



**ZAMONAVIY VA SIFATLI TA'LIMNI YANADA RIVOJLANTIRISH, ILMIY
IZLANISHLAR ORQALI TARAQQIYOTGA MUNOSIB HISSA QO'SHISH
MUAMMOLARIGA BAG'ISHLANGAN XALQARO ILMIY-AMALIY ANJUMAN
TO'PLAMI**

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**СБОРНИК МАТЕРИАЛОВ МЕЖДУНАРОДНОЙ НАУЧНО-ПРАКТИЧЕСКОЙ
КОНФЕРЕНЦИИ, ПОСВЯЩЁННОЙ ВОПРОСАМ СОВЕРШЕНСТВОВАНИЯ
СОВРЕМЕННОГО И КАЧЕСТВЕННОГО ОБРАЗОВАНИЯ, А ТАКЖЕ
ВНЕСЕНИЯ ЗНАЧИМОГО ВКЛАДА В РАЗВИТИЕ ЧЕРЕЗ НАУЧНЫЕ
ИССЛЕДОВАНИЯ**

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OLIIY TA’LIM, FAN VA INNOVATSIYALAR VAZIRLIGI**

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АЗИАТСКИЙ МЕЖДУНАРОДНЫЙ УНИВЕРСИТЕТ

ASIA INTERNATIONAL UNIVERSITY

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Barchangizni bugun Osiyo xalqaro universitetida o'tkazilayotgan "Zamonaviy va sifatli ta'lim taraqqiyot negizidir" mavzusidagi xalqaro ilmiy-nazariy konferensiyaning ochilish marosimida samimiy qutlashdan g'oyat mamnunman.

Bugun bizni bir maqsad, bir g'oya – zamonaviy va sifatli ta'limni yanada rivojlantirish, ilmiy izlanishlar orqali taraqqiyotga munosib hissa qo'shish istagi birlashtirib turibdi.

Zamonaviy jamiyatning taraqqiyoti ta'lim sifatiga bevosita bog'liq. Innovatsion texnologiyalar, ilg'or g'oyalar va zamonaviy yondashuvlar asosida shakllanayotgan ta'lim tizimi – bu nafaqat raqobatbardosh mutaxassislar tayyorlashning asosiy kafolati, balki mamlakatlararo ilmiy hamkorlikni mustahkamlovchi muhim omildir.

Konferensiyamiz doirasida ilgari suriladigan fikr-mulohazalar, taklif va tavsiyalar nafaqat nazariy ahamiyatga ega, balki amaliy yechimlar yaratishda ham muhim o'rin tutadi, degan umiddamiz. Ilmiy tajriba almashinuvi, turli mamlakatlar olimlari o'rtasidagi fikrlar sintezi esa ta'lim tizimini takomillashtirish yo'lida muhim qadam bo'ladi.

Ushbu nufuzli anjumanda ishtirok etayotgan barcha olimlar, mutaxassislar, yosh tadqiqotchilar va professor-o'qituvchilarga samarali ilmiy ishlanmalar, yangi g'oyalar va ijodiy yondashuvlar tilab qolamiz.

Konferensiya ishiga omad va muvaffaqiyatlar yor bo'lsin!



**Hurmat bilan, Osiyo xalqaro universiteti rektori
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4. ZAMONAVIY AXBOROT- KOMMUNIKATSIYA TEXNOLOGIYALARI VA SUN'IY INTELLEKT ASOSIDA TA'LIM JARAYONINI TAKOMILLASHTIRISH

tarzda tashkil etilishi mumkin. Biroq, raqamli texnologiyalarni qo'llashda duch kelinadigan qiyinchiliklar va cheklavlarni bartaraf etish uchun qo'shimcha tadqiqotlar va amaliy chora-tadbirlar talab etiladi. Raqamli pedagogik metodlarni takomillashtirish orqali ta'lim jarayonini yanada sifatli va zamonaviy qilish mumkinligi aniqlandi.

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APPLICATION OF ARTIFICIAL INTELLIGENCE TECHNOLOGIES IN SPORTS EDUCATION

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Abstract. Artificial intelligence (AI) has become a transformative force in sports education, offering a variety of applications that improve athlete preparation, analysis, and performance. This section examines the key uses of AI in sports education, focusing on performance analysis, personalized coaching, and training optimization. The article analyzes the impact of AI on the educational process. The use of AI to analyze athlete performance allows coaches and analysts to gain a deeper understanding of individual and team performance. Using machine learning algorithms and big data processing, it becomes possible to identify patterns and trends that might have previously gone unnoticed. This, in turn, facilitates the development of more effective preparation and competition strategies.

Key words: Artificial intelligence, sports education, performance, training process, technologies, resources, implementation.

Introduction. AI-powered performance analysis provides coaches and athletes with unprecedented insight into strengths and weaknesses. Computer vision systems and motion sensors analyze athletes' biomechanics, identifying areas for technique improvement and injury prevention. This data allows coaches to develop customized training plans that address each athlete's specific needs.

Optimizing training processes with AI allows you to create more efficient and effective training programs. Machine learning algorithms analyze historical performance data to determine the optimal volume and intensity of training for each athlete. This helps athletes progress faster and achieve their goals.

Overall, AI is revolutionizing sports education by providing coaches and athletes with tools to improve performance, prevent injury, and achieve their maximum potential. As AI technology advances, its role in sports education will only grow, opening up new opportunities to improve training and achieve athletic performance.

Analysis of productivity methods. AI technologies have revolutionized performance analysis in sports, allowing coaches and educators to use objective data to improve athletic performance. Video analysis software has become essential for capturing and reviewing video footage of athletes during training and competition. AI-powered tools can extract critical information about players' movements, technical execution, and tactical decisions, facilitating a more complete understanding of an athlete's strengths and areas for improvement [10][5]. Additionally, biomechanical analysis systems provide accurate measurements of movement patterns, allowing for a detailed assessment of an athlete's technique [5].

Personalized coaching. AI has significant implications for personalized coaching in sports education. By analyzing historical performance data, AI can help coaches create customized training plans that meet the specific needs of individual athletes. This level of personalization extends to predicting potential competition outcomes and developing strategies based on insights [11]. For example, AI systems can evaluate past performance to identify tactical adjustments that can improve a team's chances of success in different game scenarios [11].

Improving athlete development. The integration of AI into sports training also contributes to more effective development of athletes by offering personalized recommendations for improving skills. AI-based platforms can analyze athletes' technique and provide targeted suggestions, ultimately leading to improved performance [10][5]. As AI technologies continue to develop, they are likely to become even more important in optimizing athletes' training and performance.

Administrative efficiency. In addition to training and performance analysis, AI also streamlines administrative tasks in sports education, allowing educators to focus more on teaching. AI systems can automate processes such as grading and resource allocation, thereby increasing the efficiency of sports institutions [1]. This efficiency allows coaches and teachers to spend more time working with athletes and improving their training methods.

There are also a number of problems and limitations in the application of artificial intelligence technology in sports education.

1. **Administrative pressure and culture.** The integration of artificial intelligence (AI) into sports education is often hampered by administrative pressures and cultural resistance within institutions. Many educators face pressures from above that prioritize standardization and accountability, which can limit innovative teaching methods that utilize AI technologies. The resulting culture can discourage experimentation and the adoption of new pedagogical approaches, leaving educators feeling limited in their ability to effectively use AI in their curricula [2].

2. **Lack of resources and support.** Another significant challenge is the lack of resources and support for educators seeking to implement AI in sports education. Many institutions face insufficient funding to purchase and maintain technology, which can hinder the deployment of effective AI solutions. Additionally, there may be a lack of professional development opportunities that equip teachers with the necessary skills to integrate AI tools into their teaching practice, further exacerbating the problem [6].

3. **Limitations on professional autonomy.** Professional autonomy is critical for educators to adapt their teaching strategies to incorporate AI. However, many teachers experience limitations in their decision-making authority, often dictated by administrative policies or standardized curricula. This can inhibit their ability to personalize the learning experience for students using AI and may lead to resistance to the adoption of these technologies due to perceived external control over their teaching methods [2].

4. **Gaps in strategic planning.** Strategic planning for the implementation of AI in sport education is often inadequate. Educational institutions often lack a comprehensive framework for the effective integration of AI tools, resulting in fragmented efforts that fail to deliver meaningful improvements in teaching and learning outcomes. This gap in strategic vision can lead to missed opportunities to improve the educational experience with AI, as well as a failure to address potential ethical concerns associated with its use [6].

Discussion. Real-world examples provide compelling evidence of the impact of AI performance analysis in school sports. These examples demonstrate how AI technology has changed the way performance metrics are analyzed, resulting in improved athlete development and team performance. Examples of case studies may include examples of AI systems analyzing player performance data to identify weaknesses and develop targeted training programs, as well as examples of AI algorithms optimizing game strategies based on performance metrics and opponent analysis [12][4]. One notable case study involves an AI system implemented in a school football program that analyzed player movement and fitness data. The system provided coaches with information about player strengths and weaknesses,

allowing for customized training to target specific areas for improvement. The implementation resulted in significant improvements in team performance throughout the season [12].

As AI technology continues to advance, future innovations promise even greater advances in performance analysis in school sports. The implementation of this technology will ensure that physical education is developed in accordance with the needs of all students, potentially leading to a healthier and more active generation of students [9].

Results. The integration of artificial intelligence (AI) into sports education is expected to bring transformative changes, improving both teaching methods and the student experience. As technology advances, it will enable the development of more personalized and data-driven educational practices, thereby promoting a learner-centered environment in physical education programs [8].

The potential of AI to enrich educational content in physical education is significant, as it can facilitate a more engaging and effective learning experience. For example, AI applications can facilitate visualizations and modeling that match individual learning styles, making it easier for students to understand complex concepts in sports science and physical fitness. Additionally, the use of intelligent tutoring systems can help teachers provide individualized feedback to students, promoting mastery and understanding in a competitive environment [7].

Conclusion. While the benefits of AI in sports education are enormous, ethical considerations must be at the forefront of its integration. Ensuring transparency in data practices and building trust with marginalized communities is essential to developing AI systems that truly reflect diverse experiences and needs [7][3]. Involving these communities in the design process will help prioritize their perspectives and ensure equal access to the benefits of AI technologies [7][8].

Looking ahead, advances in AI will likely lead to new applications in performance analysis and training. Technologies such as AI-powered wearables and virtual reality systems can provide real-time feedback to athletes, improving their training regimens and overall performance [8][5].

Moreover, predictive analytics can empower coaches and instructors to make informed decisions regarding athlete health and injury prevention, thereby changing the landscape of sports education and training.[8][5].

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ИНТЕРАКТИВНЫЕ МЕТОДЫ ПРЕПОДАВАНИЯ РУССКОГО ЯЗЫКА В ВУЗАХ <i>Хабибова Малохат Нуриддиновна</i>	259
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**ZAMONAVIY VA SIFATLI TA'LIMNI YANADA RIVOJLANTIRISH,
ILMIY IZLANISHLAR ORQALI TARAQQIYOTGA MUNOSIB HISSA
QO'SHISH MUAMMOLARIGA BAG'ISHLANGAN RESPUBLIKA
ILMIY-AMALIY ANJUMAN TO'PLAMI**

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**PROCEEDINGS OF THE REPUBLICAN SCIENTIFIC AND
PRACTICAL CONFERENCE ON ADVANCING MODERN AND
QUALITY EDUCATION AND CONTRIBUTING TO DEVELOPMENT
THROUGH SCIENTIFIC RESEARCH**

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