

METHODOLOGY FOR CARRYING OUT THE EDUCATIONAL PROCESS IN PHYSICAL EDUCATION AND SPORT

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ANNOTATION

In the present article it is written about the combination of informational communication technologies with physical culture and sport. Some facts about the usage of ICT in development educational process, decorating the main documents, besides in development of gained skills of exercises, which can increase the motor density of class are given here. In the present article it is written about the key position of modern information technologies, internet resources, which are used by teacher to achieve top results in solving some tasks.

Keywords: result, achievement, physical culture, organization, technologies, methodology, motor density.

INTRODUCTION

In order to receive a "small physical education" within the walls of educational institutions, in addition, knowledge of information technology is necessary for the preparation of basic documentation for the planning of the educational process by physical education teachers. The combination of state and public administration in the education system successfully trains highly qualified, competitive personnel capable of providing progressive scientific, technical, economic, social and cultural development, thanks to information and communication technologies. Additional classes for teachers in information technology, a foreign language, pedagogical technologies conducted in educational organizations improve the quality of teaching in their field and positively change the content of professional activity, which in turn requires a high level of technological and methodological preparedness.

PURPOSE

Increasing the motor density of the lesson, improving the methodology of the lesson.

According to the program of physical education, the foundations of the technique of specific actions in various sports are laid. It can be a throw of a basketball, a reception - a transfer of a volleyball, a low start in athletics and more. It is effective to start training in motor movement with a demonstration of the game technique. This goal is well demonstrated using electronic multimedia presentations. In this case, one can be sure that the use of ICT in the field of education is nothing more than the acquisition and control of new information and the possibility of self-education.

Information technologies help to determine: the system of the heliometric complex about the data of the physical condition of the trainee (heart rate monitor, interface). Methods for

collecting information about the readiness of the organism, the physiological state and the determination of morphological and functional indicators using various formulas are determined. Showing with the help of information technology, made in the program: "Ms Power Point", is sometimes more useful, and the efficiency of working with diagrams, tables will be much higher if you supplement them with slides, pictures and other demonstration materials. Today, the problem of creating electronic textbooks, teaching aids, teaching aids in physical culture, which include educational presentations, is very relevant. Based on the use of electronic presentations, computer tests, increasing the dynamism and expressiveness of the material presented creates conditions for obtaining and activating theoretical knowledge in physical culture. The proposed methods lead to an increase in motivation and an increase in the emotional and creative expressiveness of the lesson.

Physical education is one of those subjects where the connection of education with ICT is used as an incentive for self-education, as well as the prevention of various diseases, physical potential is activated, and interest in maintaining one's physical health is instilled. It is important not only the physical but also the spiritual health of the students. The use of audio material is considered one of the important electronic learning support tools. For example, musical accompaniment, which is the most interesting and promising direction used in many countries of the world for medical and recreational purposes, has great opportunities for the mental health of students. It has been experimentally proven that music can calm down, strengthen the immune system, which leads to a decrease in morbidity, improves metabolism, recovery processes are more active, and a person recovers. In separate lessons, you can use the method of music therapy, which has a healing and calming effect. The quality of the lesson is evaluated by its final result. To do this, it is necessary to prepare a curriculum and an educational and methodological complex in advance. They should correspond to the positive formation of motor skills and abilities, call for independent studies, and stimulate high performance of students. When using information technologies, these problems are solved. Thanks to which, the teacher achieves a high quality of the lesson.

Output. Based on the above, we conclude that when conducting and organizing modern classes in the subject of physical culture, it is necessary to supplement the use of information and communication technologies, as this will allow beneficially combining both physical and mental activities, developing the intellectual and creative abilities of students, as well as expanding their general outlook.

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