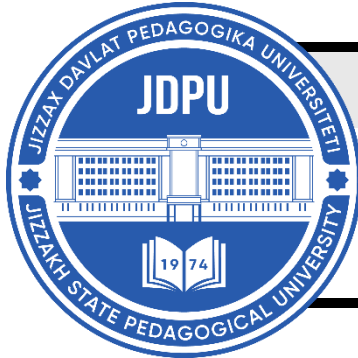


## MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



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### USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES IN THE SYSTEM OF PHYSICAL EDUCATION

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#### ABOUT ARTICLE

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#### INTRODUCTION

Information and communication technologies are deeply embedded in physical education and sports activities, as well as in all areas that benefit the process of globalization of the 21st century. As a socio-cultural and educational tool, it is gaining importance in the training, retraining and improvement of their qualifications, even in the organization of scientific-methodical and practical processes. In particular, the information and communication technology (ICT) system is being strengthened and stabilized in physical education classes, club trainings, organizing mass competitions in sports, training of talented young people's sports skills.

The President of the Republic Sh.Mirziyoyev in his speech at the solemn ceremony dedicated to the Constitution Day (December 7, 2016) said, "We consider it our number one task to improve the activities of all the links of the education and training system based on the

requirements of the present time"<sup>1</sup> and foresees the future, as well as the existing shortcomings in this way. At the extended meeting of the Cabinet of Ministers of the Republic of Uzbekistan (January 14, 2017), it was openly criticized. That is, "the tasks of in-depth teaching of special subjects, the history of our country and world civilization, and computer programs to children and young people have not yet been fully and qualitatively solved." The decision of the President of the Republic "On measures to further improve the system of teacher training, retraining of public education workers and improvement of their qualifications" (September 26, 2016)<sup>2</sup> is important in solving these issues. It is noted that "taking measures to improve the professional knowledge, skills and qualifications of leaders, pedagogues and other specialist personnel based on the introduction of advanced forms and methods of education, modern education and digital communication technologies into the process of retraining and upgrading of skills" is put forward as the main task.

The decision of the President of the Republic "On measures for the further development of physical education and mass sports" (June 3, 2017) in the direction of information and communication technologies in the field of physical education and sports requires all official Ministries, public organizations, especially the Ministry of Further Development of Information Technologies and Communications of the Republic of Uzbekistan It was decided to ensure regular and wide coverage of the program (Appendix 1) and mass media organized within it, including the Internet.

## MATERIALS AND METHODS

It is worth noting that in the program "Further development of physical education and public sports" "Using the possibilities of the mass media and the Internet, carrying out extensive information-explanatory work on the content of the program to promote a healthy lifestyle among the population and the process of its implementation" " is expressed. In this way it is mentioned that:

- Broad promotion of physical education and sports through mass media, including the Internet (paragraph 77);

Conducting roundtable discussions, dialogues and master classes with famous athletes (paragraph 78);

- Ensuring full coverage of championships and cups of Uzbekistan in sports included in the program of international competitions, Olympic and Asian Games (paragraph 80)<sup>3</sup>;

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<sup>1</sup> "Khalk sozi newspaper" December 8, 2016

<sup>2</sup> "Khalk sozi newspaper" January 16, 2017

<sup>3</sup> On measures to further develop physical education and mass sports (June 3, 2017)

• It is envisaged to create and publish the websites of regional departments of the Physical Education and Sports Committee (currently the Ministry of Physical Education and Sports) and system organizations, sports educational institutions and federations for sports (paragraph 82).

Naturally, these practical activities will lead to fundamental changes in the activities of students and young students in sports, as well as their teachers and coaches. What is important is the purposeful use of ICT by parents and sports fans, which will further increase their interest in sports.

In the textbook developed by P.K. Petrov, the concepts of physical education and sports information technologies are focused on the following directions, namely:

- Public information
- Informatization of education
- Information technologies
- Information and communication technology tools
- Websites
- URL (address)
- Information-interaction
- Interactive communication
- Hypermedia technology
- Multimedia technology
- Virtual (instant) reality technology
- Telecommunication technology
- Electronic mail (e-mail)
- Electronic conference (announcements, electronic board)
- Computer models (моделирование)
- Data (evidence) base
- Knowledge base
- Data bank

It is worth noting that these knowledge and structures are being used in all spheres and are bearing fruit even in the conditions of Uzbekistan, to the extent that they are adapted to international principles.

## RESULTS AND DISCUSSIONS

Indicators of ICT services for physical education and sports in sports organizations, educational institutions, work teams

№	Networks	Main services	Use of ICT	Attention to ICT (created conditions)
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Educational institutions				
1	Comprehensive secondary school	Lessons, sports training, competitions.	Video recording, computer, TV show	Average condition
2	Lyceums, colleges	Lessons, sports training, competitions	Portal, site, online	Average condition
3	OOOO	Leadership, video recording of refereeing competitions, prestigious show competitions on computer, TV	Use of ICT in sports hall, special rooms	Good condition
4	Sports schools of all types and categories	Sports training, training	Taking pictures of technical and tactical operations, viewing and analyzing them through screens	Excellent condition
5	Sports clubs in various institutions and cocktail teams	Competition, training, health improvement, work capacity improvement	Advertising and display of ICT materials in the department, workshops and meetings	Nearly average condition
6	District-city sports committees, sports societies	Supervision, inspection, monitoring, practical assistance, communications	Filming with video cameras, mobile phones, showing negative and positive events and activities on the spot	Average level
7	Telecommunication activities	Filming of prestigious sports competitions, participants, winners and showing them on TV channels	National teams, winners, award winners, coaches' activities, commenting on their results, showing them separately	Excellent condition

"Blitz game" (tournaments) - correct sequence of actions, listening;

"Hierarchy" technologies move from simple to complex, from complex to simple;

"Boomerang" technologies - working with various literature, materials (related to sports specialization, relevance), memorization, free expression of thoughts, focus on evaluation;

The method of networks (cluster) is manifested in the teaching of sequential, clear and free, organically connected branching (order of division).

**An example of the structure of the cluster (networks) method.**

Supreme Assembly		
President		Patriotism
State symbols		Dictionary
Anthem	Independence	Language
Flag		Democracy
Coat of arms	Rule of law	Personal freedom

State policy. Action strategy for the development of Uzbekistan

Such structures are the Ministry of Physical Education and Sports of the Republic of Uzbekistan (State Committee), the National Olympic Committee of the Republic of Uzbekistan, "Youth", "Student Association", "Barkamol Avlod", the Central Sports Society of Trade Unions, sports federations, central sports clubs (Pakhtakor, Bunyodkor, Locomotive, etc.) and their sub-branches is also a process.

Various technological directions and methods are used in physical education classes in educational institutions, sports trainings of clubs and national teams. As an example of them, a table on the "case" method (a technical tool containing portfolio-various events and problems) is given.

**Event (situation) problem structure in the student-athlete**

<b>The problem</b>	<b>Reasons</b>	<b>Solution</b>
He was injured in a jump	<ul style="list-style-type: none"> <li>- The preparation (rehearsal) was bad</li> <li>- The sidewalk is not swept</li> <li>- The corridor is very hard</li> <li>- The coach is not professional</li> <li>- Not physically ready</li> <li>- Others distracted</li> <li>- The shoes are old, not worthy</li> <li>- The weather was cool</li> </ul>	<ul style="list-style-type: none"> <li>- Strengthening of skills, formation of qualifications;</li> <li>- First (medical) simple aid</li> <li>- Apply ice, send to doctor</li> </ul> Type of injury: <ul style="list-style-type: none"> <li>- Stretching (rastijenie);</li> <li>- Bone fracture</li> <li>- There may have been cases of eating and crushing</li> </ul>

In the conditions of Uzbekistan, the effective use of information technologies in the modern educational methods, innovative pedagogical skills (technologies) are deeply absorbed and rapidly applied in the teaching of all subjects is also reflected in physical education.

**An example of the structure of educational technologies**

EDUCATIONAL INSTITUTIONS		
Subject, curriculum		
Teacher		Students
	Content	
	Method	
Goals and objectives	Form	Results
	Tool	

It was emphasized that no matter what field we choose, we will not be able to achieve any change or a prosperous life without educating modern mature personnel.

70% of all the information and knowledge that a person receives during his life is received by the age of 5 years. This evidence clearly shows how important the kindergarten teacher is in the development of children as mature and well-rounded individuals;

Highly qualified kindergarten educators teach our children the basics of knowledge, the most necessary life concepts and skills. It was emphasized that the training of specialized pedagogic personnel in this field, the development of advanced pedagogical methods and methods that meet modern requirements, and the creation and publication of a new generation of educational methodical literature are extremely urgent tasks;

A task was given to introduce an electronic program for admission and queuing in educational institutions, on the basis of this, a program of measures was developed to study the state of ICT provision in preschool educational institutions, to provide them with modern computer equipment step by step and to connect them to the Internet. In general, the President Sh.Mirziyoyev has completely changed his attention to this area, closely following his critical comments that he said, "We neglected preschool education institutions."

The role, responsibility and essence of pre-school education institutions in raising great future generations begins with taking new measures. In this case, the activities of the newly established Ministry of Preschool Education can be a basis for testing, measuring, drawing conclusions and continuing positive pedagogical technologies. In this way, it will be possible to achieve clear goals with the effective use of ICT to protect children's health, to make them healthy, active, agile, dexterous, cheerful. During the 32 years of Uzbekistan's independence, fundamental reforms in all organizational-administrative, political, economic, educational, healthcare and other fields will lead to joining the ranks of advanced and developing countries in the world community.

The first President of the Republic I.A. Karimov predicted the great future of Uzbekistan and selflessly served to ensure its development. His efforts are invisible in the new constructions in the centers of Tashkent and regions, streetlights, avenues, branch streets and rural roads, houses built on the basis of new projects, luxurious buildings, green areas, courtyards with colorful flowers, neighborhoods, addresses and many other events. and footprints, trust, justice, truth, the idea that elevates progress, slogans and slogans are giving pleasure to the soul of the population at every step. President Sh. Mirziyoyev's initiatives, critical observation, reasoning and relations in bringing and continuing his selfless services for the benefit of people are pleasing to our country. Among them, the development of physical education and sports, the strengthening of the intellectual potential of students and young people in education, the protection of the health of the population, the creation of virtual reception rooms that bring equal benefits to everyone, the

provision of opportunities for the purposeful use of open portals have become the current activities of the present day. This is the product of effective use of global techniques and technologies based on the requirements of time and period.

- Information collection (portal), storage, processing, distribution (copying to disk) and presentation, question-answer, discussion, analysis in training processes;

- Learning the features of computer and communication tools;

- Using the Internet in the educational process (lesson and training) and scientific research;

- Use of important types of software;

- Knowing the types of software (directions of physical education and sports development);

- Using special presentations and electronic resources preparation tools for sports subjects;

- Use of scientific research software in the field of science (sports);

- Application of information technologies in solving practical problems in the educational process;

- Creation of distance education e-learning methodological base and its purposeful use.

The concept of information is a holistic phenomenon with the form of data collection and distribution in all areas. However, the evidences and realities in them are fundamentally different in their own way. Information in the field of physical education and sports has the following forms and directions.

Information symbols:

Various gestures, hand movements;

Textual - consisting of sets of letters, numbers, symbols (information);

Graphics - image drawings.

Information technologies:

Technology is a Greek word meaning art, skill. This is a systematic activity of a computer, its networks, users, information software;

Computer system - data processing, input and output, memory system.

Processes used in training (technology) teaching (training):

"Method of networks" - focus on teaching the student (practitioner) to think logically, to expand the scope of ideas, to use literature;

## CONCLUSION

In the independence of Uzbekistan, as part of all aspects of the development of society, physical education and sports activities are developing according to the purpose, meaning and purpose, in various ways that the times require. In this, the positive impact of the ongoing state policy and fundamental reforms is gaining importance.

Implementation of the new version of the Law "On Physical Education and Sports" (September 2015), newly adopted Presidential Decree "On Further Development of Physical Education and Mass Sports" (June 3, 2017), "On measures to further improve the system of training and their qualification" serve to improve their health, stabilize their work and living skills, based on the expansion of physical education and sports among the population.

It is becoming a requirement and need of the time to retrace the processes of training specialist personnel in the implementation of organizational management activities in general and specific directions (educational institutions, sports schools, etc.) based on goals and tasks.

Decision of the President of the Republic of Uzbekistan "On measures to radically improve the conditions for the development of the field of information technologies in the Republic" (June 30, 2017) educational institutions, especially in educational institutions in the field of sports education, make it their main task to use information technologies in enriching the content of lessons, sports training, public health and sports events, and to ensure the effectiveness of all activities. On this basis, the processes of selecting, sorting, and timely passing the trial-examination of talented boys and girls in sports, training them to hone their skills, and preparing them for prestigious competitions (in the Republic, Asia, and the world) and ensuring their participation are modern, purposeful and effective use of innovative technologies, advanced pedagogical experiences. raising the level of demand based on education.

New demands are placed on the pedagogical skills and technologies of modern education in the training of personnel in the field of physical education and sports. In this regard, raising the professional authority (competency) of professors and teachers and sports coaches, shaping them into future specialists is becoming an urgent issue. In this field, sports sciences, especially in the theory and methodology of physical education, use mobile applications purposefully and effectively. If today's pupil and student fully master the use of computer-internet system tools, in particular mobile phones, in educational processes, in the future, their knowledge and opinion will be high and their authority (competence) will be strengthened.

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