



The Effectiveness of the Use of Gadgets in Physical Education Classes Among Students

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Abstract: The article presents an extended analysis of existing approaches and opportunities for the use of innovative technologies, devices, equipment and mobile applications in sports and physical education classes in higher educational institutions. Based on it, the possibilities of using gadgets in the field of monitoring the level of physical health and assessing the sports achievements of students are considered. Modern trends in the development of education require the systematization of existing materials, study of the concept and system of introduction of modern technologies based on information flows (gadgets), means and devices in the educational process in physical education classes.

Key words: Physical education, gadget, student, occupation, educational institution, sports, information technology.

The transition from the post-industrial to the information society, which is constantly carried out in modern conditions, requires a person to be able not only to quickly find the necessary information, but also to use new technologies to improve skills and abilities in various fields of knowledge. It should be noted that in recent years, the introduction of computer technologies in the physical education of pupils and students has become of great importance both for the diagnosis of health, physical development, motor indicators, and for pedagogical control. Since students spend more and more time not in gyms, libraries, theaters, etc., but on computers, tablets and other gadgets, there is an opportunity to use them profitably in the educational process.

The analysis of scientific and methodological literature and the experience of best practice indicate the need to increase the capacity of the use of information and communication technologies in the educational process of students in the direction of physical training. The purpose of this article is to determine the content and role of the use of gadgets in physical education classes for students.

The use of gadgets in the process of physical education of students is currently taking place simultaneously in two directions: the creation of educational resources adapted to the Internet, and the introduction of technologies into the educational process that fulfill pedagogical goals. It should be noted that the first direction has been a significant difficulty for a long time, since the market could not provide the educational system with a sufficient number of web designers who produced electronic learning tools, and system administrators for the development and implementation of special software. Nevertheless, in recent years, publicly available software products have been created that make it possible to produce high-quality digital educational resources for physical education classes without special knowledge of computer science.



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According to a number of domestic authors, it is necessary to solve several problems when using information and communication technologies and gadgets in the process of physical education of students. The first task provides for the creation of educational and methodological support for a new generation, which includes multimedia didactic teaching tools and electronic textbooks within the framework of learning through the use of gadgets. The second task is to develop and use computer-based tests and electronic programs to determine the success of participants in the educational process. As for the third task, the recent emergence of a large number of sports bracelets, fitness bracelets, smart watches, etc., makes it possible to assess the physical condition of young people directly during physical exercises. However, at the same time, today there is no methodological support for the analysis and evaluation of the results obtained with the help of various gadgets.

When solving the first problem, it is necessary to take into account that the new didactic organization of the information and educational environment of an educational institution requires a complete modernization of information sources. As you know, the main source of information in the presentation of theoretical material in the physical education classes of pupils or in the process of physical education of students, in the creation of an idea of the performance of various physical exercises, in the process of independent work, including the performance of homework, etc., are paper textbooks, in which, for example, the performance of technical techniques is described either by text or by static drawing. Schemes of various combinations, group actions of players in different phases of the game, as a rule, are presented as a set of lines and numbers. Such teaching aids dedicated to various sports have low visibility, detachment from reality and, as a result, a low percentage of perception of the material by participants in the educational process. Although the existing sports videos on CDs and Internet resources bring us closer to reality (you can see the movements of "live" athletes), they assign a passive role to the teacher or coach during the demonstration, who cannot show his individuality: change the sequence of actions, build his own learning trajectory or record his commentary.

The solution of the second task is due to the fact that against the background of significant physical and neuromuscular loads, the student needs to correctly perceive and interpret information for himself, program actions, and make decisions. During the training of various techniques, in addition to the above factors, an important place is occupied by the psychophysiological features of the development of the body, indicators of physical fitness and somatic health of the student. Therefore, when determining the success of student youth in the process of engaging in various sports, the leading place is given to the physical condition of the student.

Taking into account the above, it is advisable to develop a methodology for assessing the success of the acquisition of motor skills by participants in the educational process using information and communication technologies in physical education classes, which will be suitable for the training regime of a certain educational institution, taking into account the specifics of its aspen profile and the schedule of classes of students. The development of the assessment methodology is based on the methodologically competent construction of the process of teaching various physical exercises and requires a rational approach to the assessment of the individual physical condition of the participants in the educational process. The development of individually accessible norms in education is based on the process of creating mathematical models in the form



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of regression equations, where indicators of anthropometric or psychophysical development, physical qualities, functional capabilities of the body, etc. are used as variables. Operating with such models will allow the teacher (trainer) to make significant adjustments to the educational process, select the content of the student's special training taking into account an individual approach, and most importantly, assess the success during training.

The advent of various sports bracelets, fitness bracelets, smart watches and applications for various smartphones today makes it possible to use them in physical education classes for students and at training sessions of young athletes in order to carry out operational control to determine various functional indicators of the body of participants in the educational process, for example: heart rate, blood pressure, blood oxygen saturation, load volume (number of steps taken). However, at present, in our opinion, the age, gender and physical condition of the person who is exercising are not sufficiently taken into account. At the same time, we are talking about the analysis of these results themselves. For example, the following data are required for analysis: sufficiency of physical activity per day (expressed in kilometers walked, steps taken); the level of daily calorie expenditure; Blood oxygen saturation at any given moment of exercise (rest). All these aspects require the development of methodological recommendations (instructions) that could be used by students during independent physical exercises.

Findings. Therefore, the importance of information and communication technologies and gadgets in the educational activities of students in physical education classes is obvious. To maximize the effectiveness of the use of gadgets, it is advisable to develop multimedia didactic teaching aids in physical education classes for students. Also, a variety of computer programs have a wide functionality to determine the progress of students during physical education classes. Exercises. The ways of using the software in the process of practicing various sports and the ability to use various gadgets for the purpose of operational control will be fully implemented only if methodological materials are developed to assess the results obtained.

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