

The Significance of Digital Technologies and Innovations in the Development of Physical Education and Sports Activities

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Annotation: This article describes the psychological basis for the use of digital technologies in the training of future physical education teachers. The types of psychological foundations and their direct impact on human activity are identified, in addition, the stages of the formation of protective mechanisms for future teaching staff, the useful and negative foundations of these components. The article examines and analyzes studies conducted by influential psychologists Z. Freud and Higgins. Psychological foundations according to Freud's theory, the significance of the concept of Higgins' mechanisms and foundations in the training of future teachers of physical education is stated

Key words: Psychology, pedagogy, physical education, defense mechanisms, age periods, qualities of character, consciousness, psychoanalysis, concept, components, fundamentals.

Annotation: This article discusses the importance of digital technologies and innovations in healthy physical culture and sports activities aimed at high results. The main problems that may arise in the application of innovative technologies in this activity are considered. The influence of the human factor, dependence on the types of sports activities, the diversity of the use of innovations in martial arts and team sports have been studied.

Key words: Digital technologies, innovations, pedagogy, physical education, personality, ego, qualities of character, concept, components

We live in a time when global changes are constantly occurring in all areas of our lives. The rapid transition to technology and technology based on the latest scientific ideas, the global informatization of developed countries of the international community, the invasion of information technology into every sphere of human life - all this plays an important role in global transformations. The purpose of this article is to analyze modern information technologies in the system of training future specialists in physical culture and sports in higher educational institutions. When writing the article, we set the following tasks:

- introduce the concept of information technology;
- reveal the diversity of information technologies in the training of specialists in the field of physical education;
- identify ways to use the latest information technologies in the field of training specialists in physical culture and sports.

Information technologies are a set of various technical and software tools for implementing information processes.

In the course of informatization of higher professional education, a variety of innovative software and pedagogical tools are created and used in the educational process. These include: multimedia learning systems, multimedia monitoring programs and tests, databases for educational purposes including audio, photos and videos, Internet resources for educational purposes, interactive lectures and presentations, digital videos. The use of the listed innovative means is carried out both for the purpose of record keeping and the formation of databases, and for biomechanical analyzes of athletes' movement techniques, design of tactical schemes for wrestling, analysis of the functional state of athletes, assessment of a person's adaptive abilities to

physical activity. Informatization of physical education should be focused on achieving the training of specialists for subsequent professional activities in the conditions of informatization of society and on increasing the level of preparedness of specialists by improving training technology based on the use of modern information and communication technologies.

Innovative technologies are part of the growing global sports and leisure industry. In the world of sports, famous sports stars and coaches are increasingly using various innovative technologies to increase efficiency in various types of sports training. For example, the use of innovative technology can help provide expert knowledge about a sport in an engaging manner. Smartphones can already be used to view images of players in a specific motion - such as a triangle attack in basketball or a kick in a goal in football. The recorded images are then synchronized to be played back in a split-screen gadget along with the famous player's image. Learning players can easily compare their style to their favorite players and make any adjustments to improve their game. One day, we may even see famous athletes like Alexander Ovechkin giving coaching advice through mobile apps to mentally prepare themselves for international competition. The main indicators of innovation are scientific novelty and its reproduction in practice. At present, many modern educational technologies have been accumulated in the field of physical education. However, in order to meet the current needs of society, technologies for teaching physical education must include modern achievements in the fields of theory and methodology of physical education and sports training. The educational process of teaching physical education is divided into two parts: practical and theoretical. While most educational institutions are equipped with tools for teaching the practical part, which takes up most of the learning process, the number of classroom hours for the theoretical part is sometimes not enough to fully cover the material. However, thanks to ICT, this problem can be effectively solved.

Innovation is newness, newness, change. If we consider this term in relation to the pedagogical process, then innovation means higher goals of education and training, new methods and methods of teaching, updated teaching aids. New learning is capable of developing the personality of both the student and the teacher; it implies a readiness for joint action in completely atypical situations. Let's start with health-saving technologies. Their goal is to provide the opportunity to maintain health during the period of study, to develop the necessary knowledge, skills and abilities for a healthy lifestyle, and to teach how to use the acquired knowledge in everyday life. Health-saving technologies have a number of other advantages: they are based on the age characteristics of a person, they show a balance of dynamic and static loads, and also use different forms of information.

Personally-oriented technology has a number of tasks:

formation of knowledge in physical culture (educational activities);

formation of skills (health activities);

formation of motor readiness (developmental activity);

formation of cultural aspirations (educational activities);

formation of socially significant personality qualities.

It is difficult to deny that information and communication technologies play a huge role in our lives. ICT helps organize classes at a higher level, ensures better mastery of the material, and also makes learning more interesting; the use of innovative tools in physical education classes significantly simplifies the work of the teacher and the education system to achieve their goals. Students' interest in their own health, level of functional readiness, and development of physical qualities increases noticeably. The cognitive field of students in the prevention of possible diseases associated with their future profession through the values of physical culture is increasing. Of course, the use of innovative means contributes to the formation of the physical culture of students' personalities, which is confirmed by the research conducted at our university and numerous scientific works and a number of dissertations published on their basis.

In the field of physical education, it has become generally accepted that the use of information and communication technologies in physical education lessons is a useful and interesting form of work for both the student and the teacher.

The use of new computer technologies in the educational process allows them to realize their pedagogical ideas, present them to the attention of colleagues and receive prompt feedback, and give students the opportunity to independently choose their educational path - the sequence and pace of studying topics, a system of tasks and methods of monitoring knowledge. Experience shows that students who actively work with computers develop a higher level of self-educational skills, the ability to navigate a rapid flow of information, the ability to highlight the main thing, generalize and draw conclusions. The use of modern educational technologies helps the physical education teacher to increase the growth of motivation and cognitive activity of students. Games, riddles, quizzes, crosswords on sports topics allow you to use emotional memory, stimulate creative and cognitive activity, which has a positive effect on the conduct of physical education, recreation and sports events.

In conclusion, we can say that digital technologies are very important not only in sports and physical education, but in all fields. First of all, it is very important that innovations in physical education and sports activities at the first stage are formed on the basis of athletes

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