



THE ROLE OF DIGITAL TECHNOLOGIES IN THE DEVELOPMENT OF SPORTS ACTIVITIES

Salikhov Shokhrukh Mansurovich

Bukhara State University Faculty of History and
Law Department Teacher Psychology and Sociology

Annotation:

This article analyzes the main components of the application of the most advanced innovative innovations of digital technologies to sports activities. The application of these components to sports activities aimed at high results, the study of more advanced types, the lack of results mainly in team sports, as well as large-scale digitization in this field, assimilation of artificial intelligence, and the use of the experience of the world's leading countries in the field of sports are the main factors studied. In the main part, the results of team sports are lagging far behind the results of martial arts, and activities such as enrichment of team sports with more advanced components are analyzed.

Keywords: Sport, physical education, component, activity, pedagogical technologies, digitization.

Achieving the highest heights in the field of physical education and professional sports requires a serious approach, a lot of work and material costs. The all-round attention paid to elite sports and physical education in our country is no exception. Judging by the experience of many countries, the concern of the state for the fate of domestic sports and physical culture, of course, is of great benefit. In support of these elements in the social sphere, first of all, they create all favorable conditions for the mental and physical health of adolescents and the environment of the younger stratum of society. It is important to note that our country is among the countries that understand the high importance of this direction and have not abandoned it. State structures, public organizations and sports institutions always jointly solve such important tasks as the development of the material and technical base in the field of sports and physical education, gaining popularity, strengthening professional sports. Sport is the best tool for creating a healthy socio-political environment.

From the first years of independence in Uzbekistan, special attention was paid to the development of physical culture and sports, including Olympic sports. The adoption by the Parliament of our country of the Law "On Physical Culture and Sports" testifies to the importance of such attention.





As an independent country, Uzbekistan created the National Olympic Committee to become a member of the international sports community. This was done at the first founding meeting on January 21, 1992. On the basis of the IOC Charter and taking into account the best practices of the world sports movement, the NOC Charter was developed and adopted. Thanks to this concept, special road maps for sports and physical education are being formed in our country, aimed at high results.

In the conditions of the new Uzbekistan, the President of the Republic of Uzbekistan Sh.M. Mirziyoyev will promote the development of sports, physical culture and physical education, the enrichment of the sports sector with the most advanced new technologies, the development of all available sports and fitness activities among the population, great attention is paid to this goal.

We can observe the importance of communication, computer technology and digitalization in the field of sports in all types of physical culture and sports activities. It is gratifying that in our country the attention paid to this area by the head of the country gives impetus to the development of sports processes and physical education activities in our country. It is no exaggeration to say that after the poor results of the London 2012 Olympics, digital technologies have been widely used in martial arts, which are included in the Olympic sports. In order to prepare for the 2016 Olympics in Rio, the sport of boxing was studied and shaped in stages through digital technology and innovative innovation, the main shortcomings of the London 2012 Olympics were studied, and the technologies of developed countries turned to boxing, our athletes were trained individually and paid attention to improvement. their physical condition. Since 2013, in cooperation with the Uzbek State University of Physical Education and Sports and the Boxing Federation, with the support of the country's leading scientists, a thorough analysis of this area has been carried out. Under the guidance of Professor of the University of Physical Education and Sports R.D. Kholmukhamedov studied the preparation of our boxers at each training session. Basically, such qualities of our boxers as striking power, endurance, etc., were gradually formed in computer programs with the help of digitalization. Thanks to the research carried out in 2013-2015 and the stages of the application of digital technologies in boxing, a gradual increase in results can be expected. At the 2015 World Championships, our athletes, in cooperation with the coaches, were also part of the team and for the first time in the history of our country won six medals of various types in the history of the world championships. It can be noted that we won a lot of medals, having won 3 gold, 1 silver and 2 bronze medals, and for the first time in history we took the lead in the overall standings.





The creation of information resources necessary for the use of mobile phones, computers and tablets using modern information technologies in the educational process of educational institutions in the field of sports has become a requirement of today. This led to the use of new forms and methods of education, the creation of a new form of education - information technology in addition to traditional teaching methods. The importance of digital technologies in the training of future physical education teachers and the improvement of sports coaches as advanced owners of their profession is increasing every day.

A very important factor that we take into account is that the object of research is athletes, mainly in the process of applying digital technologies. That is, it would not be an exaggeration to say that increasing their interest in these innovations with the help of trainers who study the educational technologies of every developed country, always supported by experts in the field of digital technologies, is a very important component for this field. To ensure that coaches and athletes carry out their activities in cooperation with developed countries, to gradually improve the skills of our athletes with the help of their coaches at the leading sports bases in Europe, to improve the activities of coaches, to ensure that they always strive for something new, it is important to provide, use educational technologies.

If we analyze the history of the use of digital technologies in sports activities, we can see that even in the most developed countries, based on current high results, each area is driven by innovative technologies. If we analyze the results of the last Olympic Games in 2012, 2016 and 2020, we can see that the main attention and leadership in the accumulation of medals falls only on martial arts. But we see that the results in important team sports are unsatisfactory, and the attention to team sports is no less than to martial arts. In conclusion, if we widely apply digital technologies in team sports, we will definitely be able to gradually see positive results. If we pay attention to the stages of development of team sports in the United States of America, which is the leader in the world, we can see that digitalization and innovative technologies are applied in all processes, and each result is always studied and shortcomings are changed to advanced technologies. We can today's sports activities it is impossible to imagine without innovative technologies and digitalization processes. We will be able to see that these processes are widely applied not only in martial arts, but also in team sports, for example, artificial intelligence and robotics are applied in a number of team sports in the People's Republic of China. Given this, first of all, if we gradually apply the highest technological innovations in team sports activities, we will be able to observe positive results over a certain period of time.





This process is being extensively improved in the sports centers of the developed countries of the world. At the end of our speech, it will not be an exaggeration to say that the use of digitalization and innovative technologies in sports activities, more precisely, in team sports, is one of the most important requirements of the modern era.

At the end of our step, it will not be an exaggeration to say that the use of digitalization and innovative technologies in sports activities, more precisely, in team sports, is one of the most important guys in modern epoxy resin.

References:

1. Umedjanova M. L., Salikhov S. M., Salikhov T. M. The Role of National Education in Preparing Young People for Family Life //EUROPEAN JOURNAL OF INNOVATION IN NONFORMAL EDUCATION. – 2022. – Т. 2. – №. 2. – С. 271-276.
2. Салихов Т. и др. Psychological Characteristics Of Increasing Cognitive Activity In Elementary School Students //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
3. Salixov S. M., Salixov T. M. Bo'lajak jismoniy madaniyat o'qituvchisining kasbiy tayyorgarligini shakllantirish //Science and Education. – 2022. – Т. 3. – №. 3. – С. 1013-1019.4.
4. Salixov S. M. et al. Musobaqa oldi sportdagi stress va tayyorgarlikning psixologik tomonlari //Science and Education. – 2022. – Т. 3. – №. 4. – С. 1039-1044.
5. Salixov S. M. et al. Hissiy irodaviy boshqaruv namoyon bo'lishining yosh va jins xususiyatlariga bog'liq o'zgarishi //Science and Education. – 2022. – Т. 3. – №. 4. – С. 915-920.
6. Salixov S. M. et al. Sport jarayonlarida o'zini o'zi boshqarish hissiy jarayonlarning o'ziga xosligi //Science and Education. – 2022. – Т. 3. – №. 4. – С. 1087-1092.
7. Salixov T. ПСИХОЛОГИЧЕСКИЕ СВОЙСТВА ПОВЫШЕНИЯ АКТИВНОСТИ СТУДЕНТОВ В ОБРАЗОВАТЕЛЬНОМ ПРОЦЕССЕ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
8. Mansurovich S. S. METHODOLOGY OF ORGANIZING PHYSICAL EDUCATION LESSONS THROUGH DIGITAL TECHNOLOGIES //EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE. – 2022. – Т. 2. – №. 4. – С. 107-111.
9. Ярашов М. THE IMPORTANCE OF USING DIGITAL TECHNOLOGY IN PRIMARY SCHOOL MATHEMATICS EDUCATION //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2020. – Т. 10. – №. 9.
10. Ярашов М. ТА'ЛИМ ТИЗИМИДА RAQAMLI TEXNOLOGIYALARNING O'RNI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 5. – №. 5.





11. Ярашов М. BOSHLANG'ICH SINFLARDA MATEMATIKA TA'LIMNI RAQAMLI TEXNOLOGIYALAR ORQALI IJODIY TASHKIL ETISH JARAYONI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 5. – №. 5.
12. YARASHOV M. BOSHLANG'ICH TA'LIM JARAYONIGA RAQAMLI TEXNOLOGIYALARNING TADBIQ ETISH METODIKASI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
13. YARASHOV M. BOSHLANG'ICH TA'LIMDA XALQARO VAHOLASH TIZIMI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2022. – Т. 17. – №. 17.
14. YARASHOV M. BOSHLANG 'ICH SINFLARDA FANLARNI O 'ZARO INTEGRATSIYALASHNING O 'ZIGA XOS XUSUSIYATLARI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2022. – Т. 17. – №. 17.
15. YARASHOV M. BOSHLANG 'ICH TA'LIMNING DARS JARAYONLARIGA RAQAMLI TEXNOLOGIYALARNI TADBIQ ETISH VOSITALARI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2022. – Т. 15. – №. 15.
16. Jobirovich, Yarashov Mardon. "TOOLS OF USING DIGITAL TECHNOLOGIES IN PRIMARY EDUCATIONAL COURSES." EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE 2.4 (2022): 119-123.
17. Jobirovich, Yarashov Mardon. "EFFECTIVENESS OF USING DIGITAL TECHNOLOGIES IN EDUCATIONAL SYSTEM." EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE 2.4 (2022): 124-128.

