

# ***TEACHING THE SCIENCE OF SPORTS PHYSIOLOGY BASED ON THE APPLICATION OF EDUCATIONAL TECHNOLOGIES***

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***Annotation:*** *The purpose of the article is to clarify the practical and technological aspects of teaching based on the use of educational technologies, including the pedagogical and psychological peculiarities of the organization of the teaching process based on the use of educational technologies; interactive educational technologies: application and essence; Innovations and advanced foreign experiences in teaching the science of "Sports Physiology"; design and planning of the teaching process; Information on ways to use interactive educational technologies in teaching the subject "Sports Physiology" is given.*

***Key words:*** *Educational technology, interactive education, innovation, experience, method, teaching, critical thinking, communicative skills, education*

***Аннотация:*** *Целью статьи является выяснение практических и технологических аспектов обучения на основе использования образовательных технологий, в том числе педагогических и психологических особенностей организации учебного процесса на основе использования образовательных технологий; интерактивные образовательные технологии: применение и сущность; Инновации и передовой зарубежный опыт преподавания науки «Спортивная физиология»; проектирование и*

*планирование учебного процесса; Дана информация о способах использования интерактивных образовательных технологий при преподавании предмета «Спортивная физиология».*

**Ключевые слова:** *Образовательные технологии, интерактивное образование, инновации, опыт, метод, обучение, критическое мышление, коммуникативные навыки, образование.*

Provides for a radical reform of the structure and content of the system of continuing education, relying on the achievements of modern science and social experience. To do this, first of all, it is necessary to provide in practice the educational process in institutions of all forms of the educational system with a new and modern methodology based on advanced, scientific and methodological aspects. The purpose, objectives, content, methodical requirements of education and education for the younger generation, the effective use of achievements in science, technology and advanced technology are considered to be pressing problems facing today's educational system.

In order to improve the effectiveness of education, to ensure that the individual is in the center of education and that young people receive independent knowledge, educational institutions need teachers who, in addition to a strong acquisition of knowledge in their field, know modern pedagogical technologies and interactive methods, know the rules for their use in the organization of educational and educational.

Interactive technologies of education make it possible to use and activate the enormous educational power of students, to introduce competitive elements into the educational process: the mental strength of the group of learners is more than the sum of the strength of its members, that is, the result of the group is always more than the sum of individual results.

Interactive technologies of education provide a real opportunity to create an atmosphere of cooperation between the teacher and the student in the study room.

Armed with technology based on interactive techniques, the teacher learns to work in a creative co-authoring routine, prepare for fundamental changes and prepare for responsible decisions. Interactive methods of education to the educator:

- \* ensuring students ' interest in the subject of training;
- \* achieve more thorough assimilation of educational material;
- \* development of critical thinking;
- \* formation of communicative skills;
- \* to create conditions for the involvement of all learners in active educational activities;
- provides optimal psychological microclimate and other capabilities in the training group.

Interactive methods of Education fall into the ranks of innovations (innovations) in education. K. Angelevski believes that all nations are seeking to innovate as much as possible in education. Today's news requires an organized, planned, public approach to them. Innovations are long-term investments for the future. To arouse interest in innovation, to educate a person who is eager to create, education itself should be rich in innovations, in which the spirit and atmosphere of the creator should prevail.

It is worth noting separately that many of the main methodological innovations are associated with the application of interactive methods of Education. Interactive and interactive words are synonymous, with the word interactive being derived from the English words inter - joint and ast - move. Interactivity means moving together or having a conversation, something in dialogue mode-for example, a computer or someone with a person. It follows from this that interactive education is, first of all, dialogic education, during which teacher and student, student and computer interaction is carried out.

It is known that active and group methods of educational work were used even earlier in traditional pedagogy, but at the end of the 20th - beginning of the 21st century, their large – scale application was strongly motivated by the development of a new direction in pedagogy-critical thinking skills. Therefore, in this educational and methodological manual, the implementation of such tasks as the development of the didactic supply of training based on the application of educational technologies, the content, capabilities and didactic conditions for teaching the subject of Sports Physiology on the basis of the application of educational technologies; the study and analysis of philosophical, sociological, psychological and pedagogical literature on the topic; advanced experiments accumulated in educational institutions on the problem were studied and a modernized didactic supply of teaching was developed.

The application of educational technologies to the teaching process it is necessary for the teacher to perfectly design the training, plan the project implementation work, taking into account the peculiarities of this approach.

The application of educational technologies in the teaching of the subject of sports physiology is understood as the dual training of a teacher, which is inextricably linked with each other, that is, the first is the design taking into account the technology requirements of each training, that is, the preparation of a technological model of training, the preparation of a complex of didactic materials.

So, in order to use educational technology in training, it is necessary to develop a technological model based on the design of the course of training based on the specifics of the content of the topic being studied, the continuity of teaching tools and methods based on it, the requirements of educational technology, planning, and in this training, it is understood to draw up a technological map, which combines the pedagogical activity of the teacher and the peculiarities of the activities carried out according to the stages of training of the student's educational and cognitive activity.

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