

Digital Technologies in The Development of Popular Sports

Eshpulatova Shohsanam Farkhodovna

2nd Year Student, Termiz University of Economics and Service



Abstract

This article discusses innovative technologies in the development of mass sports. Today, innovative technologies are an integral part of any field of human activity. These innovative technologies also form the sphere of physical education and sports. In modern conditions, innovative technologies help to improve physical performance, create convenience for playing sports, and increase the effectiveness of physical exercises.

Keywords: Mass sports, technologies, innovation, communicative methods, public health.

Introduction

Consistent work is being carried out in our society to promote a healthy lifestyle, especially to ensure that the population, especially young people, regularly engage in physical education and mass sports at the level of modern requirements. This involves creating conditions that meet the requirements of the time, strengthening confidence in young people through sports competitions, promoting values such as courage, patriotism, and loyalty to the Motherland. In addition, along with comprehensive initiatives aimed at further developing physical education and mass sports, systematic measures are being taken to identify and support talented athletes among young people. Digital technologies play an important role in the development of mass sports. These technologies make it more effective to train athletes, hold competitions, and communicate with fans. Technologies such as mobile applications, wearables, big data, and artificial intelligence (AI) are used to improve sports processes. For example, big data can be used to analyze athletes, optimize their performance, and prevent injuries. Digital platforms can also be used to widely promote grassroots sports and establish interactive relationships with fans.

Main Benefits:

- Effective training and management
- Reduction of injuries
- Closer connections with fans
- Making competitions more accessible

Digital technologies create innovative opportunities in the field of sports and further popularize mass sports.

Innovative technologies and interactive methods in physical education classes are widely used in the educational process today and are of great interest. These types of methods help to increase the effectiveness of education and the motivation of students to study.

"Innovation" means creating something new, something new. It is a form of work that is fundamentally different from traditional forms of education, but rather aims to use a method that is aimed at increasing the effectiveness of the educational process based on innovations. Attention to pedagogical technologies in education and the pursuit of innovation allow students to be more active.[1]

Communicative methods are widely used in this technology, let's consider some of their main features. As we have seen in the current interactive training, interactive methods are mainly used. In the future, it is desirable to transfer these methods to interactive technology.[2]

The interactive teaching method is implemented by each teacher at the level of available tools and their own capabilities. This is mastered by each student at different levels in accordance with their motivations and intellectual level. Interactive teaching technology ensures that each teacher conducts classes that cover all students. In this method, each student covers the class in accordance with their motivations and intellectual level. [3]

The organization of enterprise health and preventive gymnastics groups is one of the innovative methods in the field of physical education. This type of training is ideal for people with increased neuro-emotional stress associated with limited activity, poor hygiene conditions and physical labor. Groups of rest and preventive gymnastics, classes are carried out with work, and it is advisable to hold these classes outdoors or in a well-ventilated area. It is necessary to change work clothes and take a shower in accordance with the purpose.[4]

Depending on the nature of the work, gymnastics complexes include breathing, corrective and developmental exercises, relaxation exercises. Corrective exercises are recommended to prevent flat feet, curvature of the spine, varicose veins and cerebrovascular accidents during long working hours. It is necessary to analyze the exercises, determine for which muscle groups corrective exercises are selected, and determine the form and nature of their execution.[5]

The following exercises are included in the complexes of health and preventive gymnastics:

Walking with elements of relaxation.

Stretching the muscles of the shoulder girdle.

Body turns.

Lateral bends.

Rotational movements of the body.

Sitting and lunges.

Swing movements.

Self-massage of muscles involved in the performance of labor operations.

Relaxation of the muscles of the arms, legs, trunk.

During physical exercises, it is necessary to hold the breath involuntarily and combine it with the phases of movements. Also, dosing and short-term voluntary delays included in the respiratory cycle can be used as special exercises.[6]

The main forms of basic-extended physical education are general physical education (GPP) sections and independent training. Physical education sections are organized for those who want to engage in physical education groups, but are not interested in sports. Groups are filled with 20-

25 people according to age and gender characteristics. 2-3 times a week, each lasting an average of 1.5-2 hours. The main task of the training is to ensure a comprehensive level of physical fitness. The methodology of classes is conducted in accordance with the methodological principles of physical education.

Independent training ranges from simple prevention and restoration of working capacity after work to achieving high physical fitness. Self-study tools are various physical exercises, health walks and runs, gymnastics, swimming, various types of fitness (Pilates, stretching, etc.). The number of lessons per week can vary from 2 to 7.[7]

Greeting is a necessary didactic of the preparatory part of the lesson. It should be friendly, polite, polite, encouraging mutual health and ensuring success in subsequent activities. After greeting the class in the first lesson, the teacher reads the list in order to get acquainted with the composition of the students, in subsequent lessons it is not necessary to read the list, in order to wait for the time, it is advisable to conduct a check-in during the lesson or in the final part.

References

1. Maxkamjonov K.M., Nurmatov F.A, Inozemseva L.A, Rustamov L.A. Sport bayramlarini tashkil qilish va o'tkazish metodikasi darslik Toshkent 2008 y.
2. Abdullaev A., Xonkeldiev Sh. Jismoniy tarbiya nazariyasi va metodikasi. Toshkent., O'zbekiston davlat jismoniy tarbiya instituti, 2005 yil.
3. Kutlimuratov, I. K. (2021). Effectiveness of methods for improving the speed endurance of chief referees in football. *Eurasian Journal of Sport Science*, 1(2), 61- 65.
4. Igamberdiev, O. R. O. (2021). Organization of football clubs in schools and improving the physical fitness of those involved in them (on the example of 4-5 graders). *Eurasian Journal of Sport Science*, 1(2), 177-184.
5. Yunusova Yu.M. Jismoniy madaniyat metodikasi asoslari Darslik Toshkent 2005 yil.
6. Chori, B. (2024). The Influence of Chess Sports on Children's Mental Development. *Miasto Przyszłości*, 53, 941-943.
7. Salomov R.S. Sport mashg'ulotining nazariy asoslari-Toshkent., O'zbekiston davlat jismoniy tarbiya instituti, 2005 yil.
8. Ismagilov, D. K. (2018). Talabalar uchun jismoniy tarbiyaning innovatsion tizimlari. Bugungi kunda pedagogikada: muammolar va yechimlar (1-3-betlar).
9. Urolovich, B. C., & Dilshodbek, K. (2024). Technology of Using Movement Games to Increase the Efficiency of Physical Education Lessons. *International Journal of Scientific Trends*, 3(11), 44-48.
10. Boboqulov, C. (2023). PSYCHOLOGICAL, PEDAGOGICAL AND PHYSICAL ASPECTS OF PERSONALITY DEVELOPMENT OF PRIMARY CLASS STUDENTS. Theoretical aspects in the formation of pedagogical sciences, 2(5), 147-149
11. Dusyarov, T. (2023). A SYSTEMATIC APPROACH TO ATHLETIC TRAINING IS THE KEY TO SUCCESS. *Евразийский журнал академических исследований*, 3(4 Part 4), 97-101.
12. Urolovich, B. C. Zarina Rakhimova Fakhridin qizi.(2023). CHARACTERISTICS OF PHYSICAL CULTURE FORMATION IN THE FAMILY. *IQRO JURNALI*, 2(1), 325-330.
13. Zarina, R. (2023). PATRIOTIC EDUCATION OF DISABLED STUDENTS THROUGH

PHYSICAL EDUCATION AND SPORTS. Best Journal of Innovation in Science, Research and Development, 304-307.

14. Beknazarovich, D. T. (2022). Application of stretching to stimulate the health of older preschool children.
15. Urolovich, B. C. (2023). Pedagogical Principles of Using Activity and National Games in the Physical Education of Student Girls. Best Journal of Innovation in Science, Research and Development, 2(12), 575-579.