



IMPORTANT ASPECTS OF USE OF INFORMATION TECHNOLOGIES IN THE FIELD OF SPORTS

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ABSTRACT:

Since the development of human capital is the main factor of modern development, it is necessary to mobilize all means, factors, sources and structures in this way. In particular, it is necessary to pay special attention to human health, to develop factors that serve to ensure health, to develop measures and to study existing problems.

One of the important factors in human health is physical education and sports. In our country, a number of activities are being carried out to popularize physical education and sports.

Keywords: culture, physical culture, education, physical education, ability, sports, physical training, coach.

INTRODUCTION

Currently, in our country, attention is paid to physical education and sports at the level of state policy. In this regard, several regulatory documents aimed at the development of the industry have been adopted. Involvement of the population in physical education and sports, development of sports, formation of modern sports are being developed.

Today, it is becoming necessary to mobilize all means, to develop and implement systematic and continuous measures in the popularization of physical education and sports. Therefore, in the development of physical education and sports, it is important to study the problems related to social and humanitarian sciences in mutual cooperation or to develop the sciences that study these problems.

The complexity of socio-economic, political and social processes, the change in the dynamics of processes in all spheres of human activity, made it necessary to satisfy the need for information important for the society by increasing knowledge and stimulating the development of new tools.

MAIN PART

Indeed, a person's health depends in many ways on himself. To do this, he must lead his life wisely, live a healthy lifestyle and follow the requirements of a culture of life to prevent any disease. A healthy lifestyle includes increasing a person's cultural and





physical development, productivity and creativity. A healthy lifestyle is one of the key measures in disease prevention. A healthy lifestyle allows a certain amount of mental and physical needs to be met satisfactorily.

Spiritual and educational events organized in educational institutions, the introduction of the subject "Healthy Lifestyle" in the curriculum, articles published in newspapers and magazines, radio broadcasts, television programs to create a need for a healthy lifestyle in the younger generation, the benefits of such a life. aimed at creating the right image.

One of the key factors in a healthy lifestyle is proper nutrition. With the exception of hereditary diseases, the cause of almost all existing diseases is surprisingly the same, which is due to the wrong lifestyle and poor diet.

The concept of lifestyle includes the following set of components:

the first is the creative activity that transforms nature, society, and man himself;

second - the method of meeting material and spiritual needs;

third - the form of participation of people in the sphere of social and political activity and public administration;

fourth - cognitive activity at the level of theoretical, empirical and value orientation;

fifth - society and its social systems (people, class, family, etc.).

In turn, the rapid development of information technologies embodies the global information revolution, which encourages the further development of society and increases the value of information. This brings education to a single information field based on information technologies, telecommunication systems, modern material and technical base. Information is one of the most important strategic and management resources, and its creation and use serve as a necessary basis for the effective development and functioning of various spheres of social life.

In order to have quality information, first of all, it is necessary to collect initial information from information sources.

Informatization processes serve as the main basis for human perfection, which is considered the main social productive force of society. It gives people a great opportunity to improve their skills in the wide application of the most modern computer equipment and to test their inexhaustible abilities in practice. Arming people with modern technologies that enhance information processing capabilities is the most important technical and economic task that requires rapid development of the information industry. The use of information technologies in physical education and sports ensures the quality, accuracy, objectivity, reliability and speed of information on sports and wellness processes, making it possible to make and implement management decisions in a timely manner. Therefore, the formation of the





national system of information is one of the most urgent tasks of today, and it is the main factor of the development of the society.

The main criterion for the introduction of information technologies should be aimed at solving the problems of public administration in the conditions of any market relations of each specialist.

The product of information technologies includes an information system that is used in all areas of human activity and has an organizational, economic and social structure. Information systems and technologies are being used more and more widely in various spheres of personal activity from year to year. The goal of their creation, implementation and widespread use is to effectively solve the problems of society and the entire life of a person in terms of informatization.

Such large-scale reforms carried out in our country today require the formation of a continuous physical education and sports education system in many ways. Training of new-thinking, qualified, well-educated specialists, especially personnel who can widely use information and communication technologies, remains the demand of the time.

Now, as a result of the development of science, technology and innovative technologies, the interest and attention to increase the effectiveness of education by using interactive methods (innovative pedagogical and information technologies) in the educational process is increasing day by day. Trainings using modern technologies in the educational system are aimed at young people searching for acquired knowledge, independently studying and analyzing it, evaluating their knowledge, and drawing correct conclusions.

The indicated measures will increase the active role of telecommunications, computer and information technologies in increasing the efficiency of the country's economy, ensure that people's activities and lives are equipped with the most modern types of technical devices and services, and enable the successful integration of the republic into world processes.

Wide use of didactic materials that determine the effectiveness of information technology and technical tools is one of the main features of modern pedagogical technologies. In the national program, special emphasis is placed on this important tool for managing the educational process. The level of use of information tools (computer, electronic communication, radio, television) is determined by two factors:

Development of didactic materials on the topics that information media can be effective for the educational process.

Checking the readiness of teachers to use technical tools and didactic materials methodically correctly in small practical activities.





The intended goal can be achieved only when the informed educational process is planned in advance. Computerization of the pedagogical process is one of the main directions and a must-do area of modern pedagogical technologies.

In particular, the use of information and communication technologies in the educational system requires teachers and students to develop the skills to work comfortably in a new information environment. In addition, the use of educational tools in physical education plays an important role in improving the quality and effectiveness of education.

In the 21st century, modern education cannot be imagined without information technologies. Organization of educational activities on the basis of information and communication technologies further develops the student's thinking ability. Because the student receives new knowledge in a practical way with the help of personal activity. One of the main goals of today's education system is to organize lesson processes with the help of ICT in the teaching of physical education activities. When the physical education teacher uses the elements of information technology in the course of the lesson, the students try the processes of receiving, transmitting and processing information.

Electronic textbooks are available for this purpose and should organize wide use of educational and pedagogical programs. As a result, students' computer literacy increases by performing actions such as searching for information about science, storing it, processing and transmitting it, the theory of physical education also reduces knowledge, which increases the ability to think logically and has a good effect on solving problems. The subjects of the educational and pedagogical programs used are selected depending on the age of the student. They should be built on the basis of examples that go from simple to complex. Also, the teacher had real-life examples to illustrate the topic if educational pedagogical programs are used, a great opportunity is created for the student to remember the subject. Another factor of the use of information communication tools in the teaching process is the possibility of control in most pedagogical programs, which facilitates the assessment of the student's knowledge. The teacher quickly analyzes the student's answers, based on the acquired knowledge, the student can learn the science of physical and natural gymnastics independently, effectively using computers and electronic textbooks.

Physical education teachers, like other subject teachers, can achieve their goals using video lessons. Students' knowledge increases by hearing the theoretical part of the visualization. Scientific research shows that animation and modeling can significantly improve conceptual understanding of molecular patterns of movement.





CONCLUSION

In fact, mutual information exchange serves further development in economic, political, cultural-educational and other fields. In the globalized world, information exchange has become an important factor of development.

It is known that once upon a time the possibilities of information transmission expanded with the emergence of oral speech, but the development of written speech started a new stage in this regard. Advances in science and technology have accelerated the process of globalization incomparably. Now, the rapid dissemination of any information through radio, television, press, telephone, fax, mail, and the Internet has an undeniable impact on the development of society. At this point, the idea that whoever has information, he owns the world, is being proven in practice.

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