

**THE USE OF INFORMATION TECHNOLOGY IN THE TEACHING OF PHYSICAL EDUCATION AND SPORTS**

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**Annotation.** The article examines the possibilities of using information technology in teaching physical education at a university. Remote methods make it possible to receive consultations from a teacher (coach) at any convenient time, no physical presence in the educational institution is required. Remote technologies expand the possibilities of effective physical education for young people with special physical development.

**Keywords:** information, remote technologies, physical education, opportunities.

In the second half of the twentieth century, rapid changes in the socio-economic and socio-cultural sphere took place, which acquired a global scale. The ongoing transformations are of a multidirectional nature, and the changes radically affect educational processes, especially the higher school system.

The education system must take into account the ongoing changes, meet the modern needs and demands of students. The use of computer and communication technologies in the pedagogical process is becoming important. It would seem that such technologies are relevant for disciplines not related to physical culture, however, active use of information is also possible in the field of sports.

The technologies that arose due to the scientific and technical revolution are penetrating deeper into the organization of the educational process at the university. Competitive higher education in modern conditions is becoming one of the most important conditions for achieving sustainable development by society. Information technologies provide opportunities to use relevant teaching and training methods, and more and more interdisciplinary subjects are emerging, which is associated with internationalization, the tendency to synthesis and innovation – characteristic features of globalization.

Information technologies make it possible to organize the introduction and active use of remote forms of education. Most universities strive to introduce and expand distance education services, which allows them to overcome the borders of states and solve the problem of students' distance from leading educational centers.

A number of educational institutions in various countries of the world have already completely switched to remote working methods. The indisputable advantages of distance education, in relation to the teaching of physical education, include the following:

- the possibility of physical absence from an educational institution;
- regulation of the time and volume of physical activity and the study of the theory of the training process; – repeated study of complex material or consolidation of the studied using the off-line mode;
- communication with the teacher (coach) via e-mail, messengers and other means;
- obtaining educational and methodological materials for the organization of a high-quality training process via the Internet.

In the context of globalization and the formation of a global civil society, every person should have the opportunity to apply for higher education, physical education and various sports. Such factors as distances, relatively low income, and undeveloped engineering and transport infrastructure should not be an obstacle to the realization of these rights.

Physical education is important for almost all categories of the population, including people with disabilities. For students with special physical development, it is important to choose the

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appropriate set of exercises. Thanks to the development of medicine, it has been possible to improve and save the lives of tens and hundreds of millions of people. For more successful socialization and integration of tens of millions of people into global and local society, it is important to ensure access to education.

The correct execution of a set of exercises is possible by means of using information technology. Communication with specialists on-line can be as successful as possible, there are cases when young people with disabilities joined professional sports and took part in the Paralympic Games, became prize-winners of these prestigious international competitions.

For the development of distance education, it is important to carry out serious preliminary technical and methodological work:

- creation of local networks;
- the introduction of electronic educational and methodological complexes and other educational and methodological materials for successful independent work of students;
- improving the technical skills of scientific and pedagogical staff and support staff.

The idea of integrated education for people with special educational needs is popular in many countries of the world today. Universities are trying to offer potential students with disabilities equal access to educational services.

The attitude of society towards people with disabilities depends on many factors, among which an important role is played by the level of socio-economic development, the education system, which provides the opportunity to choose a profession in accordance with opportunities and abilities.

Distance education performs an important humanistic function, according to which no one should be deprived of the opportunity to receive education due to poverty, geographical or temporary isolation, social insecurity and inability to attend educational institutions due to physical disabilities.

Virtual educational platforms have become increasingly popular in various countries of the world, which allow you to choose numerous courses for free and paid study, and interdisciplinary lecture cycles are especially popular. For the purposes of self-training and self-education, anyone with Internet access can get information and access to methodically qualitatively developed courses in various scientific fields. For those who need confirmation of studying a particular course and successfully passing the final test, a certificate is provided. As a rule, in order to receive a special confirmation, payment for distance learning is required, which allows you to maintain and develop virtual educational platforms.

Thus, the introduction of distance learning technologies requires bringing the educational, methodological and organizational support of teaching in universities into an appropriate state.

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