

INFORMATION TECHNOLOGIES IN PHYSICAL CULTURE AND SPORTS

Botirov Bakhrom*

*Lecturer,
Fergana State University,
Fergana City, UZBEKISTAN
Email id: botirov_b@gmail.com

DOI: 10.5958/2278-4853.2022.00282.8

ABSTRACT

One of the pressing issues today is the use of modern information technologies in education, the development of effective approaches, the introduction of advanced methods of education to closely acquaint the growing younger generation with the achievements of world civilization, the radical improvement of the system of training potential specialists, and ensuring their large-scale use of World Information Resources. Information technology (IT) is a set of interrelated scientific and technical fields of knowledge that study and apply in practice methods of creating, processing, storing, protecting and transmitting information using computer technology. In other words, it is a practical application of technology and capabilities.

KEYWORDS: *Education, Physical Education, Physical Activity, Physical Culture, Physical Education Theory, Health, Sports, Upbringing Of A Healthy Generation, Healthy Lifestyle, Modernization.*

REFERENCES:

1. A.Normurodov. Physical education. Study guide. Tashkent, 2011
2. I.Khaydarov, R.Tojiboev. The concept of motive, its role in sports activities and motives of athletes' attitudes towards mutual rivals. Proceedings of the international scientific conference "Modern trends in the development of the theory and methodology of physical culture and sports." Chirchik, May 24-25, 2019.
3. Abdumalikov R. Physical Education and Sports In The Upbringing Of A Healthy Generation. Educational-Methodical Manual. Tashkent, 2003
4. Tuxtanzarov, I. U., & Maxmutaliev, A. M. (2020). Socio-Pedagogical Function Of Sport In The Spiritual Perfection Of Youth. *Scientific Bulletin Of Namangan State University*, 2(1), 367-372.
5. Yuldashev, I. A. (2020). Pedagogical Bases Of Formation Of Social Activity In Pedagogical Sciences. *Теория И Практика Современной Науки*, (5), 67-69.
6. Yuldashev, I., & Toshboltaeva, N. I. (2020). Analysis of Personality Traits In Athlete Activities. In *Психологическое Здоровье Населения Как Важный Фактор Обеспечения Процветания Общества* (Pp. 72-74).

7. Axmedov F. K. The Role of National Traditions In Physical Education. Monograph. Tashkent, 2010
8. Tuxtanzarov, I. U., & Maxmutaliyev, A. M. (2020). Scientific and Methodological Problems of Wrestling Development. *Theoretical & Applied Science*, (1), 781-785.
9. L.P.Matveev. Theory and Methods of Physical Culture. Textbook. M., 1991
10. Mehmonov, R., & Parpiev, O. (2020). Pedagogical Requirements For Physical Education Teachers. *Theoretical & Applied Science*, (5), 758-761.
11. Азимов, А., Азимова, М., & Меликузиев, А. (2021). Разработка Научных Основ Подготовки Спортивного Резерва. *Общество И Инновации*, 2(8/S), 283-286.
12. Азимов, А. М., Меликузиев, А. А., & Азимова, М. К. (2021). Инновационные Преобразования В Педагогике Физической Культуры И Спорта.
13. Азимова, М. К., Тургунова, З. З., & Меликузиев, А. А. (2021). Экологические Факторы И Репродуктивное Здоровье Женщин.
14. Азимов, А. М., Меликузиев, А. А., & Азимова, М. К. (2020). Разработка Концепций И Стратегий Развития Образования В Подготовке Спортивного Резерва. In *Университетская Наука: Взгляд В Будущее* (Pp. 294-296).
15. Меликузиев, А. А., Мирзакаримова, С. С., & Азимова, М. К. (2020). Роль Гигиенического Воспитания Школьников В Профилактике Заболеваний. In *Университетская Наука: Взгляд В Будущее* (Pp. 253-257).
16. Mukhidinov, A., & Tillaev, S. (2022). National Sports Games In The Neighborhood The Importance Of Establishment. *International Journal Of Research In Commerce, It, Engineering And Social Sciences Issn: 2349-7793 Impact Factor: 6.876*, 16(3), 83-86.
17. Mukhidinov, A., & Tillaev, S. (2022). Specific Characteristics Of Sports Games. *International Journal Of Research In Commerce, It, Engineering And Social Sciences Issn: 2349-7793 Impact Factor: 6.876*, 16(3), 69-72.
18. Mukhidinov, A., & Tillaev, S. (2022). Ways to Apply Physical Education In The Family. *International Journal Of Research In Commerce, It, Engineering And Social Sciences Issn: 2349-7793 Impact Factor: 6.876*, 16(3), 78-82.
19. Mukhidinov, A., & Tillaev, S. (2022). Classification of Sports Games. *International Journal Of Research In Commerce, It, Engineering And Social Sciences Issn: 2349-7793 Impact Factor: 6.876*, 16(3), 51-54.