



## Research Article

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# Modernization of the Didactic Process in the University in the Discipline "Physical Culture" Taking Into Account the Base of Modern Teaching Technologies

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**Abstract:** In this article, I examined the forms of possible modernization of the didactic process in the university. The importance of physical education in modern society is assessed. Health-preserving technologies, their principles of work and impact on humans are considered. The use of information computer technologies (ICT), its forms and impact on the student is considered. The principles of personality-orienting and differentiated technologies are analyzed.

**Keywords:** Modernization, Physical, Culture, Student, Teacher, Didactic, Teaching.

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## INTRODUCTION

In the modern world, the need for physical culture is especially great. Physical culture, as an integral part of the general culture of modern society, is a multifaceted social phenomenon that has a powerful influence on the development and education of all segments of the population.

Currently in our life there have been significant social, technical and physical changes. Unfortunately, this also brought us a number of unfavorable factors. These include physical inactivity, nervous and physical overload associated with the development of complex modern technologies, as well as professional and domestic stress and, as a result, metabolic disorders, overweight, predisposition to cardiovascular disease, and sometimes these diseases themselves.

The impact of adverse factors on human health is so great that the internal protective functions of the body itself are not able to cope with them. Practice shows that the best counteraction to adverse factors was regular physical education, which helped restore and strengthen people's health, adapt the body to significant physical exertion. The further humanity goes in its development, the more it will depend on physical culture.

More recently, millions of people went to and from work on foot, in production they were required to use great physical strength, in everyday life people also could not do without labor-intensive work. Now automation of work is beginning to dominate everywhere, people use cars even for a hundred meters. In addition, it is worth considering the latest trend in the world - coronavirus - because of which people now sit at home most of the time, without going anywhere, the virus also undermines the health of people, even those who have been ill, because of which they urgently need proper physical preparation.

But modern problems require modern solutions, and therefore the process of teaching the discipline "Physical Culture" needs to be improved. In this article, we will consider a special case for universities.

We will look at the improvements different learning technologies.

Health saving technologies. The pedagogical technology of maintaining health in pedagogical activity includes: familiarization with the results of medical examinations of students; taking them into account in educational work; creating conditions for an interested attitude to learning.

We are considering the creation of a healthy psychological climate in the classroom as one of the main directions of maintaining health. So, the situation of success contributes to the formation of positive motivation for the educational process as a whole, thereby reducing emotional stress, increasing the comfort of the relationship of all participants in the educational process.

The principle of this work is periodic physical tests and builds on the basis of data obtained as a result of personal physical exercises for each individual student, in the case of a small number of charges, or dividing them into groups with tasks unique to each group, in the case of a large number of charges.

It is also worth noting that it is necessary to evaluate the data of an individual not in comparison with other students, but only with his past data, that is, without trying to put everyone on the same level.

The use of information computer technologies (ICT) in extracurricular activities and in the classroom makes the subject of physical culture modern. ICT components are electronic, software and information components, the joint functioning of which allows solving the problems set by the development of society.

Despite the fact that a physical education lesson is a practice, there is also a place for theory here. The teacher needs to find and use such teaching methods that would allow each student to show their activity, their creative abilities, to activate motor and cognitive activity. Modern pedagogical technologies, as well as the use of Internet resources, new information technologies allow the teacher to achieve maximum results.

ICT allows you to organize the educational process at a new, higher level, to ensure a more complete assimilation of educational material. Information and communication technologies allow solving the problems of searching and storing information, planning, monitoring and managing physical education classes, diagnosing the state of health and the level of physical fitness of trainees.

The use of presentations in the classroom allows.

It makes it possible to provide theoretical material in more detail and visually, which makes the educational process the most effective. This type of work can be used when studying the technique of performing the movements being learned, since with the help of a visual picture, this movement can be divided not only into stages of execution, but also shorter fragments and create a correct understanding of the students about the technique of motor actions. With the help of the presentation, it is also possible to explain the

rules of sports games, the tactical actions of the players, colorfully present historical events, biographies of athletes. The presence of a visual range of information allows you to fix it in memory.

Students exempted for health reasons from practical physical education classes write an abstract and make reports on various topics. Field schools are intensive forms of collective learning in the mode of "immersion" in the physical culture and sports environment, implemented through visits to major sports competitions, fitness centers, etc.

Student-centered learning technology helps to create a creative atmosphere in the classroom, and also creates the necessary conditions for the development of individual abilities of students. In their work, much attention should be paid to the development of practical skills necessary in life, the conscious, active attitude of students to physical education, explaining while the importance of regular and systematic exercise. To achieve the effectiveness of the lesson, it is necessary to focus on an individual approach to students, on creating a situation in which the student is focused on creative search and self-determination.

Despite the fundamental differences between programs training of students of various specialties, all students in all higher educational institutions, including non-core universities, undergo personality-oriented physical training.

Despite the state of health, students in to the best of their ability master all aspects of physical culture, whether it be sports, standard physical culture or health and rehabilitation activities. As part of the process of personality-oriented physical education for each student, an individual program for mastering all aspects of physical culture is developed with a mandatory orientation towards independent inclusion in the process of physical education. The tendency to self-learning contributes to the effective assimilation of the necessary educational material, accelerates the process of physical improvement, has a beneficial effect on the development of the spiritual component and is the most optimal way to introduce physical culture and sports into the daily life of students.

Technology of Differentiated Physical Education.

Tour education is a purposeful physical formation of a person through the development of his individual abilities. Individual work is carried out with students who fail to perform one or another motor action. These students receive individual assignments, both in class and for homework. When evaluating physical fitness, it is necessary to take into account both the absolute result and its increase. All this forms a

positive attitude towards the fulfillment of tasks in them, creates the basis for social activity.

The training of motor actions is carried out by a holistic method with subsequent differentiation (selection of technical details and their "breeding" by complexity) and then integration (combination) of these parts in different ways, depending on the level of technical preparedness of students in order to perform the exercise more qualitatively. Training in motor actions provides for the possibility of choosing operations to solve certain motor tasks.

In this case, each student can master the motor action in the preferred its composition of operations, which will become the basis for the formation of an individual, most effective style of activity.

Students of a strong group master the educational material is on average two lessons faster than average and weak students. In the lessons, students are given different learning tasks: one group - preparatory or lead-up exercises performed in facilitated conditions; the other is complicated lead-up exercises; the third - the action as a whole, but in a lightweight version, etc.

More prepared students perform exercises in competitive conditions or changing complicated conditions (using weights, increased support, various resistances), and the number of repetitions and the number of laps increase for them.

Less prepared trainees melt under standard conditions. In a pair, individual work is necessarily carried out with students who fail to perform one or another motor action. Individual work with students at different stages of the lesson helps to preserve the physical, moral and social health of students.

Development of physical qualities. Differentiated development of physical qualities in groups of different preparedness is carried out using both the same and different means and methods, but the magnitude of the load should be planned differently, as a result of which the level of physical fitness of students should improve compared to the initial level.

It is mandatory to control the physical activity of each student by heart rate before and after the end of the lesson.

To determine the functional state students in the process of physical activity of a different nature, you can use the comparison of the magnitude of pulse shifts with the nature and magnitude of the loads, as well as track the speed of recovery of the pulse during rest.

It is also worth noting the use of level training. It is the technology that level education has become the basis for the most progressive technological tool of

education - a differentiated tool physical development. This technology is aimed at the formation of knowledge and methodological skills for the organization of independent physical exercises.

A significant advantage of modern technologies of physical education is that they are attractive, first of all, for students, which increases the level of motivation for sports and interest in classes. However, all innovative and modern approaches to the organization of physical culture classes are expensive, which cannot be equally adaptive for all budgetary institutions, respectively.

The limited supply of resources is also affects the overall readiness of educational institutions, the possibility of introducing improved traditional technologies for organizing sports. Innovation is also a barrier. To use modern technologies, the teacher must understand and be aware of their importance, which is logical, will require additional development from him in these technological areas.

As a result of using the above technology succeeds:

- Unleash the comprehensive abilities of training hopeful;
- Increase student interest and passion for the subject;
- To teach students to be more self-confident;
- To teach students to use the acquired knowledge in everyday life;
- Improve the quality of students' knowledge.

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