

**THE IMPORTANCE OF MODERN INFORMATION TECHNOLOGY IN THE PROFESSIONAL ACTIVITIES OF PHYSICAL EDUCATION AND SPORTS SPECIALISTS**

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**Ikromjon Yuldashov**

*PhD, associate professor,*

*Fergana branch of the Institute for retraining and professional development of specialists in physical education and sports Uzbekistan, Ferghana city*

**JISMONIY TARBIYA VA SPORT MUTAXASSISLARINING KASBIY FAOLIYATIDA ZAMONAVIY AXBOROT TEXNOLOGIYALARINING AHAMIYATI**

**Ikromjon Yuldashov**

*PhD, dotsent Jismoniy tarbiya va sport bo'yicha mutaxassislarni qayta tayyorlash va malakasini oshirish instituti Farg'ona filiali, O'zbekiston, Farg'ona sh.*

**Abstract:** *At present, the development and widespread use of information and communication technologies is a global direction of global development. With the development of new technologies and the rapid growth of the informatization process in the country, special attention is paid to the organization of information resources in the field of education.*

*This article highlights the ability of physical education professionals to effectively use information technology. The article also scientifically examines the aspects of preparation for the use of modern information technology in the professional activities of physical education and sports professionals.*

**Keywords:** *education, physical education, information technology, pedagogy, sports, modernization, innovation, professional activity, physical training.*

**INTRODUCTION**

With the independence of Uzbekistan, sung opened wide avenues for its economic and social development. From the first day of independence, technical rearmament of all spheres of the Republic, provision of modern technology and technology and the development of telecommunication and computer communication systems that meet international modern requirements have become one of the issues.

With the development of technology, the presence of only one computer for training using technical means remained sufficient. The computer successfully took over the functions previously performed by the TV, video recorder, kinoprojector, diaprojector, etc.



In addition, the quality of information transmission, storage, imaging has increased significantly.

To date, computer literacy has become an important sign of culture, and in the future it becomes a necessity for everyone wherever, on which plot they work. So it is no doubt that computer work, teaching to use a computer, will become a common job in the closest time.

Historically, the issue of education has been the most pressing issue in society, and today it is one of the main issues. Because the education of the members of the society is the decisive force in the whole existence of the society of its time, that is, its development, well-being, enlightenment and spirituality, economic stability, cooperation of the members of the society, peace in the world, joint solution of various problems is calculated. Physical culture, which is an integral part of such a unique system, has a unique role to play in ensuring the full development and activity of members of society. Taking this into account, special attention is paid to physical culture in our country.

Physical culture is a set of special measures, including the physical development of a person by directing the special means and methods of sports and culture, along with the means of physical education in the comprehensive education of the builders of a new society, mature people. Physical culture is a part of the general culture, the development of which depends on the level of socio-economic development of society.

### **MAIN PART**

It is known that the field that forms the social essence of a person in accordance with the needs of society is called the system of public education, and the person who implements it is called a teacher. From time immemorial, attention has been paid to the personal social qualities of teachers, and the requirements for teachers have become more sophisticated and complex, based on the requirements of each era.

"In contrast to the careful development of the methodological development of the lesson, which encourages the teacher to work effectively, educational technology is focused on student activities, which serves to create the necessary conditions for independent learning of teaching materials, taking into account the individual and collaborative activities of students"[1 , 56]. The rapid development of science, engineering, production and technology has opened up new prospects for development in all spheres of society. Mankind's centuries-old experience in the construction of the state and society has led to the establishment of advanced approaches to the regulation of social relations

on the basis of new approaches. At the same time, the social life of the Republic is rapidly flowing information and covering a wide range.



Creating a healthy lifestyle in our society, creating modern conditions for regular physical culture and mass sports of the population, especially the younger generation, strengthening confidence in the will, strength and capabilities of young people through sports competitions, courage and patriotism, motherhood Extensive work is being done to develop a sense of devotion to the motherland, as well as the systematic organization of the selection of talented athletes among young people and the further development of physical culture and mass sports.

One of the most pressing issues facing the education system is the rapid receipt of information, its analysis, processing, theoretical generalization, summarization and delivery to the student. The introduction of pedagogical technology in the educational process serves to positively address the above-mentioned problem. "Therefore, it is necessary to make certain changes in the organization of the teaching process, including the principles of improving the narrative of teaching materials. At the same time, the introduction and use of modern information technologies in the educational process are the most effective ways to achieve this goal.

Informatization of vocational education in the field of physical culture and sports puts new demands on the professional qualities and level of training of specialists. Mastering modern information technologies is one of the main components of a specialist's professional training, which requires the development and implementation of professionally oriented programs and courses aimed at acquiring the necessary knowledge and gaining personal experience in their use in their professional activities.

The goal of education today is for the teacher to have as many ready, rigorously selected, appropriately organized knowledge and skills as possible. Of course, good craftsmen are always expensive. However, the society is not able to work with different sources of information, which are intellectually advanced, able to independently acquire new knowledge, to solve complex problems of employees independently and rationally.

Modernization of the educational process requires the transition from passive, mainly lecture methods of teaching the material to active group and individual forms of work, the organization of independent research activities of students; this allows you to train a specialist who has a specific personality and organize the activities of students who participate in a variety of settings. This, in our opinion, can help to introduce information computer technology into the learning process.

One of the most important tasks of informatization of education is the formation of an information culture of the specialist, the level of which is determined primarily by knowledge of information, information processes, models and technologies;

second, the ability to apply the tools and methods of information processing and analysis in various activities;

third, the ability to use modern information technology in professional (educational) activities;

fourth, to see the environment as an open information system.

The use of modern information technologies in the education system in the educational process includes computer modeling of educational activities aimed at computer modeling, information, programming of educational activities, associative method, test method, active learning game method, project methods, "non-surrender tasks", situational modeling and others.



“Teaching information computer technology is not just a transfer link between teacher and educator: changing teaching methods leads to a change in the content of learning activities, which is increasingly independent and creative, helping to implement an individual approach to education”[2, 34].

The sharp decline in computer hardware and software development has contributed to the introduction of technologies such as multimedia technologies, Internet technologies, web design into the educational process. Their proper use contributes to the complex development of a person's personality and abilities.

The sharp decline in computer hardware and software development has contributed to the introduction of technologies such as multimedia technologies, Internet technologies, web design into the educational process. Knowledge of modern information technologies, their skillful use creates real opportunities for the training of specialists with a completely new content, which has not been used before in the educational process.

The content of the main components of information training should be designed to serve as a basis for the formation of an information culture of the physical education and sports specialist in the future. At the same time, the specificity of the field of future professional activity should be reflected in the solution of certain practical problems in the laboratory and practical training.

### CONCLUSION

Ensuring the required level of information culture of the specialist cannot be the goal of a single training discipline; It is necessary to introduce modern information technologies in the teaching of all special disciplines of specialized departments, which requires a high level of professional training of professors and teachers, acquaintance with the potential of these technologies, the ability to use these opportunities in practical and scientific activities. In short, future physical education professionals (students) should see in their own experience the advantages and opportunities of modern information technology in practice, in the process of training, conducting research, and so on.

The use of modern information technologies in the process of educational and educational activities leads to an increase in the effectiveness of training methods, a change in the work activities of athletes, an improvement in their methods of work, a structural change in pedagogical systems. This puts specific tasks in the organization and management of informatization of spiritual and educational processes.

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