

METHODOLOGY OF IMPROVING THE PROFESSIONAL TRAINING OF STUDENTS IN THE SPHERE OF SPORTS ACTIVITY BASED ON MASS SPORTS EVENTS

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Abstract. *This article highlights issues of improving the professional training of students majoring in sports activities based on mass sports events. During the research, the pedagogical potential of sports events, spartakiads, mini-tournaments, and mass sports campaigns in developing students' professional competencies was analyzed.*

Keywords: *sports activity, professional training, mass sports events, pedagogical methodology, sports events, student sports.*

Introduction. Today, training highly qualified specialists in the sphere of sports is considered one of the urgent tasks. In the process of preparing students studying in the sphere of sports activity for professional activity, it is important to develop not only their theoretical knowledge but also their practical skills. From this point of view, organizing mass sports events is considered one of the effective means of forming students professional competencies.

Mass sports events allow students to develop teamwork skills, organizational abilities, management of sports competitions, and communication skills. This process serves as an important pedagogical factor in preparing students for their future professional activities.

In the scientific heritage of Eastern thinkers, issues related to human development, physical and spiritual maturity, as well as the education of an active and well-developed personality in society occupy a special place. Great ancestors emphasized in their works that comprehensive personal development, especially physical perfection, a healthy lifestyle, and an active way of life are important factors. These views are considered today as one of the theoretical and methodological foundations for training specialists in the sphere of physical education and sports.

Thus, the scientific and philosophical views of our great scholars promote ideas such as comprehensive personal development, ensuring physical and spiritual maturity, and forming a healthy lifestyle. These views serve as one of the important theoretical

bases for improving the professional training of students in the sphere of sports activity and educating them as healthy, active, and initiative specialists.

Object and methods of the research. The object of the research was defined as the process of professional training of students in the sphere of sports activities. Respondent students from higher educational institutions of the republic participated in the experimental research.

During the research process, scientific methods such as pedagogical observation, questionnaire survey, test assignments, pedagogical experiment, and mathematical-statistical analysis were used.

Experimental work was conducted with the participation of students in the sphere of physical education and sports from three higher educational institutions. A total of 120 students participated in the study and were divided into experimental and control groups.

A model of improving the professional training of students in the sphere of sports activity through mass sports events was developed based on a systematic approach. This model represents an integral pedagogical system reflecting the interconnection between the goals, content, forms and methods of the educational process, pedagogical conditions, and expected outcomes.

The main purpose of this model is to form and develop students professional competencies in real sports activity conditions, that is, to prepare them for planning, organizing, conducting, and analyzing mass sports events.

Stage	Content	Result
Diagnostics	Determining the level of professional training	Initial indicators
Design	Planning sports events	Methodological scenarios
Implementation	Festival, spartakiad, tournament	Practical competencies
Reflection	Analysis and discussion	Self-assessment
Evaluation	Analysis based on criteria	Growth of levels

Schedule 1. Stages of the Model implementation

Results. Integrating mass sports events into the educational process is an effective pedagogical tool for improving students' professional training. This process teaches students to work in a real sports environment and develops their professional competencies.

The use of project methods, competitive methods, and team activity methods in organizing mass sports events positively influences the improvement of students professional training.

In order to determine the effectiveness of the methodology for improving the professional training of students in the sphere of sports activities based on mass sports events, experimental research was organized. The experimental work was conducted in the form of a pedagogical experiment, in which experimental and control groups were formed.

These experimental studies were conducted in three higher educational institutions with the participation of students studying in the sphere of sports activities. Higher educational institutions that train students in sports specialties were selected as the experimental base.

A total of 120 students participated in the experimental work. Of them, 60 students formed the experimental group and 60 students formed the control group. In each higher educational institution, 40 students participated in the experiment and were equally distributed into experimental and control groups.

During the formation of the experimental groups, special attention was paid to the equality of the number of students, their course, age, specialization, and the similarity of their initial level of professional training. This ensured the objectivity of the experimental results.

Students participating in the experimental work were divided into groups as follows (schedule).

Schedule 2.

Higher educational organization	Experimental Group	Control Group	Total
University-1	20	20	40
University-2	20	20	40
University-3	20	20	40
Total	60	60	120

The results of the conducted experimental work showed that integrating mass sports events into the educational process is an important pedagogical tool for developing the professional training of students in the sphere of sports activity.

The results also showed that students' professional motivation and interest in sports activities increased significantly. During the experimental work, students of the experimental group were actively involved in organizing mass sports events.

Students participated in organizing sports festivals, spartakiads, mini-tournaments, and mass running events in various roles.

The results showed that students who actively participated in mass sports events:

- developed practical skills in organizing sports events;
- formed organizational and managerial competencies;
- gained experience in teamwork;
- increased their professional motivation.

The results also demonstrated that the level of professional training of students in the experimental group increased significantly compared to the control group.

Conclusion. The results of the research showed that organizing mass sports events is an important pedagogical tool in developing the professional training of students in the sphere of sports activity. Introducing mass sports events into the educational process contributes to the development of students' organizational, managerial, and communicative competencies.

In addition, this process plays an important role in increasing students' professional motivation and preparing them for future professional activities.

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