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## The Importance of Using Digital Technologies in Physical Education and Sports

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### 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.

**KEYWORDS:** information, Information Technology, Information Communication Technology, Computer Applications, social networks.

In the Resolution of the President of the Republic of Uzbekistan dated April 28, 2020 "On measures for the widespread introduction of the digital economy and electronic government" No. the tasks of increasing the level of digital knowledge necessary for the modern economy, improving the educational infrastructure, and within the framework of the implementation of the "Five Initiatives" project, it is determined to open digital knowledge training centers in all regions of the republic by 2022.

Complex measures are being implemented in our country for the active development of the digital economy, the widespread introduction of modern information and communication technologies in all sectors and fields, first of all, in public administration, education, health care, and sports. In particular, the implementation of more than 220 priority projects aimed at improving the electronic government system, further developing the local market of software products and information technologies, establishing IT parks in all regions of the republic, as well as providing the sector with qualified personnel has begun.

According to the Decree of the President of the Republic of Uzbekistan No. PF-6079 dated October 5, 2020, the Strategy "Digital Uzbekistan - 2030" includes appropriate higher education institutions to improve the digital literacy and skills of employees of governors, state bodies and organizations in the regions, and to train them in information technology and information security. and 12,000 of their employees are trained in the field of information technologies.

Modernization of the system of training of physical education and sports specialists, the conditions in sports educational institutions, the growing need for highly qualified specialists is one of the requirements aimed at identifying the factors affecting the effectiveness of the activity of sports educational institutions, and eliminating important problems in the organization and coordination of their innovative activities. .

The development of information and communication technologies in the field of physical education and sports has become a modern demand. The issue of determining the factors affecting the effectiveness of sports education processes and studying the current situations, needs and interest in improving the activities of specialists in the field based on their knowledge, skills and qualifications in computer technologies remains relevant.

Clarification of problems in the field of information and communication technologies in physical education and sports and determination of the practical significance of this issue.

The creation of information resources necessary for the use of mobile phones, computers, and tablets from modern information technologies in the educational processes of educational institutions in the field of sports has become today's demand. This led to the use of new forms and methods of education, the creation of a new form of education - information technologies, in addition to traditional teaching methods. As a result of the rapid popularization of modern means of mass communication, they are gaining a great position on the stage of the world media space. One of such means of mass communication is social networks. In physical education and sports, social networks can be recognized as promoters. Its noteworthy aspect is that it directly serves the further development of sports in our republic through popular groups related to sports in the network that unites our youth.

As we all know nowadays, sports experts get their main news from Telegram messenger and YouTube. Most importantly, as social networks are closely connected with traditional mass media and develop together, they can be used more widely and effectively in the field of physical education and sports. It is necessary to correct the information flows in these networks, monitor and organize news and news based on world experience, establish management in necessary cases, and increase efficiency by researching and strengthening new opportunities.

This is the need of the present time to increase the number of national social networks or sites that can take the place of these social networks in our republic. Computer applications are designed to control and analyze the state of an athlete during training and competition in a certain sport. With the help of such practical programs, it is possible to choose the most optimal program for athletes and create a sports plan.

Sports specialists using computer programs will have the opportunity to study the object in detail, taking into account the time and space movement of the process. Thanks to these technologies, it is possible to increase the efficiency of training and competition activities in a short time. Currently, it is the need of the hour for sports education pedagogues, trainers, sports instructors and sports stylists to use computer programs in their analytical systems, which provide highly effective professionally oriented training, based on the use of modern information technologies in the process of training in physical education and sports.

One of the ICT software tools in physical education and sports is an electronic textbook, which is very useful for athletes and independent sportsmen. This allows for the wide use of programs that allow visual reflection of the studied process on the monitor screen during training sessions.

ICT software products for physical education and sports are designed to collect, process and analyze information about an athlete, and with the help of computer technologies, an athlete's fitness can be determined with the help of expert systems.

As a conclusion, the widespread introduction of modern information and communication technologies in the field of physical education and sports will help to effectively manage the training and competition process of

athletes, develop the most optimal ways to systematically objectively evaluate their physical and sports performance, present scientific information, analyze it, store it and use it in practice. It can be noted that the output is of particular importance. It is important to effectively use information and communication technologies in the process of sports education, regardless of the methods of use.

Methodologically, it is effective to use the following as pedagogical software tools: electronic textbooks, training programs, control programs (test shells), reference books (encyclopedias), virtual laboratories, modeling programs, presentation and demonstration programs (slides or video films), educational game programs (logical teacher etc.). The activity of the teacher depends in many ways on his awareness of information and ability to use information effectively. So, first of all, a modern sports specialist should know how to receive, process and use information with the help of computers, telecommunications and other means of information in order to get a free direction in information flows. Secondly, ensuring the necessary level of information culture of a specialist should not be the goal of only one academic discipline. Thirdly, it is necessary to apply modern information technologies to all educational subjects, and this situation requires teachers to have a certain professional training, to be familiar with the possibilities of information technologies, to be able to use these possibilities in their scientific and practical activities. This situation is very relevant and pedagogically significant, because students test the possibilities and advantages of modern information technologies in the course of training and scientific research.

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