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Articles in this issue

- Mullai, E.** **1**
Collaboration of auxiliary teachers with subject teachers for the inclusion of children in mainstream schools
- Makhmadjonov, F. R.** **8**
Estimation of the structure of the competitive activity of young football players 13-17 years old
- Topuzi, G.** **14**
Stress experienced in the working environment of the teacher during the exercise of the teaching profession
- Abdusamatov, H.** **20**
Social psychological characteristics of extramarital relations
- Xujayevich, M. U.** **26**
Some methodological issues of the formation of communicative competence of students using educational online resources
- Gayratovich, T. S.** **32**
Pedagogical implications of developing oratory of servicemen through the scientific heritage of oriental thinkers
- Kucharovich, S. M.** **35**
Didactic opportunities to ensure continuity and continuity of natural science teaching
- Jabbarova, D. & Nigora, U.** **41**
Analysis of lexical units used in teaching methodical complexes (textbooks) for primary school classes
- Orazimbetovich, U. A.** **44**
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THE USE OF INFORMATION TECHNOLOGY IN THE FIELD OF PHYSICAL CULTURE AND SPORTS

Utemisov Askarbek Orazimbetovich

Researcher of Nukus State Pedagogical Institute named after Ajiniyaz

ABSTRACT

This article is considered the development of information and computer support for students in physical culture in order to improve teaching and pedagogical management focused on teaching and improving the process of preparing students for positive indicators in the field of physical culture.

Keywords: System Complexes Automated Didactic Tools (SCADT), national information technology (NIT) information and computer support (ICS), geographic information systems (GIS).

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Improving the quality of physical education in the age of new computer technologies urgently requires the creation of new teaching aids based on the use of modern information technologies.

In Uzbekistan, great attention is paid to the development of physical education and sports, all conditions have been created for training adolescents and young people, a number of laws and projects have been adopted for the development of children's sports in Uzbekistan (1).

In recent years, Uzbekistan has shown considerable interest in the development and use of computer programs in the training process, the issues of their development and implementation today remain highly relevant and problematic. This is due, on the one hand, to the state of development of information and communication technologies in Uzbekistan, and on the other, to bringing the education system in the field of physical culture in line with the needs of time and scientific and technological progress (2, 76 p).

Despite certain difficulties associated with the organizational, material, technical, scientific and methodological aspects of the development and implementation of modern information technologies in the field of physical culture and sports, new information technologies penetrate into all areas of education in the Republic of Uzbekistan.

At this time, there is a need to move from traditional forms of training aimed primarily at the accumulation of certain knowledge and skills, to the use of modern information and communication technologies, allowing much more efficient to collect, process and transmit information, to work independently and self-education, qualitatively change the content, methods and organizational forms of training.

Currently, a significant number of new information technology tools have been developed and operated, their fleet changes almost every year. The tools and systems of the new information technology that are used and potentially can be used in education include computers of all classes (from "super" to "palm-top"), display, printer, memory, speech input device to a computer, scanner, keyboard, databases, knowledge bases, multimedia systems, video text, teletext, TV-Inform, modem,

pad, computer networks, e-mail, electronic conferences, information retrieval systems, digital cameras, expert training systems, graphic output devices information, hypertext systems, television, radio, telephone, fax, voice e-mail, newsgroups, bulletin board, Internet navigation software, automated libraries, educational software, security equipment, publishing systems, CD-ROM, systems text recognition, software systems (programming languages, translators), speech text synthesizers, data transmission devices, radio stations (KB, VHF, satellite), pagers, "virtual reality ", geographic information systems. This list is far from complete, but it gives an idea of the variety of systems and means of new information technology.

In recent years, the work of such scholars as P.Sh. Shylmanov, B.A.Abdullaev, L.H.Zainutdinova, D.L.Krechman, I.Robert, A.I. Pushkova et al. (3, 180-183 p). As for the field of physical culture and sports, the introduction of modern information technologies in the training process is observed. Scientists have identified the main trends in the use of modern information technologies in the professional activities of specialists in physical culture and sports.

These include:

- creation and use of programs of control and self-control of knowledge in various sports and pedagogical disciplines;
- educational multimedia systems;
- the creation and use of a database;
- simulation of computer competitions, tactical actions and the pedagogical process;
- the use of information technology to service the competition;
- automated psycho diagnostic methods;
- automated methods of sports and educational activities;
- automated methods of functional diagnostics;
- organization of distance learning.

The process of introducing information technologies into the educational process in the field of physical education began relatively recently and now seems to be incomplete. As scientists note, this is due to a number of such reasons; weak material and technical base of universities, constant updating of software and hardware, insufficient computer literacy of teachers and students. Thus, the information culture of the teachers of physical education faculties themselves and their readiness to use modern information technologies in the system of training and raising the level of skills for specialists in physical culture and sports are still not at a high level and leave much to be desired. For free orientation in information flows, a modern specialist of any profile should be able to receive process and use information using computer technologies. This fully applies to specialists in physical culture and sports. The computer, as scientists note, will not become a tool in the activities of future specialists until the teachers of physical education universities and physical education departments have mastered this tool perfectly. Therefore, the ability to use a computer in training and in the professional activities of specialists in physical culture and sports becomes one of the necessary qualities of a teacher. The problem of choosing the optimal software and methodological support and the very possibility of using new information technology in various fields of physical culture remain relevant. Currently, in the educational process in physical culture, computer programs, automated diagnostic systems are used, the use of which allows to obtain high efficiency of vocational-oriented teaching of students of higher educational institutions using the means of modern information technologies. Scientists are developing electronic textbooks in various disciplines that contribute to improving the cognitive activity of students and the formation of their steady interest in the discipline under study. Also developed and used in the educational

process are computer control programs for independent work of students, which allows, first of all, to individualize the control of independent learning activities for any number of students.

Nowadays, in higher educational institutions there are computer programs in physical culture, such as "Sport Complex", "Sport and Art", "Sport Test", and "Athletic Fitness".

The "Sport Complex" was based on physical exercises designed to relieve physical and mental stress, relaxation, and posture correction.

"Sport and Art" is a program in the form of an electronic textbook in which the elements are presented:

- artistic creativity of famous authors (A.A. Deineka, V.G. Stamov, etc.);
- Characteristics of sports, rules and technology.

The program "Sport-Test" is focused on testing knowledge on physical culture and physical fitness of students. As a result, they have increased interest in the types of knowledge presented, as well as changes in the development of mental processes (thinking, memory, attention), in the motives of behavior and activity. At the Department of Physical Education of the Samara State Aerospace University, a system of automated didactic tools has been developed, which has been successfully used in a number of educational institutions in Russia and Uzbekistan (4, 65-67 p).

The standard set of methodical and software-information systems of the system of automated teaching tools for an academic discipline includes: teaching aids (in print or computer form), audio and video materials for the initial acquaintance with the educational material; electronic multimedia textbooks to consolidate and control knowledge. Based on the technology of automated didactic complexes, the following educational complexes have been created and introduced into the educational process: "Basics of Physical Education", "Control and Self-Control of Physical Development", "Recreational Run" and "Athletic Gymnastics".

All educational complexes consist of a textbook for the initial acquaintance with educational material and an electronic textbook for understanding, consolidating and controlling knowledge. Electronic textbooks have versions for MS DOS, Windows 9x and the Internet. Each electronic textbook contains theoretical and methodological material and a set of test questions for mastering and consolidating the theory.

Based on the foregoing, it can be noted that new information technologies in relation to education are a new educational organization using modern technological tools, primarily computer technology, which has a significant impact on the content and teaching methods, makes available to the participants of educational process of new technical means of teaching and teaching.

In conclusion, it is necessary to show the development of the problem of information and computer support for training students in the field of physical education, which was carried out within the framework of two areas of informatization of education: improving the efficiency of pedagogical activity and improving educational and pedagogical management of the student training process which led to positive indicators in the development of personnel training in the field of physical education, culture and sports in Uzbekistan.

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