

**DIGITAL TECHNOLOGIES IN PHYSICAL EDUCATION AND SPORTS****Turdiyev Umid Kamoliddinovich**

**Annotation:** The article covers the actual problems of using information communication technologies through the eyes of coaches, educators and sports specialists in the field of physical education and sports.

**Key words:** Information, Information Technology, Information Communication Technology.

---

**Introduction:** Active digital economy in our country development, in all industries and industries, the most first of all, public administration, education, health, comprehensive implementation of modern information and communication technologies in sports measures are being taken.

In particular, the improvement of the e-government system, further development of the domestic market of software products and Information Technology Development, Organization of IT parks in all regions of the Republic, as well as, to provide the industry with qualified personnel more than 220 priority projects envisaged implementation started [2]. Physical education and sports professionals moderation of the qualification system, conditions in sports educational institutions, the need for highly qualified specialists growing sports educational institutions activities determination of factors affecting effectiveness, Organization of their innovation activities and important problems in coordination one of the requirements aimed at Elimination.

The development of information and communication technologies in the field of physical education and Sports has become a requirement of the present time. Field specialists knowledge, skills in computer technology determination of factors affecting the effectiveness of sports education processes based on qualifications and in the directions of improving its activities the question of studying existing situations, needs and interests remains relevant.

The practical applications of a computer are known as training and training of an athlete in the direction of sports and control and analysis of the state of the competition process designed to do. Choosing the most optimal program for athletes with the help of such practical programs and putting into practice gives the opportunity to draw up a sports plan. In particular, the "training exercise" in the questionnaire measurement results in the (training) process do you analyze using computer programs?", which was answered positively by 49.6%, 3% stated that they consider it unnecessary and 47.4% claimed not to use it.

Sports professionals who use computer programs use time and spatial movement of the process taking into account will be able to study the object in detail. Thanks to these technologies training and competition activities in a short time it is possible to achieve an increase in efficiency.

Currently in physical education and sports and education based on the use of modern information technologies in the educational process educators, coach-teachers, sports instructors and sports stylists are highly effective professional which allows directed preparation in computer program analysis systems application is a requirement of time.

By ICT in physical education and sports software products for the collection, processing and analysis of information about the athlete designed, computer technology expert systems of athlete training using can be detected using.

Professional activities of physical education and sports specialists at the request of the time modern information the use of communication technologies analysis of the results of the questionnaire-survey on the main directions showed the following.

"Analysis of the training (training) process using multimedia software tools do you?", 67.6% - I use, 4.1% - I think it is unnecessary, and 28.3% - answered that I do not use. Currently in physical education and sports sports and education based on the use of modern information technologies in the educational process educators, coach-teachers, sports instructors and sports stylists are highly effective professional which allows directed preparation in computer program analysis systems application is a requirement of time.

Methodically pedagogical software tools as effective is the use of: electronic textbooks, trainer Programs, control host applications( test shells), references (encyclopedias), virtual laboratories, modeling programs, presentation and demonstration programs (slides or videos), training programs (logic trainer, etc.q.).

**Conclusion:** Physical education and sports as a conclusion the wide introduction of modern Information Communication Technologies in the field of athletes effective training and competition process management, systematic objective assessment of their physical and sports performance, presentation of scientific information, analytical processing, storage as well as the most optimal ways to apply in practice that development is of particular importance it can be noted. The use of information and communication technologies in the process of sports education effective no matter what methods use is important.

The activity of the teacher is his awareness of information and the effective use of information depends on the ability in many ways. So, first of all, Modern sports with the help of computers, telecommunications and other means of information so that a specialist can freely navigate information flows obtaining information, processing and using them need to know the use. Secondly, the level of Information Culture required by a specialist provision, the purpose of only one academic discipline should not remain.

#### References:

1. Gurev S. V. "Sovremennie informasionnie tehnologii V fizicheskoy Kulture I Sporte" / monograph, rossiysky gosudarstvenniy professionalno-pedagogicheskiy universitet, Yekaterinburg, 2014.
2. Tolametov A.A. "Sport metrologiaci" / tutorial t.: "New generation of the century", 2009.
3. Tolametov A.A. Information communication in physical education and sports education factors to increase the effectiveness of the use of technologies. // "Physical education and sports" magazine No. 10, 2019. Pp. 8-9.