



Impact Of Information Technology In The Field Of Physical Activity And Physical Culture

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ABSTRACT: It is known that the field that forms the social essence of a person in accordance with the needs of society is called the system of public education, and the person who implements it is called a teacher. From time immemorial, attention has been paid to the personal social qualities of teachers, and the requirements for teachers have become more sophisticated and complex, based on the requirements of each era.

At present, the development and widespread use of information and communication technologies is a global direction of global development. With the development of new technologies and the rapid growth of the informatization process in the country, special attention is paid to the organization of information resources in the field of education.

KEYWORDS: physical education, physical training, sports, tactics, information technology, modernization, innovation, professional activity, physical training.

INTRODUCTION

The lifestyle of people, their knowledge of sanitation, their ability to apply this knowledge in daily life and adhere to it strictly, their conscious attitude to their bodies and bodies, their attitude to their health are the most important conditions in health. These elements are factors that prolong health, physical and mental activity, longevity, longevity. In other words, the health of each individual depends primarily on his lifestyle, his conscious approach to these elements of life. In this regard, it is important to know that on the basis of a healthy lifestyle, all the factors present in the environment can affect the body, and to be able to effectively use these factors for their own health.

"In contrast to the careful development of the methodological development of the lesson, which encourages the teacher to work effectively, educational technology is focused on student activities, which serves to create the necessary conditions for independent learning of teaching materials, taking into account



the individual and collaborative activities of students"[1 , 56].The rapid development of science, engineering, production and technology has opened up new prospects for development in all spheres of society. Mankind's centuries-old experience in the construction of the state and society has led to the establishment of advanced approaches to the regulation of social relations on the basis of new approaches. At the same time, the social life of the Republic is rapidly flowing information and covering a wide range.

METHODS

Physical culture is an organic part of human culture, its special independent area. At the same time, it is "a mythical process and result of human activity, a means and method of physical improvement of a person. Physical culture influences on the vital important side of the individual , obtained in the form of the deposits , which are transmitted genetically and develop in the course of life under the influence of education , activity and environmental protection . Physical culture satisfies social needs for communication, play, entertainment, in some forms of personal self-expression through socially active useful activities.

At its core, physical culture has a purposeful motor activity in the form of physical exercises, which allow to effectively form the necessary skills and abilities, physical abilities, to optimize the state of health and working capacity. One of the most pressing issues facing the education system is the rapid receipt of information, its analysis, processing, theoretical generalization, summarization and delivery to the student. The introduction of pedagogical technology in the educational process serves to positively address the above-mentioned problem."Therefore, it is necessary to make certain changes in the organization of the teaching process, including the principles of improving the narrative of teaching materials. At the same time, the introduction and use of modern information technologies in the educational process are the most effective ways to achieve this goal.

Informatization of vocational education in the field of physical culture and sports puts new demands on the professional qualities and level of training of specialists. Mastering modern information technologies is one of the main components of a specialist's professional training, which requires the development and implementation of professionally oriented programs and courses aimed at acquiring the necessary knowledge and gaining personal experience in their use in their professional activities.



RESULTS

The goal of education today is for the teacher to have as many ready, rigorously selected, appropriately organized knowledge and skills as possible. Of course, good craftsmen are always expensive. However, the society is not able to work with different sources of information, which are intellectually advanced, able to independently acquire new knowledge, to solve complex problems of employees independently and rationally.

Modernization of the educational process requires the transition from passive, mainly lecture methods of teaching the material to active group and individual forms of work, the organization of independent research activities of students; this allows you to train a specialist who has a specific personality and organize the activities of students who participate in a variety of settings. This, in our opinion, can help to introduce information computer technology into the learning process.

DISCUSSION

One of the most important tasks of informatization of education is the formation of an information culture of the specialist, the level of which is determined primarily by knowledge of information, information processes, models and technologies;

second, the ability to apply the tools and methods of information processing and analysis in various activities;

third, the ability to use modern information technology in professional (educational) activities;

fourth, to see the environment as an open information system.

The use of modern information technologies in the education system in the educational process includes computer modeling of educational activities aimed at computer modeling, information, programming of educational activities, associative method, test method, active learning game method, project methods, "non-surrender tasks", situational modeling and others.

"Teaching information computer technology is not just a transfer link between teacher and educator: changing teaching methods leads to a change in the content of learning activities, which is increasingly independent and creative, helping to implement an individual approach to education"[2, 34].

The sharp decline in computer hardware and software development has contributed to the introduction of technologies such as multimedia technologies, Internet technologies, web design into the educational process.



Their proper use contributes to the complex development of a person's personality and abilities.

The sharp decline in computer hardware and software development has contributed to the introduction of technologies such as multimedia technologies, Internet technologies, web design into the educational process. Knowledge of modern information technologies, their skillful use creates real opportunities for the training of specialists with a completely new content, which has not been used before in the educational process.

The content of the main components of information training should be designed to serve as a basis for the formation of an information culture of the physical education and sports specialist in the future. At the same time, the specificity of the field of future professional activity should be reflected in the solution of certain practical problems in the laboratory and practical training.

CONCLUSION

Ensuring the required level of information culture of the specialist cannot be the goal of a single training discipline; It is necessary to introduce modern information technologies in the teaching of all special disciplines of specialized departments, which requires a high level of professional training of professors and teachers, acquaintance with the potential of these technologies, the ability to use these opportunities in practical and scientific activities. In short, future physical education professionals (students) should see in their own experience the advantages and opportunities of modern information technology in practice, in the process of training, conducting research, and so on.

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