

**FORMATION OF SPIRITUAL AND MORAL EDUCATION OF FUTURE PHYSICAL
EDUCATION AND SPORTS TEACHERS**

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Abstract: This article discusses the organization of spiritual and moral education of students in non-auditory exercises of physical culture classes of higher educational institutions.

Key words: audience, spirituality, morality, sports, gymnastics, sports circles, moral culture.

In the years of independence, attention is being paid to the education sector, as well as to all sectors in our country. In particular, all branches of education are being fundamentally reconstructed in accordance with the times. After all, the tasks set by President Sh. Mirziyoev in the Address to the Oliy Majlis indicate that more attention is being paid to this area. In particular, one of the important tasks of the higher pedagogical education process of Uzbekistan at the current stage is to improve the quality and efficiency of primary education. [1]

In the implementation of this emphasis, it is necessary to train the future teachers studying in the direction of physical education and sports at a high level in all HEIs [2,20].

In particular, meaningful organization of students' free time in extracurricular activities and educating them from a spiritual and moral point of view remains one of the urgent tasks of today.

In fact, spiritual and moral education represents the content of improving the spiritual views, moral qualities, and social relations formed in the minds, souls and hearts of future teachers. Because in this matter, it is necessary to talk about development or improvement in the process of education of a higher pedagogue scientist. In this regard, extracurricular activities in the training of future physical education and sports teachers attract attention due to their theoretical and practical possibilities.

The following types of extracurricular activities are expected to be effective.

- a) Pre-school gymnastics;
- b) Entertainment sports games;
- c) Sports clubs;
- d) Holidays;
- e) Competitions;
- f) Meetings.

In these processes, spiritual and moral education should be based on a specific plan and program.

The teacher should approach this issue separately and have his own work and modules.

Extracurricular activities will have the following features in educating students morally and spiritually:

- 1) Physical maturation
- 2) strengthening spiritual awareness
- 3) formation of moral culture [3,46]

It is physical, spiritual and moral perfection that forms the basis of spiritual and moral education of future physical education and sports teachers.

Therefore, these principles determine the content, purpose and scope of spiritual and moral education organized in extracurricular activities. The fact that physical, spiritual, consciousness is the basis of moral culture is based on a set of pedagogical factors. [3.48]

Organization of spiritual and moral education of future physical education and sports teachers in extracurricular activities is based on the following methods:

- 1) Referral
- 2) Organization
- 3) Getting used to it

Such adjustment is based on directing students to ideal goals, "improving", developing and training their spiritual, moral and social qualities, and equipping them with adherence to the rules of spirituality and ethics. In many cases, when talking about formation, composition, development, it cannot be forgotten that this approach is suitable for general secondary and secondary special stages of education. Therefore, paying attention to the issues of orientation, improvement and training in the stages of higher pedagogical education, in our opinion, will have the expected effect.

A teacher of physical culture and sports is required to set an example in matters of spirituality and morality. Because the nature of this field is unique, according to it, sports masters and physical education teachers have been showing an example in the matter of spirituality and morality. Therefore, it is necessary to use the possibilities of extracurricular activities such as meetings wisely. For example, FIDA referent Ravshan Ermatov, winner of the "Sign of Uzbekistan" prize, is one of the sports masters and coaches who serve as an example in matters of spirituality and ethics. Observations show that the following aspects stand out in his spiritual and moral image:

Knowledge, Professional maturity, Humility, Pressure, Constantly working on oneself, To treat big and small equally, Ability to manage oneself, Just moving forward.

Being in contact with such a person, learning about his achievements and shortcomings is a benefit for future teachers. In particular, spiritual and moral education requires implementation on the basis of clear and realistic examples.

After all, the organization of spiritual and moral education in extracurricular activities should not ignore the indicators. It should be noted here that the following three indicators attract attention:

- 1) Condition;
- 2) Environment;
- 3) Control.

It is important to create conditions for organizing spiritual and moral education in extracurricular activities. For this:

- Reasonable use of the existing situation, situation and opportunities;
- Designation of spiritual and moral educators;
- Be in action to use every opportunity;

It should be noted that spiritual and moral education is the foundation of physical culture.

Such an approach allows for spiritual and moral education of future specialists at the highest level.

Environment is the foundation of spiritual and moral education. It is necessary to pay attention to:

- Dealing with students individually;
- Organization of open, free and transparent communication;
- Promoting achievements and correcting shortcomings;

The control indicator of the organization of spiritual and moral education is based on the following:

- Development of spiritual and moral qualities of students;
- Formation of individual spiritual and moral image of students;
- It consists in monitoring the morale and level of morals of the students.

In conclusion, it should be said that the high level of training of future teachers of physical education and sports and their spiritual and moral training in extracurricular activities attracts attention due to its unique characteristics. It is necessary to continue research in this regard.

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