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THE PEDAGOGICAL ESSENCE OF THE PROFESSIONAL ACTIVITY OF A TEACHER IN PHYSICAL EDUCATION AND SPORTS

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ABSTRACT

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".

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 training 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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