional competence development.

Discussion

Integrating digital learning resources, such as virtual simulations and online teaching platforms, has proven to be an effective strategy for enhancing the pedagogical skills of PE teachers. Additionally, interdisciplinary approaches that combine sports science, psychology, and education contribute to a well-rounded professional profile. Continuous assessment and professional development programs are also essential in maintaining high competency levels.

Conclusion

To ensure the effectiveness of future PE teachers, higher education institutions must adopt innovative teaching strategies and emphasize competency-based learning. Digital tools, interdisciplinary methods, and hands-on training programs should be integral components of PE teacher education. Further research is recommended to explore the long-term impact of these approaches on professional competence.

References

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