



THE ADVANTAGE OF ORGANIZING THE TRAINING PROCESS FOR PHYSICAL EDUCATION TEACHERS USING INFORMATION AND COMMUNICATION TECHNOLOGIES

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Abstract

This article discusses the advantages of future physical education teachers in organizing the educational process on the basis of information and communication technologies.

Keywords: Information process, professional and pedagogical skills, social requirements, pedagogical skills, modern information technologies, information creation.

Introduction

Any educational and training system takes shape and develops in a specific social, scientific-technical, economic, cultural, and, ultimately, political context. Every member of society, in their daily activities, continuously utilizes various information resources. The constant growth of information capacity contributes to the increase of society's intellectual potential. In this regard, teachers can enhance their professional and pedagogical competence primarily through modern information technologies. In the future, physical education teachers need to create their own information environment to effectively benefit from information technologies. Modern information technologies incorporate information objects, their relationships, information creation, dissemination, processing, and storage technologies and tools, as well as the organizational and legal framework of information processes.

LITERARY CRITICISM AND METHODOLOGY

The development of pedagogical technologies in the process of improving the education sector in our country and advanced nations worldwide involves independently seeking necessary information, solving issues, implementing solutions,



conducting critical analysis of acquired knowledge, and addressing new challenges based on this knowledge. The integration of modern information technologies into the educational process and the enhancement of teachers' skills and abilities in this regard have been given significant attention within the framework of the state policy of the Republic of Uzbekistan. This is evident from the Presidential Decree No. PQ-191 of September 28, 2005, titled "On the Establishment of the Information Educational Environment of the Republic of Uzbekistan" and the resolutions of the Cabinet of Ministers of the Republic of Uzbekistan, such as No. 200 of June 6, 2002, titled "On Further Development of Computerization and Implementation of Information and Communication Technologies" and No. 25 of February 16, 2006, titled "On the Further Improvement of the System for Re-training Teachers and Enhancing Their Qualifications." Currently, in the field of physical education, there are significant social and economic changes and rapid scientific and technological progress taking place between general education schools and higher education institutions. Specialists in physical education and students require the adoption of new goals and the assimilation of modern information technologies in their thinking and decision-making activities.

RESULTS

In the training process of physical education teachers, the diversity in the form and content of modern information technology enhances the possibilities for students, taking into account their interests, capabilities, and personal characteristics. Such possibilities are essential in the education system as well. Physical education teachers of the future can address this challenge by organizing diverse teaching methods based on modern information technologies. It is recognized by educational experts that the ability to utilize computer technologies is one of the most critical indicators of effective teaching in the current educational institutions.

In this context, U.Sh.Begimqulov recommends the creation of an information environment in educational institutions, the development of an information base that can respond to current demands, and the advancement of hypertext and multimedia, improving simulation and communication systems, and suggests the need to create an information database for the input, organization, storage, and utilization of essential information through computer technology. In the effective organization of the



educational process for physical education teachers, it is essential to consider the following in the process of adopting modern information technologies:

Ensuring the active involvement of a group of educators, computer programmers, and relevant specialists in the creation of distance learning courses and electronic resources.

Proper distribution of responsibilities among teachers.

The possibility to create an advanced system for monitoring and improving the quality of pedagogical activities and enhancing the effectiveness of the teaching and educational process.

Incorporating these strategies in the integration of modern information technologies will undoubtedly contribute to the effective organization of the training process for physical education teachers.

CONCLUSION

The education system serves as a vital instrument in fulfilling society's primary tasks of socio-economic and cultural development because general schools and higher educational institutions prepare individuals for active participation in economic, cultural, and political life. Therefore, educational institutions play a crucial role in shaping and nurturing the education process as a key component of society.

Physical education teachers have a significant role to play in this regard, as they contribute to the overall development of individuals. While physical education classes traditionally have been at the forefront of in-person teaching, today's society places great importance on online learning and teaching due to the information age. Therefore, physical education teachers need to select teaching methods and technologies with the aim of not only imparting ready-made knowledge to their students but also empowering them to independently acquire knowledge from various sources, develop personal perspectives, and use them as a basis to build new knowledge on top of their existing understanding. Such teaching can be described as "empowering" education. While remote learning promotes independent thinking about the acquisition of knowledge, it alone may not necessarily encourage students to think critically about how to acquire or possess knowledge.

In summary, the educational system plays a critical role in the overall development of society, and physical education teachers have a unique responsibility to adapt their



teaching methods and technologies to foster independent and empowered learning, not just knowledge transfer.

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