



FROM MULTIMEDIA TECHNOLOGIES IN IMPROVING THE COMPETENCE OF TEACHERS OF PHYSICAL CULTURE IN INFORMATION AND COMMUNICATION TECHNOLOGIES

Ishonkulov Ashraf Kurbonkulovich

Teacher of Samarkand branch of the Institute of Retraining and
Advanced Training of Specialists in Physical Culture and Sports

Annotation

This article discusses the use of multimedia technologies in improving the competence of physical education teachers in secondary schools in the field of information and communication technologies. The role, opportunities and legal basis of multimedia technologies in the current education system are described in detail.

Keywords: information, communication, technology, multimedia, competence, internet, software, e-textbook, portfolio.

Introduction

Today, information and communication technologies are penetrating deep into all spheres of human activity. A person who knows information and communication technologies skillfully and effectively will have a new way of thinking about others, will have a completely different approach to problem assessment and organization of their activities.

Informatization of the educational process is now one of the priorities. The process of informatization must address the traditional components of the learning process and new information technologies, as well as the relationship between the student, the teacher and the learning environment.

The Main Part

Competence in information and communication technologies is a complex concept, which means the purposeful and effective use of technical knowledge and skills in educational activities. Competence in information and communication technologies is an integral part of professional competence.

The competence of physical education teachers in information and communication technologies should ensure that:

- New educational goals;
- New forms of organization of the educational process;
- New content of educational activities.





There are three main aspects of ICT competence:

first: availability of a high level of functional literacy in the field of information and communication technologies;

second: effective and rational use of information and communication technologies in educational activities to solve professional problems;

third: to understand information and communication technologies as the basis for a new educational paradigm aimed at developing students as subjects of the information society who can work with large amounts of information and create new knowledge.

The concepts of information and communication technology literacy and information and communication technology competence are different.

Information and communication technology literacy - knowledge of personal computers and their accessories, software products, computer networks and the Internet.

Competence in information and communication technologies is the use of information and communication technologies and their effective use in pedagogical activities.

The material and technical base for the use of information and communication technologies in the educational process in our country has been strengthened, and its regulatory framework has been created. In particular, the Decree of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev dated February 7, 2017 "On the Strategy for further development of the Republic of Uzbekistan" No PQ-4947 Special attention was paid to the issues of implementation [1].

In the decree of the head of our state "on measures for further improvement of the sphere of Information Technologies and communications" dated February 19, 2018 № PF-5349 "the current system of training, retraining and professional development of personnel in the field of information technologies and communications does not take into account the rapid pace of development of IT technologies, as well as the possibility of effective communication with leading educational institutions of foreign countries for the introduction of advanced methods of teaching" –said.

- The following are the components of the teacher's competency in information and Communication Technology:
- To know the list of the main electronic manuals available on the subject: electronic textbooks, video tutorials, collections of electronic information educational resources on the Internet, etc.





- To find, evaluate, select and display the necessary information among the collections of e-learning resources in accordance with the specified educational tasks.
- To have the necessary software installation on the computer, the use of demonstration techniques, methods of creating personal electronic didactic materials.
- To create personal instructional materials by transforming and presenting information into an effective form for solving learning problems, summarizing, comparing and modifying information from various sources.
- To be able to choose the software that will be used to present the various materials needed for the learning process to the reader (text editors, table editors, presentation editors, etc.)
- To have methods of organizing the educational process using Internet resources;
- Effective use of tools for organizing the educational activities of students: test programs, electronic workbooks, control programs, exercise equipment, etc.
- Create digital portfolios of your own and your readers.
- Students, parents, colleagues, school administration (school network, e-mail, social network) to be able to choose the correct form of information transmission.

Organization of work of students within the framework of various projects (Olympiads, competitions, quizzes), organized through the Internet, remote support of the educational process (if necessary).

In the Explanatory Dictionary on the subject of pedagogy, the embodiment of the delivery of educational material to students on the basis of audio, video, text, graphics and animation (movement of objects in space) effects on the basis of programming and technical means of multimedia Informatics. In this carried out the process of creating, storing and processing models and their imaginations on the basis of the subject studied with the help of computer, as well as their processing on the basis of the desired goals. In the educational process, the use of multimedia means will achieve professional results in the effects of mastering and education. "In the pyramid of data storage, "it was said that the student will retain in memory 10-20 percent of the knowledge that he received by hearing, 30-50 percent by sight, 60-70 percent by hearing and speaking, 80 percent by writing, 90 percent of the knowledge that he received by seeing and performing himself directly. Therefore, multimedia is of great importance in the education of technology " [11, 346-347].

According to Abdukodirov and other scientists, " Multimedia is the ability of a computer to work with information in a variety of ways, such as color graphics, text





and graphic effects, sound output and synthesized music, animation, as well as full-fledged video clips, even videographs”[12,112].

Conclusion

The quality and effectiveness of physical education lessons also depends in many ways on the use of multimedia technologies. Certain work has been done in this regard. But there are problems waiting for their solution in this regard, the development of pedagogical conditions for their improvement and elimination is one of the main tasks ahead of us. Including:

Decrees and decrees of the president of the Republic of Uzbekistan on the application of information and communication technologies, establishment of systematic use of multimedia technologies in the educational process, instructions, comments, decisions of the Cabinet of ministers serve as a methodological basis for our business activities. Ensuring the implementation of decisions and decrees related to the development of the industry requires creative research from each of us, a responsible approach.

- In order to improve the use of multimedia technologies in physical education and Sports, attention should be paid to the following:

- Deep understanding and knowledge of the content and essence of decisions and decrees related to the implementation of information and communication technologies in the educational process of the president and Cabinet of Ministers of the Republic of Uzbekistan;

- To introduce these decisions and decrees and guidelines into practice with systematic constancy;

- Improving the use of multimedia technologies in physical education and sports as a separate pedagogical problem;

- Increase professional competence of physical education and sports specialists in the use of multimedia technologies;

- New approaches to the use of multimedia technologies in retraining and professional development of specialists in physical education and sports;

- To ensure the development of lessons and lessons related to the use of multimedia technologies, preparation of educational and methodical publications and delivery to the places in the process of lessons and classes for physical education and sports specialists;

- Extensive dissemination and effective use of the advanced experience gained in this regard;

-If these aspects of the issue are taken into account in the training, retraining and professional development of physical education and sports personnel, the





implementation of the state order and the decisions and decrees of the head of our state related to the development of physical education and Sports will be ensured in the upbringing of a harmonious generation.

References

1. Decree of the President of the Republic of Uzbekistan No. PF-4947 of February 7, 2017 "On the Action Strategy for the further development of the Republic of Uzbekistan".
2. Decree of the President of the Republic of Uzbekistan No. PF-5349 of February 19, 2018 "On measures to further improve the field of information technology and communications."
3. Resolution of the President of the Republic of Uzbekistan dated October 10, 2020 No PQ-4851 "On measures to further improve the education system in the field of information technology, the development of research and their integration with the IT industry."
4. Decree of the President of the Republic of Uzbekistan No. PF-6108 of November 6, 2020 "On measures for the development of education and science in the new period of development of Uzbekistan."
5. Decree of the President of the Republic of Uzbekistan No. PF-5712 of April 29, 2019 "On approval of the Concept of development of the public education system of the Republic of Uzbekistan until 2030".
6. Resolution of the President of the Republic of Uzbekistan dated September 5, 2018 No PP-3931 "On measures to introduce new principles of governance in the public education system."
7. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 454 of June 3, 2019 "On measures to create a single information system" Physical Education and Sports".
8. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated June 11, 2019 No 487 "On measures to introduce advanced information and pedagogical technologies in the system of preschool education."
9. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 888 of October 21, 2019 "On additional measures for the development of national content in the global information network".
10. Law of the Republic of Uzbekistan No. 560-II of December 11, 2003 "On Informatization".
11. J. Hasanboyev and others. "Explanatory dictionary of pedagogy". T.: "Science and Technology", 2009, 399 pages.





- 12.A.A. Abduqodirov, A .G. Hayitov, R.R. Shodiyev "Information technology", textbook. Teacher Publishing House, Tashkent, 2004, p. 152.
- 13.Tolametov A.A. "Information and communication technologies in physical culture and sports." Textbook. T .: "Umid Design", 2021, 192 pages.

