

**PEDAGOGICAL AND METHODOLOGICAL FOUNDATIONS FOR DEVELOPING
PROFESSIONAL COMPETENCIES OF ENGLISH LANGUAGE TEACHERS IN
PHYSICAL EDUCATION PROGRAMS**

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Abstract. This article examines the pedagogical and methodological foundations for developing the professional competencies of English language teachers in physical education programs. It theoretically and practically substantiates the role of teachers' linguistic, communicative, methodological, and digital competencies in the teaching process. Innovative pedagogical approaches, digital educational technologies, and mechanisms for ensuring continuous professional development are analyzed. The study emphasizes the importance of an integrated competency-based approach to enhance teaching quality and students' language proficiency.

Keywords: English language teacher, physical education programs, professional competence, pedagogical approach, digital education, methodological approach.

Introduction. Globalization and the increasing integration of countries and cultures have created new challenges and opportunities in education. English has emerged as the primary language for international communication, scientific research, and professional collaboration, making its mastery essential for students across all fields, including physical education. In this context, English language instruction is no longer limited to language faculties; it has become an integral part of diverse academic programs, equipping students with the necessary communicative skills to participate in international sports events, conferences, and professional exchanges.

Physical education students, in particular, face unique linguistic challenges. They often need to understand technical terminology related to anatomy, physiology, biomechanics, sports psychology, and coaching. Moreover, they are expected to communicate effectively in real-life scenarios, such as participating in workshops, seminars, or international competitions. Consequently, English language teachers must possess a high level of professional competence, not only in general language knowledge but also in adapting pedagogical approaches to the specific needs of physical education students.

Recent research emphasizes that effective language instruction requires an integrated development of teachers' competencies, including linguistic proficiency, communicative skills, methodological knowledge, and digital literacy. Teachers must be capable of designing engaging lessons, implementing interactive and task-based learning strategies, and leveraging digital tools to enhance student motivation and facilitate individualized learning. Additionally, continuous professional development ensures that teachers remain updated with international standards and

innovative pedagogical practices, fostering a more effective and adaptive teaching environment.

Thus, investigating the pedagogical and methodological foundations for developing professional competencies of English language teachers in physical education programs is both timely and critical. Understanding these foundations can improve instructional quality, optimize student outcomes, and support the broader goal of integrating global communication skills into specialized fields such as physical education. Teachers are not only experts in language knowledge but also facilitators who develop students' communicative and academic skills and effectively apply innovative teaching methods and technologies.

Concept of Professional Competence. Professional competence is defined as a combination of knowledge, skills, abilities, and personal qualities that enable effective professional performance. In the context of teaching English to physical education students, the following competencies are particularly important:

1. **Linguistic competence** – mastery of phonetics, grammar, vocabulary, and stylistics.
2. **Communicative competence** – the ability to enhance students' oral and written communication and use language effectively in real-life situations.
3. **Methodological competence** – planning lessons, selecting pedagogical strategies, and applying interactive methods.
4. **Digital competence** – using online platforms, interactive programs, and digital resources effectively.

3. Contemporary Pedagogical Approaches. The following pedagogical approaches are effective in teaching English to students in physical education programs:

- **Communicative Language Teaching (CLT)** – emphasizes meaningful communication and increases students' language activity [1].
- **Task-Based Learning (TBL)** – focuses on real-life tasks to develop practical language skills [2].
- **Project-Based Learning (PBL)** – fosters collaboration and creative thinking, encouraging independent problem-solving [3].

These approaches require a high level of methodological and communicative competence from teachers.

Role of Digital Technologies. The integration of digital technologies in teaching enhances student motivation and allows individualized learning approaches:

- Learning Management Systems (Moodle, Google Classroom) for blended and distance learning;
- Interactive quizzes and exercises (Kahoot, Quizizz);

- AI-based language learning applications;
- Video conferencing and online assessment tools.

Digital competence enables teachers to organize engaging, interactive, and effective lessons.

Continuous Professional Development. Continuous professional development (CPD) is essential for maintaining and improving teachers' professional competencies:

- International certification programs (CEFR C1–C2, IELTS, TESOL, CELTA);
- Participation in seminars, workshops, and academic conferences;
- Conducting research and publishing scholarly articles.

CPD enhances teachers' methodological skills and helps them implement pedagogical innovations effectively.

Discussion. Developing professional competencies of English language teachers in physical education programs requires an integrated approach. Linguistic, communicative, methodological, and digital competencies should be developed simultaneously. Innovative pedagogical methods and digital tools serve as effective means to enhance teaching quality and students' language proficiency. Continuous professional development ensures teachers remain adaptable and up-to-date with global educational standards.

Conclusion. In conclusion, developing professional competencies of English language teachers in physical education programs is a critical task of modern education. The integration of innovative pedagogical approaches, digital technologies, and continuous professional development significantly improves teaching effectiveness. An integrated competency-based approach allows teachers to meet international standards and respond effectively to the evolving needs of students in physical education programs.

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