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INTRODUCTION OF INFORMATION-COMMUNICATION TECHNOLOGIES IN SPORT

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Abstract. In this article, the development of information and communication technologies in sports, the transition to the science of physical education using information and communication technologies. It is aimed at forming the athlete's knowledge of the use of information and communication tools.

Key words: higher education, sports, information, athletes, computer, information-communication, technology, sports metrology, science, internet, football, EPTS, HDR, VAR, FIFA, Taekwondo, Daedo, Kwoon, KipiPi, Moto.

Today, physical culture and sports, like all areas of development of our country, are developing within the priorities of state policy.

Physical education and sports should serve not only to train talented athletes, but also to educate a harmoniously developed generation. Nowadays, a modern athlete has to show his / her skills in the sport of his / her choice, but also be able to use information technologies effectively.

At present, various means of computer technology are widely used in various fields of human activity. It would be expedient to integrate physical

education and sports with the science of information and communication technologies.

The program, integrated with information and communication technologies for higher education institutions, serves to demonstrate to students the dynamics of economic, physical, cultural, educational and spiritual development of our independent country. The Law of the Republic of Uzbekistan "On Education" must clearly define the general goals and objectives of teaching the subject of information and communication technologies in sports, based on the requirements of the national program of training and state educational standards. The purpose of the integration of sports and information and communication technologies is to acquaint students with the necessary set of information and communication technologies, ie concepts, definitions and their practical expression, methods of solving practical problems using information and communication technologies, etc. is to teach dependencies. At the same time, it serves to effectively analyze the data of students, to form in students the ability to use computers and computer systems, their full potential in sports activities. The task of teaching information and communication technologies in physical education and sports is to provide knowledge, skills and competencies in information and communication technologies necessary for the physical and labor activities and daily life of every member of society, taking into account the conditions of modern market economy. summarizing their ideas and practical work, to strive for the conscious acquisition and implementation of information and communication technologies by students, to help students develop their intellect as a result of the formation of consistent logical thinking, to find optimal solutions to problems in nature and society, information as an integral part of human culture. – to form an idea about communication technologies. It is also important in the study of general and specialized disciplines. The study of the subject requires theoretical and practical knowledge of "Informatics" and "Information Technology" in general secondary education and academic lyceums, which in turn helps students to complete graduate and master's dissertations and mathematical and statistical analysis of their results. It would be useful for future teachers and coaches to have the skills and abilities to identify the complexities of athletes' physical training and results through information and communication technologies, to assess the various factors that affect them, to identify quantitative data of training and exercise processes, electronic calculations and analysis. Awareness of world news, knowledge of science news plays a key role in the activities of a qualified specialist. In this case, too, the computer serves as a first aid. It is important to know how to use the fastest and most convenient ways to stay up to date with world news on the Internet, as well as the perfect use of e-mail and other information technologies. There is also a need for effective use of information technology in the educational process and independent learning in the acquisition of new knowledge. Such conveniences are of great importance for future professionals.

One of the main goals of today's education system is the organization of teaching processes with the effective use of ICT in the teaching of physical education. When a physical education teacher uses elements of information technology in his or her subject, students experience processes such as receiving, transmitting, and processing information. To do this, it is necessary to organize the widespread use of existing "Electronic textbooks" and educational pedagogical programs. As a result, computer literacy increases as students search for, store, process, and transmit information about science, and the theory of physical education also acquires knowledge, which enhances the ability to think logically and solve problems. Physical education teachers, like other science teachers, can achieve their goals using "video lessons".

Today, technology is evolving day by day. The introduction of technology into the development of any industry is a clear example of this. Field of sport is no exception. Technology is entering every field of sports today. Examples of this are several sports. As an example of the sport of football, 4K Ultra HD first appeared in Brazil in football and was simply seen as a test toy. Today, almost every stadium in the world broadcasts a picture in the 4K standard, and with the addition of the HDR function to the 4K format, the broadcasts of football games are becoming more colorful and interesting.

EPTS, or Electronic Performance and Tracking Systems, is a statistical computing system that has become popular since the publication of the Moneyball book. When analyzing player statistics, it became clear that when you have the sport and at the same time big data, you can not only save the transfer, but also create the whole game system. The importance of this system should be noted that with its emergence it became possible to obtain a sufficient number of important indicators to monitor and analyze the position of the players in relation to the ball on the field in real time.

Virtual reality (VR) allowed fans to control the camera throughout the game, giving them the feel of a radio director. Thanks to virtual reality, football fans can follow their favorite players in detail.

The VAR system was extensively tested in various football competitions before being used in the main tournament sponsored by FIFA. Tests began in August 2016 in the USA - MLS. In December 2016, the system was used during the Club World Cup in Japan. It was during this match that a monitor first appeared on the football field, on which the referee could view and view the disputed series. Australia was the next country to test the VAR in the domestic championship. Internationally, VAR was first used in the summer of 2017 during the Confederations Cup in Russia. Similar technologies are used in football. Not only in football, but also in the currently developing WT direction of taekwondo, we see that the use of computer technology in this sport helps to find many fair solutions.

Including: Taekwondo used (sensory socks, sensory praetors (i.e. protective clothing), sensory helmets, and protective gear for hands and feet).

The sensor caps are one of the main tools that justify the victory or defeat of an athlete in the process of sparring in taekwondo. Another defense that is considered as basic is the praetor and helmets.

Therefore, it is very important that these three main instruments are interconnected. This is because these boots, praetors, and helmets are separately equipped with tiny tiny sensors. When these sensors touch each other by shock, a self-test mechanism is installed on the computer monitor. The sensor releases the socks when they touch the praetor (2 points) and when they touch the head, that is, the helmet (3 points). In this case, you can score (1 point) by sending punches to the opponent with your hand. Taekwondo also has straight and rotating kicks. For such shocks, a separate score has been established. Lateral blow to the stomach (2 points), the same blow to the head (3 points), movement of the stomach by means of a circular blow (3 points) and the same blow to the head (5 points). There are situations when sending a shot, the mechanism for issuing glasses does not show results, even when the blow directed at the enemy hits the projector. After all, the sensor system installed in this projector will take into account a certain level of mass of each athlete. This means, in such a case, the athlete must be able to deliver a punching force based on his or her defined mass when striking an opponent. Only then will the athlete be able to achieve his goal. Of course, there is also a downside to the coin. If an athlete strikes during sparring in accordance with all the established rules, but does not receive points, we know that the technically misuse of the athlete's hit may result in him not receiving points. How does this process work? When the technical and tactical training of an athlete is underdeveloped, this means that his chances of getting points are lower. This is because the fact that taekwondo protectors are created on the basis of different technologies determines their responsibility to use them in different processes. These include the creations of various companies such as Daedo, Kwoon, KipiPi, Moto, and so on. As an example, let's take a look at two types of protective devices based on these different emblems. The first is the Daedo praetors; Such praetors consist of a well-known cell located in the abdominal cavity, which has a mechanism for extracting points only with a given force. With such praetors, only after a certain mass does he receive the sent shock and draws a dot on the board. When athletes spar with Daedo Praetors during a competition, coaches automatically determine the athlete's tactics with massive, massive blows. Because, as mentioned above, these protectors are a system that only gives points when hitting hard. The second is KipiPi projectors; These projectors are designed in such a way that power and weight are secondary. This is due to the fact that the sensors in these praetors are arranged line by line and tend to emit points only during friction. For praetors KipiPi, sparring can bring relief to nearly 60-70% of athletes. The stripes on it may not give a score when hitting hard touch socks. One slight technical friction is enough for these praetors. For athletes who are just starting to play sports, working with these praetors is not so difficult. After all, the

shocks in it without mass are correct only technically. Likewise, other types of protectors have their own technically defined system. Taekwondo also has a board concept. Now one of the objectives of the competition is to show the results of the sensors analyzed above to all participants and spectators during the competition, as well as to show glasses on the board through computer floor monitors so as not to cause misunderstandings between athletes and trainers. The scoreboard not only prevents conflicts during the competition, but also ensures that the competition is fair in the eyes of all competitors and spectators. In addition, similar technologies have entered and are being used in other sports. This means that the role of information technology in sports is enormous. To develop sport, technology must be used, and every athlete must learn information and communication technology in addition to sport.

Based on the above, we make the following recommendations:

- Jimson's education and sports coaches are well versed in information technology;
- Training of coaches in physical culture and sports for students (practitioners) using information technology;
- Coaches in physical education and sports should demand from students (practitioners) the ability to use information and communication technologies and control their rational use.

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PROBLEMS OF FORMING A SPORTS PROFESSION

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Abstract. The article describes in detail the problems of the formation of the profession of an athlete, the fact that leaving sports can lead to the most difficult and sometimes tragic consequences.

Key words: sport, cargo, sport, activity, socio-psychological, mass sport.

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