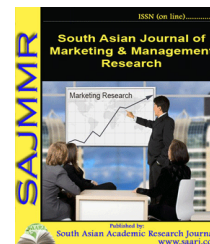




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## THE USE OF MULTIMEDIA EDUCATIONAL PROGRAM "PHYSICAL EDUCATION AND SPORT" IN PEDAGOGICAL UNIVERSITIES

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### ABSTRACT

*This article is written about the program "Physical Education and Sports", which is taught in pedagogical universities. Also, the article analyzes the application of multimedia products, educational programs in physical education. The article uses research methods such as work with scientific documents, pedagogical analysis, mathematical-static analysis, interview. In conclusion, suggestions and recommendations are given.*

**KEYWORDS:** *Physical Education, Multimedia Educational Program, Sports, Pedagogical Universities.*

### INTRODUCTION

In current conditions of mass network communication and globalization, the development of digital technologies used in all spheres of human activity, including in the field of education which is becoming an important direction in state policy.

The need for digital transformation of these areas was also reflected in the Presidential Decree "On Approval of the Concept for the Development of the Higher Education System of the Republic of Uzbekistan until 2030" –Presidential decree №5847 from 08.10.2019[1].

As stated in the Concept “raising the content of higher education to a qualitatively new level, establishing a system for training highly qualified personnel who can find their place in the labor market, make a worthy contribution to the stable development of the social sphere and sectors of the economy; introduction five initiatives into practice, including a set of measures aimed at creating additional conditions for training and educating student youth”[1].

The process of using digital technologies at the current level of development of society supposes, first of all, a digital transformation of the main functions in activities, meaning transition to new digital operational and educational models in teaching and educational activities and management of pedagogical universities.

Issues related to the analysis and generalization of the experience of digital transformation of physical education and the sphere of physical culture and sports and, first of all, issues related to the creation and use of state of the art digital educational resources in both the educational process and in the field of physical culture and sports acquire special relevance.

### **Materials and Methods**

Physical culture is an irreplaceable environment for the formation of physical, moral, intellectual and spiritual development of the person as well as an important means of promoting health.

The main task of physical culture in universities is to preserve and strengthen the health of students, and to form their habit of regularly engaging in physical culture and monitoring their own health. [10]

Consequently, traditional methods of constructing physical education classes are losing their relevance therefore, teachers began to devote more time and effort to developing new versions of building the educational process using digital and media technologies.

### **Analysis and Discussion**

Physical culture and sports are generally recognized material and spiritual values for each person individually and for society on the whole. The use of digital technologies has become an important tool for organizing the educational process, since it is becoming more and more difficult to interest students in physical culture lessons, attending classes is not regular, which means that new forms, techniques, methods and technologies for conducting classes are needed. A new technology in this area is digital educational technologies.

In our country, the education system is actively being replaced to a digital format. The introduction of digital technologies into the educational space undoubtedly entails the inclusion of new tools for educational activities.

“Digital transformation in education should be understood as a complete restructuring of the educational process, which includes not only teaching methods and means, but also changes in the competency model, in the semantic model of the educational program, changes in approaches to assessing teacher's work, as well as digital management of pedagogical processes in educational institution. In these conditions, considerable attention is paid to updating the model of the educational process based on the use of modern digital information technologies, covering almost all aspects of this process such as goals, content, means and methods of teaching, organizational forms of their implementation”[5,67-p.].

The main tasks of higher education in the training of physical education teachers, in the context of the digital transformation of education, is the availability of skills to prepare for the rapid changes taking place in the information society. In relation with the spread of coronavirus infection (COVID-2019) for educational institutions in general and pedagogical universities, at the faculties of physical education in particular, was the fact that their transfer to distance learning began. The use of modern digital information technologies in the educational process made it possible to take a different look at the educational process in universities, as university tutors faced difficulties associated with both the creation and use of digital information educational resources in the educational process.

In a pandemic in order to organize the educational process, the capabilities of social networks such as: Telegram, Facebook, Twitter, Instagram, Vkontakte, etc. are actively used. Applications

such as Adobe Connect, Zoom and Jitsi Meet have been praised and broadly used for organization of video conferencing and webinars in educational institutions.

“The digital transformation of the education system provides for the development of information infrastructure and the improvement of the education system, training of relevant personnel who own modern information and digital technologies in solving professional problems, acting as new sources and new ways of obtaining information, pedagogical tools that allow to achieve certain results in the training process of future specialists in physical culture and sports” [4,76-p.].

In our opinion, in a broader sense, the digital transformation of physical education should cover all aspects of the educational process at the university, related to its organization and management based on digital information technologies, including the process of training and certification of students, the schedule, the formation of their portfolio, accounting of workers. programs in disciplines, pedagogical workload management, personnel records, financial management, providing access to electronic library systems.

Digital information technologies are gaining significant importance in the training of physical education teachers, organization and conducting sports competitions, health-improving gymnastics.

As part of the study, we have developed and passed approbation in the universities of our republic - in the Navoi State Pedagogical Institute, Bukhara State University in 2018-2020 multimedia educational programs "Physical culture and sport", "Sport in my life" which were oriented for future teachers of physical culture. There were overall 67 teachers and 631 students who took part in the approbation of multimedia training programs.

The main functions of multimedia education were: self-control; correction; exercising; external control.

As its known, in the system of training future specialists, it is envisaged to consider professional standards. Therefore, for example, the standard in the direction of training teachers in physical culture provides for: the development of physical, strong-willed, organizational qualities.

The multimedia educational program "Physical culture and sport" reflected the sections that were intended for the preparation of physical culture lessons and sports competitions. This required serious preparation, especially in those kinds of sports in which the assessment of competition results is carried out on the basis of high-quality physical data (kurash, artistic gymnastics, sport aerobics, etc.).

In the multimedia training program "Physical culture and sport" for physical education teachers, we took into account: the specificity of training: (teaching technique, tactics using various videos), on the other hand, the use of distance learning alone is clearly not sufficient here, since the development of specific motor actions, training in the ability to demonstrate, training in the methodology of conducting classes and other things is possible only in practical classes under the guidance of a teacher. Also, this educational multimedia program was aimed at training future physical culture teachers who should be able to diagnose the functional systems of the body, have psycho diagnostic skills in sports and master the monitoring of the physical condition and health of those involved in physical culture and sports.

This program has several sections. The very rules of competitions with various comments, built on the basis of hyperlinks are primarily associated with their assimilation, especially with regard

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to the assimilation of exercises attributed to different groups of complexity, execution technique, for which each exercise is accompanied by a video, graphic and terminological description.

Section "Physical activity" allows you to analyze the various combinations performed by different athletes in various sports and compare their assessments with the data of experts. The "Knowledge Test" section allows you to assess the knowledge of the rules of the competition and the ability to carry out practical refereeing in the so-called virtual competitions. Thus, the main function of such a program is: training, correction, training, self-control, external control.

When using the multimedia training program "Physical Culture and Sports", we offered works on various platforms (Coursera, Udaciti, edX, Universarium, Stepik, etc.). However, it should be noted that on these platforms there are special courses related to the physical culture and sports, practically none. Most universities in our republic develop and use such programs in the Moodle distance learning system.

In the developed programs, we also took into account the specifics of sports and pedagogical disciplines (the use of video fragments related to the technique of performing various exercises, tactical actions, with the methodology of conducting classes and etc.). Video fragments are used both to accompany educational material and to test knowledge on specific topics and the discipline on the whole.

The multimedia educational program "Physical culture and sports" developed by us has a certain value first of all, for students who are active athletes, constantly go to training camps and competitions and cannot attend classes with a group. Certainly, it should be noted here that distance learning courses are carried out in a mixed way, when they are developed and implemented in the main theoretical sections of sports and pedagogical disciplines, since training in specific motor actions takes place in practical classes with the participation of a teacher, trainer in connection with the need to provide insurance and assistance, safety precautions.

## **CONCLUSION**

When preparing future physical education teachers in on-line training, it is important to consider the following aspects:

1. Role in the organization of the educational process of digital multimedia presentations. First, they are used in the provision of educational material at lectures, when the presentation includes various video fragments related to the technique of teaching motor actions, tactical actions, teaching methods, methods of conducting a lesson, etc. Secondly, today not a single pre-defense and defense of graduation qualification works are complete without their use. Third, students prepare and defend their projects through presentations. Fourthly, with the help of the PowerPoint program, you can create and actively use various tests to assess knowledge in various sports and pedagogical disciplines. An essential function of the presentation which appeared during the pandemic is the creation and use of video presentations that can be used by both teachers to communicate information to students and by students in the preparation of video reports to protect their graduation qualifications works (GQW) in a remote form using video conferencing.
2. An important task of the learning process in the context of its digital transformation is the creation and use of automation tools control and measuring processes and assessing the quality of education. Based on the control data, the teacher receives information about the

results of his work (feedback) and if necessary, can make edits in it and for the student itself this is an assessment of his work.

“Tasks in control programs can have a different structure: a question in the form of a text and text options for answers, a question accompanied by a graphic illustration, for example, a movie of a sports motor action or a video clip, etc. This task is quite efficiently solved by digital multimedia control programs. The main functions of such programs: external control of the success of training in individual sections of the course; external control of the success of training in the course (discipline) as a whole; automatic registration of control results; the possibility of direct registration in the student's personal portfolio in the integrated information and analytical system (IIAS) for subsequent analysis and certification of students” [12, 15-p.].

1. Accounting for educational sites and mobile applications for physical education tutors. Primary functions are: training; self-control; external control. This allows 100% implementation of multimedia training and also creates the opportunity to expand the number of students.

For example, when using the “Sports in My Life” multimedia application, we used these functions on the example of an educational website and mobile application for training in band kurash.

Training with the help of educational sites and mobile applications for physical education teachers was carried out along different trajectories depending on what decision the user himself makes. There are several possible options for working - viewing video material and text descriptions of the certification program, viewing individual elements in the "Techniques", "Falling Techniques", "Movements" and "Lay on Shoulders" sections. After mastering these sections, students moved on to the section "Uzbek kurash" which includes knowledge control, simulator and user questionnaire.

The mobile application allows you to significantly expand the scope of the website as it makes it possible to use not only a personal computer but also smartphones and tablets.

In the organization of physical culture and sports activities (during sports training, the organization and leading sports competitions, physical culture and health-improving work) various software and hardware complexes are actively used nowadays which make it possible to quickly assess and correct the educational and training process using various diagnostics in laboratory conditions as well as mobile means which make it possible to assess the condition of athletes directly in the "field" conditions to manage the training process using various mobile applications, increase the objectivity of assessing the results of competitions.

Thus, the conducted research creates the possibility of using digital information technologies in the preparation of future physical education teachers.

Digital educational resources created and used in the educational process have shown their effectiveness in the system of training specialists in physical culture.

The use of the multimedia application "Sport in My Life" allows digital control to be applied in the pedagogical process, to quickly assess and correct the educational and training processes.



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