

## IMPLEMENTATION OF MODERN INFORMATION TECHNOLOGIES IN TRAINING SPECIALISTS IN PHYSICALCULTURE AND SPORTS

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### Key words

sport, information, training, load, informatization, technology, physical education, modeling of computer competitions.

### Relevance

For free orientation in information flows, a modern specialist of any profile must be able to receive, process and use information using computers, telecommunications and other modern information technologies [1]. The pace of development of social culture, the constantly changing needs and interests of people force specialists in the field of physical culture and sports to master more and more new knowledge, the latest sports and physical education techniques, as well as modern information technologies. In the history of mankind, there are three global socio-technological revolutions - agricultural, industrial and information. The last of them is currently taking place and is being implemented as a process of informatization of public life and the introduction of modern information technologies. The end result of the information revolution should be the creation of a new post-industrial, information civilization [2,4]. Informatization of society is a purposeful process of changing the social information environment. The goal of informatization of society is to increase the efficiency of exploitation of society's resources through systemic computerization of all stages of the information life cycle - its creation, accumulation, storage, processing and use. Information resources are understood as a set of information as a product of population activity [3,4].

**The purpose of the work** is the introduction of modern information technologies in the system of physical education and sports, the degree of their application and the study of results in this area.

The modern strategy of progress in the advanced countries of the world is based on the concept of comprehensive cultural, intellectual, professional and physical development of the individual's potential. At the same time, the main place in the implementation of its goals is given to the education system. Today, by increasing the level of education of the population, the developed countries of the world receive almost half of the gross national product. Therefore, informatization of education in the world in general, and Uzbekistan in particular, is acquiring great importance. The successes of our country in the 21st century, its ability to choose and implement the optimal historical trajectory fully depend on the availability of the modern educational and information sphere of society. The state of the information sphere depends critically on the level of education in the country.

Informatization of physical education should be aimed at achieving two main goals: - the first, as the highest priority now and in the near future, is training specialists for subsequent professional

activities in the conditions of informatization of society; - second, increasing the level of training of specialists by improving training technology based on the use of modern information and communication technologies. The first goal should be achieved by a modern approach to the content of physical education, which involves the study of information technologies as a means of presenting, processing and assimilating information. Knowledge of these technologies and their skillful use create real opportunities for including fundamentally new content in the training of a specialist, previously unavailable for use in the learning process. The skills of searching, selecting, evaluating information and its further use are gradually beginning to be considered as a basic component of general literacy. Until recently, when the ability to use information technologies in professional activities was not such an important factor in the training of a specialist, information training in institutes and faculties of physical education was reduced to "listening" to a small, less professionally oriented course such as "Informatics", most often without the availability of financial resources. - technical base, which no longer meets the requirements of today. Achieving the second goal is almost inextricably linked with the first. The fundamental solution to the problem of increasing the level of training of specialists by improving training technology based on the use of modern information and communication technologies lies not so much in the technical capabilities of modern technologies, but in the lack of scientific and methodological support for the use of these achievements. The main directions of using modern information technologies in the professional activities of specialists in physical culture and sports are already being outlined. These include: - creation and use of programs for control and self-control of knowledge in various sports and pedagogical disciplines; -educational multimedia systems; - modeling of computer competitions, tactical actions and pedagogical process; - use of information technologies in organizing and conducting scientific research; - automated methods of sports and pedagogical activities; - automated methods of functional diagnostics; - organization of distance learning, etc. The main objectives of information training at present should be: - generalization and deepening of theoretical knowledge about the basic concepts and methods of information as a scientific discipline; - formation of skills and abilities to work on a personal computer; - study and mastery of methods and methods of applying modern information technologies in professional activities.

**Conclusions.** The content of the main components of information training should be structured in such a way that they can serve as the basis for forming the foundations of the information culture of a future specialist in physical culture and sports. At the same time, the specifics of the subject area of future professional activity should be reflected in the solution of specific applied problems in laboratory and practical classes. An analysis of the state of the issue shows that, despite the significant potential of modern information technologies in the system of physical education, they have not yet found proper application. To solve the set tasks it is necessary:

- to develop a pedagogical concept for training specialists in physical culture and sports in the conditions of using modern information and communication technologies; - to formulate the basic requirements for information training of specialists in physical culture and sports for inclusion in the qualification characteristics and in the state educational standards of the new generation; - conduct further scientific research in order to study the capabilities of modern information and communication technologies in the training of specialists in physical culture and sports; - prepare textbooks and teaching aids for publication, including in electronic form, to ensure the educational process, taking into account the professional orientation of future specialists in physical culture and sports; - purposefully resolve issues related to equipping physical education institutions with appropriate technical means and communications. Thus, the use of computer programs for individual use in the organization of physical self-training of students allows not only to increase the level of

their general physical fitness and effectively develop lagging physical qualities, but also to increase interest, awareness, and systematicity of independent training. And this, in turn, will help improve the level of professional training of future physical education specialists.

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