INFORMATIZATION OF THE PROCESS OF PHYSICAL EDUCATION OF STUDENTS IN THE UNIVERSITY

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ABSTRACT

The introduction of information technologies in the educational process of the university provides an opportunity to organize the physical education of students at a higher level. Such materials include: multimedia training systems, multimedia control programs and tests, audio and video lessons, educational Internet resources, presentation lectures, training simulators for mastering skills, etc.

KEYWORDS: *Higher Educational Institution, Computer Technologies, Informatization of Physical Education.*

INTRODUCTION

The use of modern technologies in the process of physical education at a university is a prerequisite for the training of a future specialist who is competitive, who owns information technologies, the skills of independent knowledge acquisition, who is capable of self-development, and has a high level of general culture and physical health.

A necessary condition for maintaining a psychophysical state and an optimal level of working capacity is the presence of appropriate knowledge and skills, which are acquired in the process of studying physical culture.

Physical culture lessons are mainly aimed at improving the physical qualities of students, while insufficient attention is paid to theoretical and methodological knowledge and skills.

Information technologies play an important role in teaching students in a modern university.

Purpose of the work: to consider the possibilities of using new information technologies in the physical education of students.

The analysis of special literature showed that the following information technologies are used in the field of physical culture and sports:

- distance learning;

- Computer training programs;

- Knowledge bases and databases;

- Expert systems with elements of artificial intelligence;

- simulation of phenomena and processes (models of changes in physical, technical readiness, health status of pupils and students have been developed, depending on their motor loads, on the basis of which model databases are created);

- Computerized control of knowledge, physical conditions;

- Diagnostic complexes for assessing and monitoring the condition of athletes.

The use of information technology in education helps to solve the following didactic tasks:

- increasing the individualization of training, improving the organization of teaching;

- increasing the productivity of self-training of pupils and students, the transition from illustrative and explanatory education to problematic, creative;

- individualization of the work of the teacher himself, a variety of types of educational activities subject to the implementation of modern teaching technologies (information reference and expert systems, computerized training courses, automated training systems, etc.);

- Acceleration of replication and access to the achievements of pedagogical practice;

- strengthening of motivation for learning;

- Activation of the learning process, the ability to involve students in research activities;

- ensuring flexibility in the learning process.

Introducing students to information technologies in the study of the discipline is the most important direction in solving the problem of informatization in a modern university and improving professional training.

In the field of physical culture and sports, information technologies are used:

- As a teaching tool that improves the teaching process and increases its effectiveness. Use of modern computers in order to provide knowledge, create educational, training and competitive situations, exercise control over the assimilation of information;

- As a management of the educational process in educational institutions, sports organizations, means of information and methodological support;

- as a means of automating the processes of correction and control of training and educational activities and computer testing of mental functional, physical and psychological states of pupils and students;

- As a means of organizing intellectual leisure, developing games;

- As a means of automating processes, processing the results of competitions and scientific research;

- When organizing monitoring of the physical condition and health of various contingents involved;

- In publishing, business and advertising activities in the field of physical culture and sports [2].

The educational process is the main direction of the use of information technologies in physical culture. During the educational process, students get acquainted with the theory and methodology of physical education. By means of computer programs, it becomes possible to develop educational systems aimed at controlling knowledge, conducting computer surveys, planning and monitoring the psychophysical state of students.

To ensure the educational process, it is necessary to introduce didactic materials that are created on the basis of new information technologies. Such materials include: multimedia training systems, multimedia control programs and tests, audio and video lessons, educational Internet resources, presentation lectures, training simulators for mastering skills, etc.

The didactic complex of information support for the "Physical Culture" discipline includes the content of the curriculum, methodological developments for theoretical and practical studies, a glossary, knowledge control, testing, questions for a test and an exam, a list of mandatory and additional literature, a repository, etc.

Information and computer support allows you to combine the functions of accumulation, storage, analysis, systematization of information and assessment of the fitness of students, to implement an individual approach in the process of physical education and, in particular, personalization of recommendations for correction, for example, identified lags in physical fitness [1].

The introduction of an information system into the process of physical education allows:

- create round-the-clock support for students of all forms of education;

- To organize new forms of interaction in the learning process, as a result of which there is a change in the content and nature of the activities of the teacher and the student;

- To provide access to additional information materials, which, of course, contributes to obtaining a sufficiently high level of education;

- To increase the speed of mastering by students the volume and content of the transfer of educational information;

- To ensure objectivity, regularity and promptness of diagnostics of knowledge and skills of students;

- To ensure independent mastery of knowledge and skills, which creates conditions and incentives for mastering the skills of independent work and self-study;

- to increase interest in the discipline being studied by providing modern services for obtaining knowledge, the opportunity to discuss educational materials with trainees and teachers of their course or institution;

- To provide accounting, control and planning of training at the level of an educational institution, study group, each student.

The introduction of information computer technologies in the process of physical education of students provides an opportunity to organize the educational process at a higher level, thereby contributing to an increase in the level of theoretical and practical knowledge in the field of physical culture and sports, mastering the skills of organizing independent studies.

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