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SCIENTIFIC AND METHODOLOGICAL FOUNDATIONS OF OLYMPIC KNOWLEDGE IN THE TRAINING SYSTEM FOR PHYSICAL EDUCATION AND SPORTS SPECIALISTS

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Abstract: This article highlights the importance of Olympic knowledge in the training system for physical education and sports specialists, its scientific and methodological foundations, and its implementation in the educational process. The history of the Olympic movement, Olympic values, sports ethics, fair competition, and the specific features of the physical and moral education of the younger generation are analyzed. In addition, pedagogical approaches and modern teaching methods that contribute to developing Olympic knowledge among future physical education teachers, coaches, and sports specialists are examined. The article provides recommendations for improving Olympic education, integrating theoretical knowledge with practical activities, and developing the professional competencies of sports specialists.

Keywords: Olympic knowledge, Olympic education, physical education, sports, specialist training, Olympic movement, sports ethics, fair competition, pedagogical technologies, professional competence.

Introduction

Today, physical education and sports play an important role in promoting a healthy lifestyle in society, developing the physical and moral potential of young people, and enhancing the country's reputation internationally. The effective development of this field is directly related to the training of qualified specialists who possess modern knowledge and high levels of professional competence.

In the process of training specialists in physical education and sports, the development of Olympic knowledge is as important as theoretical knowledge, practical skills, and pedagogical expertise. Olympic knowledge encompasses information about the history of the Olympic Games, the development of the Olympic movement, the social significance of sports, and the philosophy and values of Olympism.

Olympic education contributes not only to an individual's physical development but also to their moral, intellectual, and social growth. The International Olympic Committee's Olympic Values Education Programme recognizes excellence, respect, and friendship as core values. These values are intended to promote positive behavior in sports and everyday life. From this perspective, studying the scientific and methodological foundations of Olympic knowledge, effectively integrating it into the educational process, and improving methods of educating young people in the spirit of Olympism are important tasks in preparing future physical education teachers and sports coaches.

Main Part

1. The content and essence of olympic knowledge

Olympic knowledge is an important system of knowledge that enriches the theoretical and professional training of specialists in physical education and sports. It covers information about the

origins and development of the Olympic Games, the formation of the modern Olympic movement, the activities of international sports organizations, and the role of sports in society. One of the important areas of Olympic knowledge is the study of Olympic philosophy. Olympic philosophy views sports not merely as a means of winning competitions but also as a means of promoting the comprehensive development of individuals, strengthening friendship among nations, and advancing the ideals of peace.

Particular attention is given to the following core values within the Olympic movement:

- **Excellence** — developing one's abilities, striving to improve performance, and consistently working toward established goals.
- **Respect** — recognizing the rights and dignity of opponents, coaches, referees, and teammates.
- **Friendship** — strengthening mutual understanding and cooperation among people, nations, and representatives of different cultures through sports.
- **Fair competition** — complying with competition rules, competing fairly, and adhering to the requirements of sports ethics.
- **Responsibility** — recognizing one's accountability for one's activities, behavior, and decisions.

These values are important in the professional activities of future sports specialists. A physical education teacher or coach not only teaches sports skills but also influences young people's worldviews, moral qualities, and behavior within a team.

2. Scientific and methodological foundations of teaching olympic knowledge

The process of teaching Olympic knowledge should be based on pedagogical principles such as scientific validity, consistency, systematic organization, and the unity of theory and practice. These principles help learners acquire a deeper understanding of the Olympic movement and apply their knowledge in their professional activities.

The **principle of scientific validity** involves teaching information about the Olympic movement, sports history, sports ethics, and Olympic values using reliable sources. In this regard, it is important to use official materials from international sports organizations, scientific research, textbooks, and teaching manuals.

The **principle of systematic organization and consistency** means teaching Olympic knowledge step by step, progressing from simple concepts to more complex topics. It is advisable to begin by introducing learners to the history and symbols of the Olympic Games and then proceed to the principles of the Olympic movement, sports ethics, and international sports relations.

The **principle of the unity of theory and practice** requires connecting acquired knowledge with practical training sessions, sports events, competitions, and educational projects. For example, after lessons devoted to Olympic values, students can demonstrate fair competition, mutual respect, and teamwork during sports competitions.

The **principle of learner-centered education** involves taking students' interests, levels of preparation, and individual characteristics into account. This approach develops learners' independent thinking, creativity, and professional responsibility.

The integration of scientific and methodological approaches makes it possible to organize Olympic knowledge not merely as a collection of theoretical information but as an educational field that supports specialists' professional and personal development.

3. The role of olympic education in training physical education and sports specialists

Olympic education fulfills important educational and professional functions in the training of specialists in physical education and sports. Along with expanding future specialists' knowledge of sports history, it helps develop moral values, pedagogical responsibility, and professional culture.

Olympic education is important in the following areas:

First, it develops historical knowledge. Students become familiar with the ancient Olympic Games, the revival of the modern Olympic Games, and the development of the international Olympic movement. This knowledge fosters respect for sports heritage and develops historical awareness.

Second, it strengthens moral education. Studying Olympic values develops qualities such as honesty, discipline, mutual respect, patience, and responsibility among students. These qualities play an important role in their future teaching and coaching activities.

Third, it develops professional competencies. Specialists with Olympic knowledge can organize sports training sessions and educational activities appropriately, serve as moral role models for athletes, and explain the principles of sports ethics.

Fourth, it helps develop an understanding of international sports culture. The Olympic movement contributes to cooperation among different countries and peoples. Through Olympic education, students learn the importance of respecting different cultures, preventing discrimination, and supporting equal opportunities.

Fifth, it contributes to promoting a healthy lifestyle. Olympic ideals help foster a positive attitude toward physical activity, regular training, and the development of personal abilities.

Thus, Olympic education is an important factor that connects theoretical knowledge, practical skills, and educational activities in the training of sports specialists.

4. Priority areas for improving olympic education

To further develop Olympic knowledge within the training system for physical education and sports specialists, it is necessary to coordinate educational content, methodological resources, and practical training.

First of all, it is important to improve curricula and methodological manuals related to Olympic education. Educational materials should cover the history of the Olympic movement, Olympic values, sports ethics, anti-doping principles, and international sports cooperation.

Secondly, theoretical classes should be enriched with practical activities. Organizing Olympic Days, sports quizzes, student conferences, and thematic meetings helps reinforce Olympic knowledge.

Thirdly, it is necessary to develop the research skills of future specialists. It is advisable to involve students in conducting small-scale research projects on the history of the Olympic movement, sports values, and the pedagogical effectiveness of Olympic education.

Fourthly, inclusive practices, equal opportunities, and approaches to combating discrimination should be strengthened in sports education. Olympic values should promote respectful attitudes toward people with different abilities and cultural backgrounds.

Fifthly, the results of learning Olympic knowledge should be assessed regularly. Assessment should consider not only theoretical knowledge but also students' abilities to analyze situations involving sports ethics, organize educational activities, and demonstrate Olympic values in practical activities. These areas contribute to enriching the content of Olympic education, strengthening the professional training of specialists, and expanding opportunities for education through sports.

Conclusion

Olympic knowledge has significant scientific, pedagogical, and educational importance in the training system for physical education and sports specialists. It broadens future specialists' knowledge of sports history, the Olympic movement, international sports principles, and Olympic values. When teaching Olympic knowledge, it is necessary to follow the principles of scientific validity, systematic organization, the unity of theory and practice, and learner-centered education. The use of lectures, problem-based learning, project work, interactive methods, and digital tools makes it possible to strengthen students' knowledge and develop their professional competencies.

The effectiveness of Olympic education is determined by the integration of theoretical knowledge with practical sports activities, the promotion of sports ethics and fair competition, and the development of high moral and ethical qualities in future teachers and coaches. In conclusion, incorporating Olympic knowledge into the training process for physical education and sports specialists on a scientific and methodological basis is an important condition for improving the quality of education, developing sports culture, and educating the younger generation in the spirit of Olympic values.

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