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Digital Technologies in the Educational Process on Physical Education University Students

Dehkanova Mahmuda Artikovna
Senior Lecturer of the State Conservatory of Uzbekistan, Department of Uzbek Language and Social Sciences, Physical Education and Sports

Abstract: *In an article written on the modern system of physical education of a university, it is important to identify the current directions of using digital technologies for high-quality training of specialists, so that in their future work they skillfully apply their knowledge and skills in practice, so that after graduation they can realize all the most daring ideas, implement the conceived projects. The current directions of the use of digital technologies in the practice of physical culture in the educational process of the university are analyzed.*

Keywords: *physical culture, digital technologies, student*

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Relevance. The development of society is taking place in an era of significant growth in the popularity of technology. Our era is characterized by the introduction of technologies into all spheres of human life, including education, which leads to effective training of students, advanced training of already established specialists. Information and communication technologies in physical culture and sports are software, software and hardware and technical, operating on the basis of microprocessor, computer technology, advanced means and systems for broadcasting information and information exchange, provide operations for collecting, accumulating, saving, processing, transferring and production of information and provide access to information resources of computer networks. In the modern system of physical education of the university, it is important to identify the current directions of using digital technologies for high-quality training of specialists, so that in future work they skillfully apply their knowledge and skills in practice, so that after graduation they can realize all the most daring ideas, implement the conceived projects [2, 5 , 6].

Research methodology. The research was carried out on the basis of the department of physical and psychophysiological training at the universities of Uzbekistan. Methods: theoretical analysis, pedagogical observations, survey, expert assessment, statistical methods of processing the results.

The results of the study. Analysis and generalization of special literature, a sociological survey, an expert assessment made it possible to reveal that at present the bulk of information and communication technologies in physical culture and sports are timed to the creation of applied software products and automatic systems that make it possible to improve the management of the training process.

Much attention is paid to the tasks of improving the properties of technical readiness of athletes. It was revealed that the development of systems for strengthening this side of training is carried out in the direction of creating software and hardware ensembles that allow automating information input

into a computer, processing it and calculating biomechanical characteristics, which determines the possibility of increasing the effectiveness of studying motor actions and avoiding technical errors.

The study of digital technologies in the educational process in the discipline "Physical culture" at the university indicates that at the initial stage of introducing technologies into the planning of the educational and training process, it went through the creation of database management systems that allow storing and searching for effective and unique training means.

At present, the optimization of the readiness of a student who goes in for physical culture and sports follows the path of creating expert systems and programs. Expert systems are complex technical and software complexes that integrate the knowledge of specialists in specific subject areas. According to the developers of expert systems, this type of applied software products is most suitable for solving problems of this type. To date, expert systems have been developed for planning the training of middle-distance runners and weightlifters, athletes in jumping sports, etc.

So A.V. Kubeev and A.G. Batalov [1, 6] on the basis of a microcomputer made programs that allow to increase the efficiency of the coach's work during playing sports lessons. The pocket microcomputer performs calculations accurately and efficiently, it can calculate the results in cross-country skiing, taking into account the age coefficient, determine the characteristics of the load, the boundaries of metabolic regimes by heart rate, etc.

Noteworthy is the use of digital technologies in the activities of various firms, for example, Adidas. Today, this company is developing fresh technologies, ranging from weightless pillows in sports shoes, ending with the Polar system. Adidas and Polar have combined state-of-the-art technology in a joint project called Fusion. This partnership brings together Adidas' apparel and footwear technology and Polar RS800 Running Computer technology, which measure heart rate, breathing rate, walking speed, calories burned, distance in kilometers and steps taken by a practitioner, and more.

Modern information technology helps sports fans to see all the clear details of the matches. For example, in football, the introduction of HD technologies makes it possible to exclude ambiguous decisions of referees in all kinds of matches. These HD technologies are 5 times clearer than conventional images. Professional athletes are increasingly using digital technologies, the sensor of which is implanted into the body and, for example, makes it possible to measure the line of motion and the power of the blow, as a result of which it is possible to see the results of the movement in detail on the screen. At present, it is quite fundamental to create an advanced information environment for physical education at a university, which would be able to use the databases developed in the leading universities of the country. The basis of these databases, data would be the results of dissertations in the field of physical culture and sports, modern textbooks and teaching aids on various sports, the provisions of interuniversity, international conferences, software shells for the development of electronic textbooks on sports disciplines and recreational work, prepared and used in educational and training process, multimedia publications, etc. [5, 6, 7]

Conclusion. Today, the low technical equipment of universities is the main reason for the insufficient use of digital technologies in the educational process in the discipline "Physical culture". Currently, not all universities have computer labs, connected by Internet networks and the likelihood of going online, there are no websites of their own, which complicates the exchange of information. Therefore, further study of this issue will contribute to the digitalization of the educational process and improve the quality of training of future specialists.

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