

# Use of Digital Technologies in the Training of Future Physical Culture Teachers

Salikhov Shokhrukh Mansurovich, Salikhov Timur Mansurovich

Teacher, Bukhara State University, Uzbekistan

## ABSTRACT

This article summarizes the role of digital technologies in the training of future physical culture teachers, the methods of digitalization of physical education, and the processes of shaping the imagination and understanding of digital technologies in the training of future teachers.

**KEYWORDS:** *Physical education, Sport, Digital technologies, Management styles*

## I. INTRODUCTION

As stated by the President of the Republic of Uzbekistan Sh.M. Mirziyoyev in the "Strategy of Actions on the five priority areas of development of the Republic of Uzbekistan in 2017-2021" and other regulatory documents, a physically healthy lifestyle is essential for every considered a very important factor for a member of our society. In addition to paying special attention to the field of sports, the need to be engaged in physical education regardless of age has been emphasized many times. From this point of view, we can see that the instruction that school gymnasiums should be open until late at night so that residents can engage in the necessary physical training processes when they want, is being proven in practice.

## II. MATERIALS AND METHODS

Currently in our country, a very large-scale attention is paid to the field of sports, which means that the development of every champion athlete is first of all a process closely related to his physical culture teacher, therefore, the process of being able to use digital technologies allows the physical culture teacher to use more new technologies. it helps to use it well. At the same time:

- It is very important for physical culture teachers to have advanced knowledge in this field;
- The role of physical education in the development of young people into a well-rounded person;
- The use of all modern technologies, the importance of digital technologies in the training of physical culture teachers;
- First of all, to ensure that problematic situations are covered in the preparation of students in the field of future physical culture;

It is not an exaggeration to say that the formation of physical culture since the independence of Uzbekistan has been focused on increasing the potential of its personnel. First of all, the question arises as to what should be paid attention to when training teachers of social culture: That is, every member of society wants to be mature not only mentally, but also physically, that is why future teachers of physical culture Digital technologies and the ability to use them in training are very important, especially now in the age of new technologies in the XXI century.

In many cases, we should mention that the topic is of great importance in order to inculcate digital technologies in them so that future physical culture teachers are not limited to physical maturity only, and to ensure that our children become mature professionals in the future. Especially the attention paid to the development of sports by the President Sh.M. Mirziyoyev serves as a great motivation to constantly seek knowledge and research in this field.

It is important to increase the potential of future physical culture teachers, taking into account the opposition of different age groups, to what extent they can use digital technologies and introduce advanced innovations for our children. As the famous pedagogue K.D.Ushinsky said, the pedagogical process and the management process play a very important role in every field. Digital technologies play an important role in shaping the mental processes of our children's cognition.

At the beginning of every pedagogical process, taking into account the psychological states that occur in it, stressful processes, it is necessary to take into account that future physical culture teachers should be perfectly prepared not only practically, but also theoretically. With the introduction of digital technologies in big sports, the rapid progress of results means that modern teachers need to take a step forward in this field, so we aimed to focus on digital technologies.

In studying the problems of our field, the scientists of our republic, in particular, M. Ochilov, R. Ibragimov, Z.G. Gapparov, R.D. Kholmukhamedov, G. B. Shoumarov, M. R. Boriyeva gave a scientific basis. As a result of the analysis of the above researches, we were convinced that the involvement of digital technologies in the process of physical culture is a great motivation, in many cases, physical culture teachers are taken into account only physically, taking into account theoretical knowledge. It is important that the most demanding process of the century requires the involvement of digital technologies.

The problem with digital technologies is a process that requires innovation, that is, development, not only in the field of sports, but in all fields. In addition, in the education of future physical culture teachers, it is important to apply digital technologies to their cognitive processes and develop their concepts. Physical strength and well-being come to mind when we think of physical education teachers. However, the fact that new technologies, innovation processes and digital technologies have already taken over the field of sports in accordance with the requirements of the present time requires the education of future physical culture teachers in the same spirit and the formation of a new process of thinking in them.

It is very important and urgent for every pedagogue, that is, a teacher of physical culture, to train his students not only physically, but also with the help of new innovations, involving digital technologies.

In many cases, there is a big problem with digitalization or the use of new technologies in physical education or training of high-class athletes. This situation mainly shows that the results in team sports are not high and it is necessary to aim for greater results by involving digital technologies.

If we pay attention to the achievements of the developed countries in the field of physical culture, every sports activity or simple physical education is embedded with digital technologies, and every movement of athletes is digitized with innovative innovations.

Information communication technologies in physical education and sports. Information communication technologies and digital marketing are methods and technical means of organizing, storing, developing, restoring, transferring information that develop people's knowledge, expand their capabilities in managing technical and social processes. Also, digital marketing and information technologies mean a creative activity consisting of a chain of processes to achieve a certain goal. If it is possible to use computers in the processes that make up the technological chain, the organization of information exchange between them and their harmonization, the effectiveness of any technology will increase. Of course, for this, it is necessary to carefully study this technology, to analyze the information exchange in and between the processes, as well as the information supply of the management of the chain of processes (that is, technology).

Technology, when translated from the Greek language (techné), means art, skill, knowledge, and these, in turn, are processes. Processes are a set of certain actions to achieve a set goal. Digital technology and digital marketing are a set of means and methods of (primary) data collection, processing and transmission, which are used to obtain new quality information about the state of an object, process or event (information product). Nowadays, when thinking about digital technology, many use the words "new", "communication" or "modern". Modern information and communication technology means information technology that uses modern computers and telecommunications tools and has a "friendly" interface for user operation. In the development of information technologies, two information revolutions related to the change of mental labor had a decisive effect.

### III. CONCLUSION

Computerization of the pedagogical process is one of the main directions and a must-do area of modern pedagogical technologies. In particular, the use of digital technologies in the educational system requires the formation of the skills of teachers and students to work comfortably in the new information environment. In particular, the use of information and educational tools in training future physical culture teachers and in their classes plays an important role in improving the quality and efficiency of education. Modern education in the 21st century cannot be imagined without information technologies. Organization of educational activities on the basis of information and communication digital technologies further develops students' thinking ability.

In conclusion, it can be said that digital technologies play an important role in shaping the knowledge and skills of future physical culture teachers.

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