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**DOI <https://doi.org/10.30525/978-9934-26-112-1-11>**

## **FORMATION OF SOFT SKILLS IN STUDENTS IN THE PROCESS OF THEIR PHYSICAL EDUCATION**

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Skills, knowledge and competencies acquired in the university play an important role in the formation of a specialist. The evaluation of professional qualities evaluates a whole range of abilities, among which the fundamental ones are called Hard skills or technical skills, usually related with direct

activities in the field of various technologies and technological processes [3,4].

Hard skills can be presented in the form of various instructions – instructions, rules, job responsibilities, professional standards. The curriculum of higher education institutions, one way or another, is aimed at the formation of "solid skills", through the implementation of tasks, exercises and the development of practical tasks.

The development of modern production requires a young specialist to have the so-called soft skills, that is, a set of qualities responsible for success in the work process, not only related to professional skills and abilities. They are associated with sociability, responsibility, discipline, emotional intelligence, managerial skills, time management skills, leadership skills, critical thinking, etc. The complexity is in that soft skills cannot be mastered by studying general and special subjects. These skills can be developed by participating in students life, volunteering, cultural and creative activities, developing creative interests and abilities, military-patriotic, career guidance [5].

But soft skills are successfully developed in the process of physical education and sports, physical culture in the university. One of its tasks is the formation of general cultures – competencies (knowledge and experience, spiritual and moral foundations, cultures – but-leisure sphere) and competencies of personal development (mastering the methods of physical, spiritual and intellectual self-development. A set of qualities associated with life safety).

In the process of physical education, a careful attitude to personal health is formed, skills of independent work are acquired, which can later be aimed at maintaining working capacity at the workplace. Mastering the skills of modern health technologies involves the use of professional applied physical exercises, which contribute to the prevention of occupational diseases, increase productivity in the chosen specialty.

Sports (rhythmic and gymnastics, fitness aerobics, cheerleading, figure skating, etc.), associated with the process of memorizing movements, ligaments, training – arbitrary attention , perceptions of space, the development of the eye gauge in the same way – contribute to the formation of soft skills. During sports, in the process of preparation for competitions – innovations, athletes develop strong-willed qualities: courage and determination, goal – aspiration, initiative and independence, endurance and self-control. Conditions for the development of soft skills are created in the sports team. In the team there is a phenomenon of "group effect", expressed in the unification of people, the energy of individual team members is able to influence the overall level of joint activities, victory, the achievement of

results. A similar situation often develops in labor collectives. During the competition, stressful situations arise that allow the mobile to call up internal reserves, overcome internal excitement, work on their self-control – and recover from a possible failure. This indispensable experience helps in solving production problems. The structure of the team consists of connections and relations between athletes and subgroups within the team itself

In the process of playing sports, the function of communication is realized. Communication in sports is oriented subjectively and subordinated to the tasks of interaction in a sports group, which gives a definite experience in the implementation of speech and non-speech means [2]. In the process of communication the functions of social-psychological reflection, regulatory function, – social control and socialization are realized. Speech helps to express the subtlest – shades of feelings, ideas, aspirations, decisions. Non-verbal forms are also used in sports practice for example such forms as gestures, facial expressions [1,6].

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**DOI <https://doi.org/10.30525/978-9934-26-112-1-12>**

**SCIENTIFIC AND PEDAGOGICAL APPROACH IN TRAINING  
OF MEDICAL SPECIALISTS IN PHYSICAL EDUCATION  
CLASSES IN HIGHER EDUCATION INSTITUTIONS  
IN THE CONDITIONS OF PANDS**

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One of the important tasks of education is the formation of a physically and spiritually healthy personality, creating conditions for its development, maintaining its physical and mental health, mastering the chosen profession.

Physical education of students is an extremely complex process in which many factors operate, and it must be considered as a determinant of socio-cultural genesis of the individual, so the task of the modern education system is to determine the basic parameters of young personality development and prospects [2].

Physical education in higher education is an integral part of the educational process. In combination with professional education, moral and aesthetic education, it provides training for healthy, spiritually and physically developed young skilled workers for the national economy.

The program of physical education of higher education institutions should provide for the implementation of relevant educational, educational and health tasks, including the formation of students' system of theoretical