

# Innovative technologies in the system of physical education and sports

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**Abstract:** The article describes the importance of innovative technologies in the system of physical education and sports, their essence and relevance in modern times and their influence on the development of physical education and sports.

**Key words:** technologies, physical education, sports, healthy lifestyle.

## Introduction.

Technology in education is an important factor for both high school and university students to achieve mastery of the technological culture developed by humanity through a process rising from technological literacy, to technological education and competence, up to a general vision of the technological world, with great impact on life and the health of a person living in a modern and constantly changing society with the use of physical education. Considering that education and technology are two inseparable concepts that feed each other, the result of the implementation of technical education should be a young person who is able to effectively participate in modern technological processes, acting independently and safely in the field for which he has been trained. Physical education and sport are one area where technology is increasingly being integrated, due to its positive impact on human health, as well as its further positive impact on a sustainable economy. This also highlights the growing demand for innovative technology in recent years among young people.

**Relevance:** the development of innovative technologies in various fields of education and science, as well as the system of physical education and sports, has made it possible to more effectively organize the educational and training process.

**Research methods:** the study was conducted in the system of higher professional education among students of a higher educational institution in classes on “Elective courses in physical education and sports” where a person-oriented method was used when performing physical exercises.

**The results of the study:** showed that when using a person-oriented method in classes, it was possible to significantly increase the effectiveness of the lesson and students made significantly fewer mistakes during physical exercises.

Physical education and sports have a positive impact on the health and fitness of students. One of the types of physical activity that can be used in physical education classes is recreational aerobics. The pace and rhythm of aerobic exercise has a positive effect on the state of a person’s cardiorespiratory system, especially if it is accompanied by music. In modern literature, there is no material on the use of the “flipped classroom” pedagogical technology in a recreational aerobics class at a university.

The results of scientific research indicate insufficient physical activity of students and their significant deterioration in health and physical fitness. There is a decrease in students' interest in physical education and the need to lead a healthy lifestyle. Overweight is registered in 12-19% of children, and 5% have high blood pressure. The number of schoolchildren with spinal pathologies is increasing. The inactivity rate among teenagers is 50-70%. The subject “Physical Education” plays an important role in improving the quality of life and physical activity of the younger generation.

The key element of physical education at a university is the structure and content of a modern lesson in physical culture and sports, ways of organizing theoretical and practical activities of students. Methods for constructing an effective lesson are based on the use of various pedagogical technologies by the teacher and the implementation of learning activities by students.

Innovative teaching technologies have the following directions: “intensification of cognitive activity” - the student receives information from the teacher in a ready-made form. The nature of learning is passive, there are no elements of creativity, no independence. In this direction, the student acquires knowledge and skills without using them in practice; “interactive learning technologies” is a oriented direction in

learning. Concentration on the student as an emerging personality who can express himself and realize himself. The basis of this technology is personality-oriented interaction between student and teacher. Interactive learning is formed in the form of dialogue exposure of students, during which the skills of joint activity are developed. With such training, the student is not a passive object of the educational process, but an active subject and participant. Recently, teachers have widely used interactive learning, which is based on interactive forms of the cognition process. The path of interaction of such learning is student ↔ teacher.

The most pressing problem in physical education is the low level of physical health and physical fitness of students. According to many studies, students often express negative attitudes towards physical education. This indicates that physical culture as a part of the general personal culture of students has not been formed. Practice shows that not all students in the main group fulfill the standards of the work program; some students belong to a special medical group; about a third of students are generally exempt from practical training for health reasons. A low level of physical fitness and a lack of systematic knowledge in physical education are associated with a lack of continuity in the physical education of students in secondary school and university. Often, “students’ lack of interest is due to the lack of professionalism of physical education teachers,” who need to master modern pedagogical interactive teaching technologies and actively apply them in practice.

To implement this approach, aesthetically oriented technologies, forms, methods, techniques have been developed and are being implemented into the practice of organizing physical education:

- art pedagogy, artistic (expressive) movement (method of L. N. Alekseeva), plastic-rhythmic, anti-stress plastic, rhythmic gymnastics, dance-rhythmic gymnastics, role-playing rhythmic gymnastics, “rhythm-motor health-improving physical culture”, etc.
- dance and game exercises;
- eurythmy exercises;
- “body ballet” exercise system;
- organizing the work of the theater of physical education, sports, movements, pantomime, etc.;
- development of plasticity, rhythm and other aesthetic abilities;
- “spontaneous dance”;
- aesthetic therapy.

Many researchers focused on modernizing the physical education system emphasize the need for “game rationalization” of this pedagogical activity, the widespread use of game forms for organizing physical education and sports activities, and the simplest of these forms such as outdoor games. The importance of folk and national outdoor games and sports is noted. They increase interest in physical culture and sports activities, and also promote spiritual and moral, including patriotic education. Other types of outdoor games are also proposed for implementation in the practice of physical education: story games, improvisational and creative outdoor games, reflective and metaphorical motor games, games based on the “integration of intellectual and motor components.”

### **Conclusion.**

From all of the above, we can conclude that the introduction of innovative technologies into the system of physical education and sports, and in particular new methods of organizing the educational process in a higher educational institution, has a positive effect on the physical preparedness of students and has a great influence on the harmonious development of the individual. Modern technology can indeed be beneficial in physical education, but it can also have some negative consequences. For example, some people may become dependent on the use of electronic exercise equipment and activity tracking devices, which can negatively impact their physical and mental health. Therefore, it is important to use technology wisely and not forget about the need for variety in training and an active lifestyle in general. In addition, modern technologies can be used to create special programs for people with disabilities. Such programs can help them improve their physical fitness and exercise according to their abilities.

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