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Application of Innovative Technologies to Physical Education and Sports

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Abstract: In this article, the problems encountered in fitness physical training and sports competitions focused on high results. Areas aimed at solving problematic situations and, first of all, such issues as the direction of digitization and innovative technologies to sports and physical education are covered.

Keywords: Sport, Physical education, Innovation, Psychology, Digitization, Human resource, Interpersonal relations.

The application of innovative technologies in modern sports has reached a very high level. First of all, if we take into account the origin and formation processes of modern sports, the fact that Pierre de Couberton was the first to apply sports psychology opened a new way to scientifically study the sports process. If we look at the world's sports fields, developed countries such as the USA, Russia, China, European countries, Germany, France, developed in the field of sports, first of all, studied sports scientifically and applied digital technologies to sports. is important.

2016 opened a new era in the sport of New Uzbekistan. A clear example of this is the Olympic Games held in Rio de Janeiro, Brazil. The number of medals recorded in it was a clear proof that the application of scientific study of sports in our country has reached its peak. It is not an exaggeration to say that the formation of sports psychology in Uzbekistan is primarily related to the names of sports psychologists such as Lebedyanskaya, Gapparov.

Scientific laboratories established at the Uzbekistan State University of Physical Education and Sports make a great contribution to the development of sports. In many ways, the use of the skills of developed countries in the application of digitalization of the scientific study of sports is of great importance to the processes of using modern technologies. First of all, we should mention that in the process of scientificization of sports, the ability of athletes to overcome emotional stress and psychological strength is very important. Despite all these victories and achievements, the problems have not decreased, that is, in our sports sector, which is focused on high results, we can see that in many processes, the main results are recorded in the fields of martial arts, for example, Boxing, Wrestling, Taekwondo, etc. Well, it is clear that the question arises as to where the problem is. We can see that team sports are very weak in our conditions, and in many scientific researches, local scientists emphasize the need to focus digitalization innovations on team sports, and the need to work with the team with a better study of group psychology.

There is a big difference in sports and physical fitness training aimed at high results, but the mental conditions in it remain problematic. In many cases, we can observe that it is very difficult for ordinary people to find the energy and time for physical education aimed at health exercises. we will be able to reach. As observed in scientific studies, in many cases, there are people who have problems with their health and a group of people who are engaged in remedial physical education exercises until this problem is solved. We can expect that athletes who have left big sports and have problems with their health without playing sports for a long time will be directed

to healthy exercises, which has been studied in the research process. Taking this into account, we will be able to study both sports and fitness exercises.

Means of improving physical culture and public orientation The principle of health-oriented physical education of the population is concretized in the currently rapidly developing physical culture and healthcare technologies. The concept of physical culture and wellness technology combines the process of using physical education tools for recreation and the scientific discipline that develops and improves the foundations of the methodology of building the physical culture and wellness process. Fitness programs and their classification Motor activity organized within a special group or individual (personal) classes, as a form of Fitness programs, health-training direction (reducing the risk of developing diseases, and maintaining the correct level of physical condition) , can also be, and at a sufficiently high level is related to the development of the ability to solve motor and sports tasks. The classification of fitness programs is based on: a) a type of motor activity (for example, aerobics, healthy running, swimming, etc.); b) on combining several types of motor activity (for example, aerobics and bodybuilding; aerobics and stretching; recreational swimming and running, etc.); c) one or more types of motor activity and various factors of a healthy lifestyle (for example, aerobics and fitness; bodybuilding and massage; recreational swimming and a complex of hydrotherapy restorative procedures, etc.). In turn, fitness programs based on one type of motor activity are types of aerobic motor activity; fitness types of gymnastics; types of power-oriented motor activity; types of motor activity in water; recreational types of car activity; can be divided into programs based on psychoemotional regulation tools. Such a variety of fitness programs is determined by the desire to satisfy the interests of the general population of different physical culture and sports health. The content of the concept of fitness includes multifactorial components (physical fitness, rational nutrition, disease prevention, social activity, including stress management and other factors of a healthy lifestyle), the number of created fitness programs is almost unlimited. The structure and content of fitness programs. The diversity of fitness programs does not mean that their construction is arbitrary. The use of various types of physical activity should be consistent with the basic principles of physical education.

As a conclusion, we can say that sport aimed at high results, healthy physical education, and digitalization, without innovation, remain problematic. First of all, learning by combining the field of sports and the scientific field, first of all, opens the way to high results and helps to direct the athlete to good results by properly educating him physically. And in fitness, we see that digitization is helping to drive innovation into fitness in many of the right ways.

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