



# THE APPLICATION OF MULTIMEDIA TRAINING PROGRAM ENTITLED "PHYSICAL CULTURE AND SPORT" IN PEDAGOGICAL INSTITUTIONS

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## Abstract:

This article highlights the issues related to the digitalization of education at the present stage of development of society. The author points out the effectiveness of using the author's multimedia educational program entitled "Physical culture and sport" in pedagogical universities, as well as the role of using digital technologies in physical culture lessons.

**Keywords:** Mobile application, personality, digital technologies, development, physical culture, morality, intellectuality, spirituality

## INTRODUCTION

In modern conditions of mass network communication and globalization, an important direction of state policy is the development of digital technologies used in all spheres of human activity, including education. The need for digital transformation of these areas was also reflected in the Presidential Decree № 5847 "On Approval of the Concept for the Development of the Higher Education System of the Republic of Uzbekistan until 2030" on October 8 in 2019 [1]. As stated in the Concept, "raising the content of higher education to a qualitatively new level, establishing a system for training highly qualified personnel who are able to find their place in the labor market, make a worthy contribution to the stable development of the social sphere and sectors of the economy; introduction into practice of five initiatives, a set of measures are aimed at creating additional conditions for the education and upbringing of students" [1].

The process of using digital technologies at the current level of development of society involves the digital transformation of the main functions in the activity, i.e. the transition to new digital operational and educational models in the educational activities and management of pedagogical universities.

Issues related to the analysis and generalization of the experience of digital transformation of physical education and the sphere of physical culture and sports, and above all issues related to the creation and use of modern digital educational resources, both in the educational process and in the field of physical culture and sports, are of particular relevance.

## MATERIALS AND METHODS

Physical culture is an indispensable environment for the formation of physical, moral, intellectual and spiritual development of the individual, as well as an

important means of strengthening health. The main task of physical education in universities is to preserve and strengthen the health of students, and the formation of their habit of regularly engaged in physical culture and monitor their own health." [10] Applying traditional methods in physical education classes are losing their relevance, so teachers began to devote more time and effort to developing new versions of the construction of the educational process with the help of digital and media technologies.

Physical culture and sports are universally recognized material and spiritual values for each person individually and society as a whole. The use of digital technologies has become an important tool for organizing the educational process, because it is becoming increasingly difficult to interest students in physical education classes, attending classes is not regular, which means that new forms, techniques, methods and technologies for conducting classes are needed. A new technology in this area is digital educational technologies.

State educational system is actively switching to a digital format. The introduction of digital technologies into the educational space undoubtedly entails the inclusion of new tools for educational activities. "Digital transformation in education should be implemented as a complete restructuring of the educational process, which includes not only the methodology and means of teaching, but also changes in the competency model, in the semantic model of the educational program, changes in approaches to assessing the work of the teacher, as well as digital management of pedagogical processes in the educational institution. In these conditions, considerable attention is paid to updating the model of the educational process based on the use of modern digital information technologies, covering almost all



aspects of this process, such as goals, content, means and methods of teaching, organizational forms of their implementation" [5,67-p. ].

The main tasks of higher education in the training of teachers of physical education, in the context of the digital transformation of education is the availability of skills to prepare for the rapid changes taking place in the information society. In connection with the spread of coronavirus infection (COVID-2019) for educational institutions in general and pedagogical universities, at the faculties of physical education, in particular, their transfer to distance learning began. The use of modern digital information technologies in the educational process made it possible to take a different look at the process of education in universities, as university teachers faced difficulties associated with the creation of, and with the use of digital information educational resources in the educational process.

In the context of the pandemic, the possibilities of social networks, such as: Telegram, Facebook, Twitter, Instagram, VKontakte. Applications such as Adobe Connect, Zoom and Jitsi Meet have gained recognition for video conferencing and webinars in educational institutions.

"The digital transformation of the education system provides for the development of the information infrastructure and the improvement of the education system, the training of appropriate personnel who own modern information and digital technologies in solving professional problems, acting as new sources and new ways of obtaining information, pedagogical tools that allow achieving certain results in the process of training future specialists in the field of education. physical culture and sport"[4,76-p. ].

In our opinion, in a broader sense, the digital transformation of physical education should cover all aspects of the educational process at the university related to its organization and management based on digital information technologies, including the process of training and certification of students, the schedule, the formation of their portfolio, the accounting of programs in the disciplines of mathematics, management of the pedagogical load, personnel accounting, financial management and access to electronic library systems.

Digital information technologies are of no small importance in the training of teachers of physical culture, the organization and conduct of sports competitions, and recreational gymnastics.

As part of the study, we developed and tested in the universities of our republic - in the Navoi State

Pedagogical Institute, Bukhara State University in 2018-2020. multimedia training programs "Physical Culture and Sport", "Sport in My Life", which were aimed at future teachers of physical education. 67 teachers and 631 students took part in the testing of multimedia x training programs.

The main functions of multimedia learning were: self-control; correction; training; external control.

As is known, the system of training future specialists provides for the consideration of professional standards. For example, the standard for the direction of training teachers in physical culture provides: the development of physical, volitional, organizational qualities.

The multimedia training programs e "Physical Culture and Sport" reflect the sections that were intended for the preparation of training sessions in physical culture and sports competitions. This required serious training, especially in those sports in which the evaluation of the results of competitions is carried out on the basis of qualitative physical data. (kurash, artistic gymnastics, sports aerobics, etc.).

In the multimedia training programs "Physical Culture and Sport" for teachers of physical education, we took into account: the specifics of training: (training in techniques, tactics using various videos), on the other hand, the use of only distance learning is clearly not enough here, since the development of specific motor actions, training in the ability to demonstrate, training in the methodology of conducting classes and otherwise is possible only on the basis of practical exercises under the guidance of a teacher. Also, this educational multimedia program was aimed at training future teachers of physical education, who should be able to diagnose the functional systems of the body, have the skills of psychodiagnostics in sports, learn the monitoring of the physical condition and health of those involved in physical culture and sports.

This program has several sections. The very rules of competition with various comments, built based on hyperlinks, are primarily related to their assimilation, especially with regard to the assimilation of exercises related to various groups of complexity, performance technique, for which each exercise is accompanied by a video, graphic and terminological description.

The section "Physical Activity" allows you to analyze the various combinations performed by different athletes at various sports competitions, and compare your assessments with the data of experts. The section "Knowledge Testing" allows you to assess



the knowledge of the rules of the competition and the ability to carry out practical judging in the so-called virtual competitions. Thus, the main function of such a program is: training, correction, training, self-control, external control.

When using the multimedia training program "Physical Culture and Sport", we offered works on various platforms (Coursera, Udacity, EdX, Universarium, Stepik, etc.) However, it should be noted that on these platforms there are practically no special courses related to the system of teacher training in physical culture and sports. Most universities in our republic develop and use such programs in the system Moodle Distance Learning.

In the developed programs, we also took into account the specifics of sports and pedagogical disciplines (the use of video fragments related to the technique of performing various exercises, tactical actions, with the methodology of conducting classes, etc.). Video fragments are used both to accompany the educational material and to test knowledge on individual topics and the discipline as a whole.

The multimedia training program "Physical Culture and Sport" developed by us has a certain significance, primarily for students who are active athletes, constantly go to training camps and competitions and cannot attend classes with a group. Of course, it should be noted here that distance learning courses are carried out in a mixed way, when they are developed and implemented in the main theoretical sections of sports and pedagogical disciplines, since the training of specific motor actions takes place in practical classes with the participation of a teacher, a trainer in connection with the need to provide insurance and assistance, compliance with safety precautions.

When training future teachers in physical education with on-line training, it is important to take into account the following aspects:

1. Pol in the organization of the educational process of multimedia presentations. Firstly, they are used in the provision of educational material at lectures, when the presentation includes various video fragments related to the technique of teaching motor actions, tactical actions, with the teaching methodology, the method of conducting the lesson, etc. Secondly, today not a single pre-defense and defense of final qualification works is included. dispenses with their use. Third, students prepare and defend their projects through presentations. Fourthly, with the help of PowerPoint, you can create and actively use various tests to assess knowledge in various sports and pedagogical disciplines. An

important function of the presentation, which has emerged during the pandemic, is the creation and use of video presentations, which can be used by both teachers to communicate information to students and students when preparing video reports to defend their graduation qualifications (WRC) in a remote form using video conferencing.

2. An important task of the learning process in the context of its digital transformation is the creation and use of means of automation of control and measuring processes and assessment of the quality of education. The teacher, on the basis of control data, receives information about the results of his work (feedback) and, if necessary, can make adjustments to it, and for the student - this is an assessment of his work.

"Tasks in control programs can have a different structure: a question in the form of text and text answer options, a question accompanied by a graphic illustration, for example, a videogram of sports motor action or a video, etc. This task is quite effectively solved by digital multimedia control programs. The main functions of such programs: external control of the success of training in individual sections of the course; external control of the success of training in the course (discipline) as a whole; automatic registration of control results; the possibility of direct registration in the student's personal portfolio in the integrated information and analytical system (IIAS) for subsequent analysis and certification of students"[12, 15-p. ].

3. Accounting the website and mobile applications for teachers of physical education. Main functions: training; self-control; external control. This allows you to 100% realize the multimedia of learning, and creates an opportunity to expand the number and number of students. For example, when using the multimedia application "Sport in My Life", we used these functions on the example of an educational site and a mobile application for training in wrestling.

Training with the help of a mobile website and mobile application for teachers of physical education was carried out on different trajectories depending on what decision the user himself makes. There are several possible options for work - viewing video material and text descriptions of the certification program, viewing individual elements in the sections "Techniques", "Techniques of falling", "Movements" and "Lay on the shoulder blades." After mastering these sections, students proceeded to the section "Uzbek Kurash", which includes knowledge control, simulator and user surveys.



The mobile application allows you to significantly expand the scope of use of this site, as it makes it possible to use not only a personal computer, but also smartphones and tablets.

In the organization of physical culture and sports activities (during sports training, organization and conduct of sports competitions, physical culture and recreational work), various software and hardware complexes are actively used today that allow you to quickly evaluate and adjust the educational and training process using various diagnostics in the laboratory, as well as mobile tools that make it possible to assess the condition of athletes directly in the "field" conditions, manage the training process with the help of various mobile applications, increase the objectivity of assessing the results of competitions.

## CONCLUSION

Thus, the study creates an opportunity to apply digital information technologies in the training of future teachers of physical education. The digital educational resources created and used in the educational process have shown their effectiveness in the system of training specialists in physical culture. Using the multimedia application "Sport in my life", allows you to carry out digital control in the pedagogical process, quickly evaluate and adjust the educational and training process.

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