

**O‘RTA OSIYODA IJTIMOIIY VA GUMANITAR
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**“Development of Pedagogical Competencies of Physical Education Teachers
in Higher Education through Competency-Based Approach and Innovative
Technologies”**

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Abstract: This article examines the development of pedagogical competencies of physical education teachers in higher education through a competency-based approach and innovative technologies. The study focuses on integrating theoretical knowledge, practical skills, and pedagogical reflection to enhance professional competence. The paper discusses strategies for improving teachers’ professional potential through interactive lessons, modern pedagogical technologies, and competency-based approaches, emphasizing their role in improving the quality of education and students’ physical, cognitive, and social development.

Keywords: pedagogical competency, methodological skills, physical education, competency-based approach, innovative technologies, interactive methods, higher education

In higher education institutions, the development of pedagogical competencies of physical education teachers is a crucial factor in enhancing the quality of education and promoting students’ physical, cognitive, and social development. Innovative technologies and competency-based approaches enable teachers to organize lessons effectively, interactively, and engagingly.

The competency-based approach combines a teacher’s theoretical knowledge, practical skills, and reflective practices, allowing the optimization of the pedagogical process and ensuring students’ individual development. This article explores the theoretical and practical aspects of developing pedagogical and methodological competencies of physical education teachers through the application of innovative and interactive teaching technologies.

The development of pedagogical competencies among physical education teachers in higher education is a critical component of improving the overall quality of education and fostering students’ physical, cognitive, and social growth. Integrating a competency-based approach with innovative technologies allows teachers to deliver lessons effectively, interactively, and engagingly, ensuring both professional growth and optimal student learning outcomes.

Pedagogical competencies encompass several key dimensions. The first is methodological competence, which includes the ability to plan lessons, implement

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innovative teaching methods, and ensure active student participation. Professional development programs, workshops, and training sessions provide opportunities for teachers to apply theoretical knowledge in practice, explore new pedagogical technologies, and exchange professional experiences with colleagues. These activities support the continuous enhancement of instructional strategies and promote effective classroom management.

The second dimension is organizational competence. Teachers must structure lessons efficiently, allocate time and resources optimally, manage sports equipment, and encourage student engagement. Effective organizational skills improve lesson quality and foster active participation, creating a positive learning environment. The ability to organize group activities, collaborative projects, and interactive exercises enhances students' learning experience and supports the development of teamwork and leadership skills.

The third dimension is motivational and communicative competence. Physical education teachers must motivate students, create an encouraging pedagogical environment, and establish effective communication channels. These skills help foster students' interest in physical activity, stimulate engagement, and support social and emotional development. Motivational techniques, such as goal setting, personalized feedback, and recognition of achievement, are essential for enhancing student commitment and participation.

Assessment and diagnostic competence is another crucial aspect of teacher development. Teachers must evaluate students' individual progress, measure physical fitness levels, and analyze learning outcomes. Effective assessment allows for the optimization of teaching strategies and ensures the continuous improvement of pedagogical practice. Incorporating digital tools and data analytics can further enhance teachers' ability to monitor student progress, adapt lesson plans, and implement evidence-based interventions.

Innovative teaching methods play a significant role in developing pedagogical competencies. Interactive lessons, project-based learning, role-playing, and online interactive platforms engage students in active learning, promote collaboration, and enhance problem-solving skills. These methods foster creativity, critical thinking, and independent learning among students, while also providing teachers with opportunities to refine instructional strategies and adapt to diverse learning needs.

Distance learning technologies provide additional benefits for teacher development. Online platforms, video lessons, webinars, electronic resources, and mobile applications enable teachers to organize flexible learning experiences and address the individual needs of students. These technologies support remote monitoring of student progress, facilitate timely feedback, and allow teachers to collaborate and

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share best practices with colleagues. As a result, distance learning tools enhance professional growth while ensuring the continuity and quality of education.

Practical workshops, seminars, and masterclasses are essential components for developing pedagogical competencies. They provide teachers with hands-on opportunities to apply theoretical knowledge, experiment with interactive methods, and refine instructional techniques. Workshops and training sessions allow for the discussion of pedagogical challenges, exploration of innovative solutions, and exchange of professional experiences. Masterclasses, in particular, expose teachers to advanced teaching technologies and enable practical application of innovative approaches in real classroom settings.

Reflective practice is a key factor in professional development. Teachers analyze their lessons, identify pedagogical challenges, and develop strategies for improvement. Reflection allows educators to integrate theoretical knowledge with practical skills, optimize instructional processes, and enhance lesson quality. Engaging in reflective activities promotes lifelong learning and supports continuous professional growth.

The integration of competency-based approaches with innovative and digital technologies allows for systematic development of pedagogical and methodological competencies. This approach enables teachers to design lessons effectively, consider individual student needs, optimize the learning process, and deliver high-quality instruction. At the same time, it promotes students' holistic development, including physical fitness, cognitive skills, and social-emotional growth.

In conclusion, the application of innovative teaching methods and digital technologies in conjunction with a competency-based approach serves as an effective strategy for developing the pedagogical and methodological competencies of physical education teachers. This integrated approach enhances the quality of higher education, fosters professional growth, and ensures that students achieve optimal physical, cognitive, and social development. By combining reflective practice, interactive methods, and technological tools, physical education teachers can create engaging, adaptive, and high-quality learning experiences, preparing students for both academic success and lifelong wellness.

The integration of competency-based approaches with innovative and digital technologies is a highly effective strategy for developing the pedagogical and methodological competencies of physical education teachers in higher education. By combining theoretical knowledge, practical skills, reflective practice, and modern teaching methods, educators can enhance their professional potential while optimizing the learning process. Interactive lessons, project-based activities, role-playing exercises, and online platforms stimulate student engagement, foster creativity and critical thinking, and contribute to holistic physical, cognitive, and social development.

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Reflective practice ensures continuous professional growth, allowing teachers to analyze their instructional strategies and implement improvements. Ultimately, the combined use of competency-based approaches and innovative technologies improves lesson quality, enhances teaching effectiveness, and prepares students for lifelong wellness and academic success.

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