



Methodology of Use of Information Technologies in Organization of Physical Education and Sports Classes in Higher Education

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Abstract: The article emphasizes the importance of the use of information technology in the organization of physical education and sports lessons in higher education, the formation of worldview and thinking, the formation of physical, spiritual and moral qualities, the future of physical education and the teaching of physical education and sports.

Keywords: sports, pedagogical technologies, pedagogical process, information, information technologies, modern pedagogical technology, methods, criteria, practical lessons, interactive education, figurative thinking, intellectual development.

The relevance of the example. The idea of national independence in the independent Republic of Uzbekistan is based on the establishment of a humane, democratic, legal state and society, as enshrined in the Constitution of the Republic, as well as the promotion of the highest levels of socio-economic and cultural development.

The positive effect of these goals is, first of all, the effective teaching of the basics of scientific knowledge to the younger generation, the formation of a broad outlook and the scope of thinking, the formation of physical, spiritual and moral qualities. Because, to create a bright future for the country, to spread its name in the world, to show to the public the national and cultural heritage created by great ancestors, to enrich them, to ensure that the independent Republic of Uzbekistan is one of the most developed countries in the world. When physical education and sports teachers integrate teaching methods, they should be prepared for the lessons, make effective use of a variety of teaching aids, and disclose the curriculum and methodology of the curriculum.

However, it should be borne in mind that the teacher has many other responsibilities, such as managing the teaching and learning process, making effective use of the



available teaching aids and making them as understandable as possible in the classroom. Therefore, it is necessary to use new pedagogical technologies in the teaching of physical education and sports. The aim is to ensure that the teaching style is such that students are able to fully master the subject in any situation. [1]

Methods and tools to increase the effectiveness of the use of modern pedagogical technologies, combining teaching methods in physical education and sports. Today, all teachers of physical education require the use of advanced pedagogical technologies, such as the organization of lessons on the basis of modern pedagogical requirements, innovative approach to lessons, the formation of independent thinking in the classroom.

Indeed, at a time when the processes of globalization are intensifying, the attention paid to physical education teachers who are directly involved in the general and special physical training of young people is becoming increasingly important. Because one of their important services is to direct students to professions such as education, culture, medicine, industry, production, and secondly, to a certain extent it serves to equip them with special physical training.

Today, teachers of the younger generation are fully equipped with modern innovative technologies, have the skills to use information and communication technologies wisely, and are aware of all the secrets of education in general.

In studying the issues related to the scientific and pedagogical activity of future physical education teachers, it is expedient, first of all, to analyze the content and essence of the concepts of this phenomenon.

In particular, we can see that the concept of "physical education" has a number of definitions. "Physical education is a pedagogical process aimed at the morphological and functional development of the human body, the formation and improvement of basic motor skills, knowledge and related knowledge, which are important for his life." [2] Definitions such as "physical training, physical training, aimed at strengthening the body in all respects, aimed at strengthening health" [3].

Special attention is paid to the level of understanding of students in the presentation of educational materials in the educational part of information technology in physical education and sports. The presented training materials are simple, convenient, visual and descriptive for students to master, as well as add definitions, key phrases and keywords to the learning materials.

In conclusion, interactive learning allows you to solve several problems at once. The main thing is to develop students' communication skills, help to build emotional connections between students, teach them to work in a team, to listen to their peers.



It is obvious that the use of information technology in physical education and sports and the improvement of the teaching process through information technology is a pressing issue. Presenting information to students on the basis of modern information technologies, without raising the level of figurative thinking and intellectual development, leads to a change in the relationship between process and traditional teaching.

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