

A REVIEW OF INTERNATIONAL BEST PRACTICES IN ENHANCING THE PROFESSIONAL COMPETENCE OF COMBAT SPORTS COACHES

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Abstract

This article analyzes the issues related to improving the professional competence of coaches working in combat sports. The study reviews contemporary approaches, certification systems, educational programs, and innovative technologies used in leading countries for the development of coaching skills. In particular, the coaching education systems of Japan, South Korea, the USA, Germany, and Russia are comparatively analyzed. The article also presents practical recommendations for adapting these international experiences to the national context of Uzbekistan. The findings of the research hold scientific and practical significance in enhancing the knowledge, skills, and professionalism of combat sports coaches.

Keywords: combat sports, coach, professional competence, coaching education, international experience, continuing education, sports psychology, pedagogy, specialist training, innovative methods

Introduction

One of the key factors determining success in any sport is the professional competence of the coach. In combat sports (such as judo, kurash, taekwondo, boxing, karate, etc.), coaches not only teach techniques but also act as mentors, psychologists, and leaders. In developed countries, modern and innovative approaches are applied in coach education and training. This article explores international experiences in improving coaches' professional competence and investigates the potential for adapting them to the national context of Uzbekistan.

Methods

This study utilizes qualitative analysis methods. Literature, scientific articles, international conference proceedings, and sports education standards from countries like Japan, South Korea, Russia, the USA, and Germany were reviewed.

Coaching education systems, advanced training programs, pedagogical approaches, and the use of innovative technologies were comparatively analyzed.

Results

The analysis of international practices revealed the following key features:

Japan – Coaches in judo and sumo are required to have at least a bachelor's degree. Courses in pedagogy and psychology are mandatory. Scientific research is highly emphasized.

South Korea – An international licensing system for taekwondo coaches is implemented. Coaches must undergo advanced training every three years. Special attention is given to information technologies and sports psychology in training modules.

USA – Coaching is regulated through certification systems. Coaching education programs are offered in sports colleges. Modular online courses and exchange programs are well developed.

Germany – Coach education at sports universities is comprehensive and multi-level. Programs are based on pedagogical practice, interdisciplinary integration, sports medicine, and innovative training methods.

Russia – Professional coaching development requires higher education, experience, and continuous training. Emphasis is placed on sports psychology, motor learning, didactics, and pedagogical technologies.

Discussion

Based on the reviewed international experiences, the following proposals can be made to enhance the professional competence of combat sports coaches in Uzbekistan:

Implement standardized coaching education programs including pedagogy, psychology, sports medicine, and ICT.

Digitalize advanced training courses and connect them to international learning platforms (e.g., IOC and UWW courses).

Create opportunities for obtaining international coaching certifications.

Encourage research activities and popularize academic writing among coaches.

Promote the use of new technologies in coaching such as video analysis, biomechanics software, and fitness trackers.

Conclusion International experience demonstrates that innovative education programs, ongoing professional development, and scientific approaches play a crucial role in enhancing coaches' professional competence. Adapting these practices to the Uzbek context can significantly improve athlete preparation. Training coaches as comprehensive professionals lays a solid foundation for future champions.

Supplementary Information

International coaching certification systems:

Online coaching courses and certification programs are offered by organizations such as the International Olympic Committee (IOC) and United World Wrestling (UWW).

High-standard coaching certification systems include the NCCP (USA), DOSB Trainerlizenz (Germany), and JSPO Coaching Certificate (Japan).

Core components of coaching competence:

Pedagogical and psychological knowledge

Technical and tactical sports skills

Physical preparation management skills

Moral and cultural maturity

Proficiency in using information technologies

Recommendations for Uzbekistan:

Organize international coaching courses via national sports federations

Conduct annual scientific-practical seminars and conferences for coaches

Launch international internship programs for coaches

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