



USE OF PEDAGOGICAL AND MODERN INFORMATION TECHNOLOGIES IN THE THEORY OF PHYSICAL EDUCATION

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Abstract:

Today, the role of modern, advanced pedagogical and Information Technology in educating students is very important. In fact, modern, advanced pedagogical technologies in education increase the productivity of the educational process, form the creative thinking process of students. In a word, modern advanced pedagogical technologies, firstly, provide students with the opportunity to improve their knowledge, skills and abilities, and secondly, they contribute to the professional growth, spiritual development of the student as well.

The article explores the issues of introduction of pedagogical and information technologies in the science of physical education theory.

Keywords: innovation, pedagogical Technology, Information Technology, theory of physical education, physical maturity, healthy lifestyle

INTRODUCTION

One of the most important factors in the development of physical education and public sports in our country is the formation of the physical culture of our people. For this, one of the main goals is to deepen the theoretical knowledge of our people in the field of physical culture, to correctly form concepts and terms related to skills and qualifications related to physical activities.

The attention given to the education and health of the young generation today is the attention given to our tomorrow. It is not a secret to anyone that unprecedented work is being done in this regard in our country, including that positive work is being done in several areas to improve the level of health of the population. It should be emphasized that preschool education and education of physically and mentally mature individuals from elementary school age is one of the urgent issues facing today's education.





RESEARCH MATERIALS AND METHODOLOGY

For this purpose, today in Uzbekistan, the development of physical education and sports is considered at the level of state policy, and it is used as an important area of strategic importance for the health of the nation's gene pool, the education of a generation with physical and intellectual potential, and the promotion of the ideas of national independence.

It is known that the field that forms the social essence of a person in accordance with the demands of society is called the public education system, and the person who implements it is called a teacher or teacher. From time immemorial, attention has been paid to the personal social qualities of teachers, and based on the demands of each time, the requirements for pedagogues have been improving and becoming more complicated.

Thus, new technical tools and new technologies are one of the most important components for introducing a new procedure to education. However, knowing how to implement and use them in practice is actually crucial. For this, it is necessary to spend a lot of time, effort and special training, that is, with the implementation of innovative processes in education, the role of the teacher does not decrease, but increases even more at the higher stages of the educational process. This requires the pedagogue to analyze his knowledge anew and critically.

Modern pedagogical technology is continuously enriched with technological processes in other fields and acquires new opportunities to influence the traditional educational process and increase its effectiveness. Technological development of the educational process is a historical reality and process. Informatization is a revolutionary turn in this process and an important stage in it.

Information technology is a component of pedagogical technology, which is used in the educational process as an improved modern type of technical tools. Information technology has been present at various stages of human development. A characteristic feature of today's information society is that "for the first time in the history of civilization, the effort spent on obtaining and producing knowledge has exceeded the expenditure on energy, raw materials, materials and material consumer goods, that is, information technology has replaced all existing technologies and in particular, it occupies a leading position among new technologies.

"In contrast to the careful development of the methodical development of the lesson, which encourages the teacher to perform effectively, educational technology is oriented towards the activity of students, it serves to create the necessary conditions for the independent mastering of educational materials, taking into account the individual and joint activities of students" [1, 56]. The rapid development of science,





technology, production and technology has opened up new prospects for the development of society in all spheres of life. Humanity's centuries-old experience of building a state and society led to the decision of advanced approaches to regulating social relations based on new approaches. At the same time, the flow of information enters the social life of the Republic at a rapid speed and covers a wide range.

Education is a process of comprehensive development of a person based on a specific, specific goal and socio-historical experience, formation of his mind, behavior and worldview. Education is a process of activity aimed at bringing the young generation to maturity in all aspects towards a certain goal, forming social consciousness and behavior in it.

RESEARCH RESULTS AND DISCUSSION

The essence of education is different in each period, and its content is derived from social goals. Although the idea of education is expressed in different ways, it expresses unanimity according to the nature of orientation and object.

Education is a pedagogical process organized for the purposeful improvement of the personality, which allows regular and systematic influence on the personality of the student. Pedagogically correct organization of students' lives and activities in the educational process is extremely important. In particular, attracting young people to physical education and sports and ensuring their regular participation will have a positive effect on their education. Physical education is a pedagogical process aimed at improving the human body morphologically and functionally, forming and improving basic movement skills, skills, and related knowledge important for its life. It should be noted that the purpose of physical education in our country is to educate the people of Uzbekistan to be physically mature, active builders of the legal state, ready for creative work and defense of the Motherland. "This goal is common to all organizations and institutions implementing physical education in the country. The generality of the goal is one of the main laws of the physical education system" [2, 36]. Informatization of professional education in the field of physical education and sports imposes new requirements on professional qualities and training level of specialists. Mastering modern information technologies is one of the main components of the specialist's professional training, which requires the development and implementation of professionally oriented programs and courses aimed at acquiring the necessary knowledge and gathering personal experience in using them in their professional activities.

Knowledge of modern information technologies, their skillful use creates real





opportunities for training a specialist in a completely new content that was not used before in the educational process.

The skills of searching, selecting, evaluating, and using information are gradually beginning to be seen as a key component of general literacy.

The strategic direction of the development of the education system in modern society is the intellectual and moral development of a person based on purposeful independent activity in various fields.

It focuses on 3 main tasks:

1. Reform of the educational system.
2. Recognition of the principle of independent activity as the main principle of education and training.
3. Introducing modern information technologies into the educational process.

Informatization of the field of education in the information age of the 21st century, in every educational institution:

- teaching and learning process;
- management of the educational institution;
- departments of the educational institution;
- requires information about the educational institution's activity environment.

New pedagogical and information technologies cannot be separated from each other, because the widespread introduction of new pedagogical technologies changes the educational paradigm, and only modern information technologies can ensure the effective use of new pedagogical technologies.

A comparison of the main indicators of pedagogical education in the environment of traditional and modern information technologies has clearly shown the promising nature of informational pedagogical education.

Despite the considerable potential of modern information technologies in the system of higher physical education, they have not yet been used sufficiently. The following tasks are set before the scientific community in solving the problem of using information technologies in the training of physical education specialists:

- development of the pedagogical concept of training physical education and sports specialists under the conditions of using modern information and communication technologies;
- regularly improve the qualifications of professors and teachers of physical education institutes of physical culture faculties on issues of using modern information technologies in physical education;
- solving issues related to equipping physical education institutions with appropriate technical means and communications in accordance with specific goals.





CONCLUSION

In short, future physical education specialists (students) should see the advantages and opportunities of modern information technologies in practice, in the course of training, conducting scientific research, etc. in their own experience.

Summing up from the above, in the process of education, physical education teachers should apply the above-mentioned methods in practice in organizing the activities of students in physical education classes, research and implement modern methods and methods of advanced pedagogical technologies, develop scientific and practical methodical recommendations, and physical education and puts a great responsibility on sports professionals.

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