© Eurasian Journal of Sport Science 2022; 2(1): 185-189
https://eajss.uz

The role of information and communication technologies in additional independent training of practitioners in sports educational institutions in addition to coaching

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Abstract

Purpose: To determine the problems of using information and communication technologies in additional independent professional education for those engaged in sports education institutions and the practical significance of this issue.

Methods: The issue was investigated on the basis of analysis and generalization of existing scientific and methodological literature and regulatory documents on the topic of research, questionnaires and interviews to identify current problems.

Results: The survey conducted among the participants of sports education institutions, as a result of the interview, confirmed the interest in information and communication technology resources that allow you to independently study and analyze exercises outside of training.

Conlcusion: Currently, information and communication technologies are widely used in all spheres of society. In this regard, it is objective and natural to use modern technologies in sports education institutions of our republic both in training and in the out-of-training process. We consider it necessary for trainers to have knowledge, qualifications and skills in the field of information and communication technologies in their professional activities. This has a positive effect on the motivation of those engaged in self-repetition and consolidation of sports exercises.

Keywords: modern information technologies, scientific and methodological activities, independent learning, sports training, information and communication technologies, computer programs, electronic textbooks, electronic resources.

Introduction

Each period has its own development factor, need, demand and life principles. Of course, their formation and development, giving them special importance, today in our republic great attention is paid to attracting young people to sports. In our republic, the issues of ensuring the effective use of all opportunities to increase the interest of young people in sports have become priorities of state policy.

In order to implement the practical aspects of these issues, on June 3, 2017, the Decree of the President of the Republic of Uzbekistan № PD-3031 "On measures for the further development of physical culture and mass sports" was adopted, in which "In all regions of our country, to promote the importance of sports in the life of a person and family, that it is the basis of physical and spiritual health, to protect young people entering life with high hopes from bad habits, to create the necessary conditions for them to realize their abilities and talents, that there are important and urgent tasks in terms of selecting talented athletes and improving the system of targeted training" was stated. Additional independent professional education, which is one of the stages of improving the system of targeted training of athletes, allows purposefully, continuously improve their qualifications, gain additional knowledge, skills and qualifications necessary for the implementation of a new type of professional activity.

Additional independent professional education is focused on meeting the educational and professional needs of a person, professional development, ensuring his competence in professional activity and adaptation to changing conditions of the social environment (1).

The introduction of auxiliary additional resources using information and communication technologies that ensure the use of modern methods, technologies and innovative technologies in additional professional education when repeating, consolidating and independently mastering sports exercises, taking into account their independent preparation, taking into account the independent Training of athletes involved in sports in physical education institutions, is an urgent problem of education.

Methods

To solve the tasks assigned to us, the following methods were used:

Analysis of the issue based on the available scientific and methodological literature on the topic of research, analysis and generalization of normative documents, pedagogical observation, pedagogical experience,

questionnaires to identify current problems, interviews.

Results and discussion

Most of the coaches working in sports educational institutions of our republic offer traditional methods of training athletes and do not set the task of using modern information technologies in preparation for independent classes outside of training sessions. In our opinion, specialists working in the field of sports should have knowledge about new forms of information and communication technologies in sports. First of all, awareness of the interests of participants, the ability to use modern information and communication technologies developing in fast photos, multimedia video instruction are not sufficiently implemented.

To date, the creation of multimedia electronic textbooks on sports is an urgent problem of modern sports education. Therefore, modern multimedia electronic textbooks on sports make it possible to increase the level of training of participants and achieve the expected results in the future.

The use of multimedia methodical electronic textbooks on sports has an effective impact on the improvement of sports exercises for those who are engaged outside of sports training. In our opinion, the trainer should choose methods and technologies in such a way that the trainees not only acquire ready-made skills, but also create an opportunity to effectively improve the acquired level of training.

Multimedia training electronic textbooks on sports, the presentation of information about a training exercise in the form of sound, movement, video, images, graphics, etc., save time on learning new exercises, satisfy the need for new information, improve the exercises performed. studied.

Also, the advantage of multimedia educational electronic textbooks is that an important factor is updating information and adding additional information. Recommendations from printed manuals published several years ago may be partially outdated. With the help of a multimedia e-learning tool, we can improve information in a timely manner in today's changing realities. Teachers in the process of preparing multimedia educational electronic textbooks manage to overcome their objective and typical subjective shortcomings.

The use of multimedia educational electronic textbooks is important for speeding up the educational process, improving its efficiency and quality for those who work outside of classes. To date, in the process of sports education in our republic, multimedia educational electronic guidelines are the most dynamically developing type. Multimedia educational electronic resources for sports are a comprehensive didactic, methodological and interactive software system that includes systematized material and the appropriate field of practical knowledge, allowing you to implement the necessary forms of information presentation, including the presentation of complex situations of information using multimedia. , that is

- availability of theoretical and practical resources for sports exercises;
- visual representation of theoretical and practical resources;
- convenient acquisition of theoretical and practical resources;
- visual representation of sports exercises;
- check the assimilation of theoretical information.

It is important that multimedia educational electronic resources that teach sports exercises, prepared for independent training using the capabilities of information technology for those who are engaged in sports training outside of time, are perfectly explained and comprehensively executed. To do this, each coach must understand the essence of information and communication technologies, otherwise the resources prepared for self-study will not lead to high results. However, despite the great interest in multimedia educational electronic resources for sports in recent years, the issues of their creation and implementation remain problematic.

During the research work, a questionnaire survey and interviews were conducted with athletes of sports education institutions on the use of information and communication technologies in the process of self-development of physical exercises outside of training sessions. 132 boys and girls who study in the Republican Schools of Higher Sports skills, the Republican School of Youth Sports Skills, Olympic Reserve colleges, specialized children's and youth sports schools, children's and youth sports schools were attended to re-search. The results of the survey and interviews showed that 24.2% received consultations by phone and 63.6% via social networks, 18.2% received methodological

instructions, 59.1% of teachers believe that multimedia video instructions are an excellent help for independent learning. The girls also noted that 18.2% should receive consultations by phone and 43.9% via social networks, 59.1% of educational and methodical instructions, 77.3% of multimedia video instructional instructions should be studied independently (see figure 1).

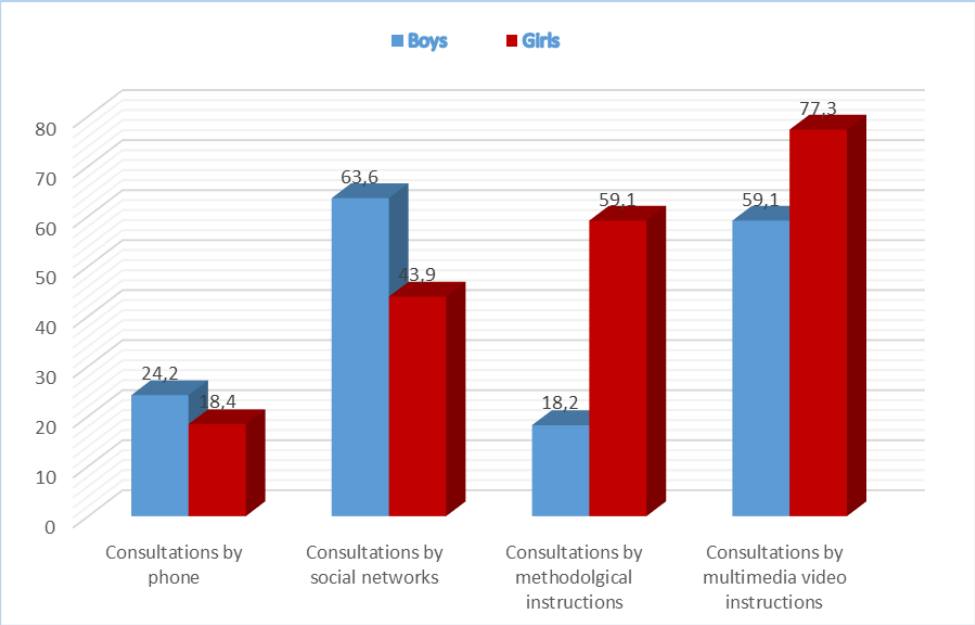
Using such software tools, the user will have the opportunity to study the object in detail, taking into account the process of spatial and temporal movement. Thanks to these technologies, the effectiveness of training and competitive activities increases in a short time.

"Do you use multimedia video instructions for morning exercises?" 28.8% of respondents said they needed to, 49.2% did the exercise correctly, 18.9% said they did not need to, 3.0% found it difficult to answer.

"Do you use multimedia video instructions to repeat independent exercises outside of training?" 43.9% said that it was necessary, 24.2% performed the exercise correctly, 21.2% said that it was not necessary, 10.6% found it difficult to answer.

"Do you use multimedia video instructions to enhance independent exercises

Fig 1. Information that will help on self-study outside of classes



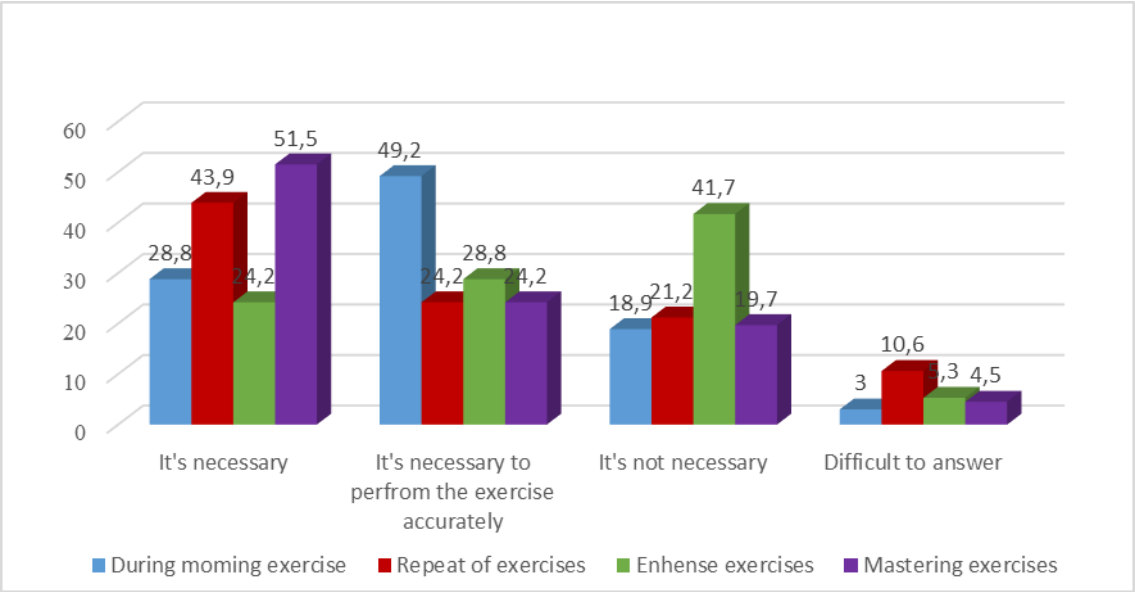
Electronic multimedia video tutorial is one of the tools to improve the quality of training and competitions in the field of sports. Electronic multimedia video lessons are very useful for athletes and for those who do sports on their own. It is advisable to widely use programs that allow you to visually display the process being studied on the monitor screen during training sessions.

Table 2. Special exercises performed to increase the effectiveness of the correct rotation technique of the hammer throwers in the training group

Knowledge and skills	Questionnaire, interview results (%)			
	It's necessary	It is necessary to perform the exercise	It's not necessary	Difficult to answer
During morning exercise	28.8	49.2	18.9	3.0
Repeat of exercises	43.9	24.2	21.2	10.6
Enhence exercises	24.2	28.8	41.7	5.3
Mastering exercises	51.5	24.2	19.7	4.5

outside of training?" 24.2% said they needed to, 28.8% performed the exercise correctly, 41.7% said they did not need to, 5.3% found it difficult to answer.

Fig 2. Interview results



"Do you use multimedia video instructions to learn independent exercises outside of training?" 51.5% said they needed to, 24.2% performed the exercise correctly, 19.7% said they didn't need to, 4.5% found it difficult to answer.

Thus, based on the data obtained, it can be concluded that those engaged in sports education institutions are insufficiently informed about the use of multimedia video instructions for self-repetition, consolidation and self-development of training exercises.

Conclusion

The analysis of scientific research in our Republic and foreign literature studied on the subject of the study showed that the majority of coaches working in sports educational institutions of our Republic offer traditional methods of training athletes and do not set the task of using modern information technologies in preparation for independent training. In our opinion, professional athletes should have the following knowledge and understanding to prepare additional independent training content:

1. It is necessary to have knowledge, skills and abilities in new forms of information and communication technologies in sports.

2. Coaches of sports educational institutions should know the interests of those involved in sports.

3. It is necessary to be able to use modern information and communication technologies that are developing in fast photography and constantly improve the level of professional skills.

Thus, the use of information materials on a wide range of issues of interest to persons engaged in sports education allows you to master a system of practical skills aimed at consolidating and improving exercises during off-training periods.

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