

INFORMATION TECHNOLOGIES IN PHYSICAL CULTURE AND SPORTS

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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.*

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.

Historically, the issue of education has been the most pressing issue in society, and today it is one of the main issues. Because the education of the members of the society is the decisive force in the whole existence of the society of its time, that is, its development, well-being, enlightenment and spirituality, economic stability, cooperation of the members of the society, peace in the world, joint solution of various problems is calculated. Physical culture, which is an integral part of such a unique system, has a unique role to play in ensuring the full development and activity of members of society. Taking this into account, special attention is paid to physical culture in our country.

“Physical culture is a set of special measures, including the physical development of a person by directing the special means and methods of sports and culture, along with the means of physical education in the comprehensive education of the builders of a new society, mature people. Physical culture is a part of the general culture, the development of which depends on the level of socio-economic development of society”[1, 57].

In the education system, physical culture is taught as a subject, and this subject has its own set of objectives. The goal of the science of physical culture is to achieve physical maturity, comprehensive education, preparation of them for active participation in a democratic state based on the rule of law, creative work and defense of the Motherland. To achieve this goal, of course, will be achieved through the study of the science of physical culture in the field, the implementation of the data obtained as a result of scientific research in practice and teaching students. In this way, the knowledge, skills and abilities of members of society in the field of physical culture are developed.

MAIN PART

It is no secret that the result of unhealthy lifestyle and insufficient physical activity causes unpleasant situations among the population, among young people, namely - non-communicable diseases such as cardiovascular disease, malignant tumors, chronic respiratory diseases and diabetes. Are the leading causes of death? They are mainly caused by risk factors such as high blood pressure, consumption of tobacco and alcohol products, high blood cholesterol, overweight, inadequate consumption of fruits and vegetables, and sluggish physical activity.

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.

The task of teaching information and communication technologies in physical education and sports education – taking into account the conditions of the modern market economy, it is necessary for each member of society to give knowledge, skills and abilities related to information and communication technologies necessary for physical and labor activity and everyday life, as well as to summarize the practical activities of students with their vital imagination and strive to consciously master and apply the concepts and, the formation of consistent logical thinking in students consists in promoting the development of their intelligence, in the fact that they can find optimal ways to solve problems in nature and society, in the formation of ideas about information and communication technologies as a component of universal culture[2].

One of the conditions for the economic growth of the country and improving the quality of life of its citizens is the scientific development and practical implementation of innovations and innovative technologies in all spheres of human activity. With regard to Uzbekistan, it can be noted that the country's future depends on the ability of the economy to develop scientific innovations and introduce industry innovations, including in the sports industry [3].

The use of IT in sports events as a sports management tool. It includes solving logical tasks to regulate the flow of athletes and spectators, planning financial and demographic aspects,

advertising and information support of sports events, financial and legal record keeping, as well as solving other tasks.

Such large-scale reforms carried out in our country today necessitate the formation of a system of continuous physical education and sports education from the very beginning. The training of new thinking, qualified, deeply educated specialists, especially personnel who can widely use information and communication technologies, remains a requirement of the period.

When a physical education teacher applies elements of information technology in his discipline during the lesson, students experience such processes as receiving, transmitting, and processing information. To do this, it is necessary to organize the widespread use of existing "electronic textbooks" and educational pedagogical programs on subjects[4]. As a result, students' search for information on the subject increases computer literacy, performing actions such as its preservation, processing and transmission, the theory of physical education also assimilates knowledge, which allows curiosity to develop the ability to think logically and gives a good effect when solving problems [5]. The topics in the educational pedagogical programs used are selected depending on the age of the student. They should be built on examples that go from simple to complex. In addition, when the teacher uses educational pedagogical programs with live examples in covering the topic, the student has a better chance to remember the topic. Another factor in the use of information communication tools in the processes of the lesson is the possibility of control in most educational pedagogical programs, which facilitates the assessment of students' knowledge. The teacher quickly analyzes the student's answers, based on the knowledge gained; the student can independently master the subject of physics and gymnastics, effectively using computers, electronic textbooks on the following topics.

The role of IT in sports competitions is increasingly expanding.

Tasks:

- To identify the main directions of the use of information technologies in physical culture and sports;
- To study the application of information technologies in this field.

Computer and information technologies are used:

- To create models of training and competitive situations;
- For information and methodological support and management of organizational and educational process in sports organizations, etc.;
- As a means of automating the processes of processing the results of competitions;
- As a means of automating control processes, computer testing of physical, functional, mental and psychological states of students and correcting the results of educational and training activities;
- In advertising and business activities in the field of sports.

The main amount of information technology is devoted to the creation of automated systems and applied software products that simplify the management of the training process. ReconJet interactive sports glasses are glasses adapted primarily for outdoor sports training. From a

technical point of view, the Recon Jet glasses have a camera that has the ability to shoot HD video with a resolution of 720p, 8 GB of permanent flash memory, a 3D accelerator, a Wi-Fi and Bluetooth wireless communication module, as well as a Micro USB port connection.

The miCoach Smart Ball has been around for several years, and it is automatically determined whether it has crossed the goal line or not. And the new development of Adidas footmarch miCoach Smart Ball can act as a personal trainer for a football player, helping him to hone his skills in applying a variety of punches (penalty, penalty, range, corner, etc.). Modern technologies help sports fans to see all the clearest details and the picture as a whole. A few years ago, the mistakes of athletes could only be confirmed by a coach or a judge, but now any movement can be decomposed into specific parts and each person can analyze the real action with the help of modern digital technologies. For example, the Hawk-Eye complex, known for tennis, although it is also used in snooker, cricket and football, was invented in order to facilitate the work of referees, since there were a large number of situations in which ordinary cameras were powerless. In tennis, Hawk-Eye tracks the ball hitting the playing field area, and based on the results that the complex gives out, the referee in a disputable situation is able to determine whether the ball hit the out or whether it touched the playing field. This program is able to recognize a ball flying at a speed of more than 150 km/ h, and this despite the fact that there are no chips or any other additions to the design in the ball. In football, Hawk-Eye checks whether the ball has crossed the goal line. If the ball has crossed this line, a signal from this program is sent to the bracelet of the chief referee.

Football fans have been waiting for the introduction of this system for a long time, since there were such precedents when people who watched the game on TV saw a goal, but the main referee of the meeting did not, because it was impossible to see the goal without the help of a camera.

CONCLUSION

Thus, in the course of our research, we examined the use of information technologies in sports and physical culture of the population. Of course, in the conditions of the modern world, the informatization of society is getting bigger every day. But in addition, in the course of our work, we faced a problem: it is known that not all sports schools, universities and sections can afford modern information equipment.

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