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THE IMPORTANCE OF USING ELECTRONIC TEXTBOOKS IN IMPROVING THE SKILLS OF PHYSICAL EDUCATION TEACHERS

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ABSTRACT

In the article, the practical importance of the issue of using electronic textbooks in improving the qualifications of physical education teachers working in general secondary schools is reflected.

KEYWORDS

Information, information technologies, information-communication technologies, computer programs, multimedia, electronic textbook.

INTRODUCTION

The rapid development of science and technology in the world, the changes associated with the adoption of innovative technologies are causing new socio-economic, political and cultural changes. Such changes create a strong competitive environment in all spheres in the context of globalization and, in turn, impose new demands on the education sector [1,2,3].

Active development of physical education and sports in Uzbekistan, attracting all layers of the population, especially young people, to regularly engage in physical education and mass sports, widely promoting a healthy lifestyle in society, ensuring full and effective use of the sports infrastructure created for physical

education and health are among the priorities of our state policy. became

Today, the issue of improving the national methodology of physical education in general secondary education institutions, studying the teaching methods of developed countries and establishing methodological bases instilled in our national values, mastering digital and wide-format distance education methods is urgent.

METHODOLOGY

According to the decision of the President of the Republic of Uzbekistan dated April 6, 2021 "On the organization of the activities of the Ministry of Tourism and Sports" No. and the institute of retraining and advanced training of sports specialists" was established [1,3].

In this decision, it is specified that one of the main tasks of the Institute is "...to develop the skills of leaders and pedagogues to acquire advanced pedagogy, information-communication and innovative technologies and actively apply them to the educational process, using the Internet global information network, multimedia systems and distance learning methods." highlighted.

Today, the introduction of information and communication technology tools, including electronic textbooks and distance learning systems, into the educational process of Uzbekistan and the world is becoming more and more popular. In this regard, scientific research in the field of studying the

effectiveness of using electronic textbooks is becoming active [5,6,8].

At the same time, according to the opinion of our republic and many foreign authors, learners and providers prefer digital electronic textbooks to traditional textbooks, study guides and other educational resources . This is explained by the better recall of the information presented in the educational resources [3,4,7,8,15].

When training physical education teachers working in general secondary schools on the module "Information communication technologies in physical education and sports" , and what are the positive and negative aspects of their use in the process of training.

According to a number of researchers, electronic textbooks should meet the following requirements:

- the content of the educational materials corresponds to the state educational standards;
- presentation of information in various forms (text, image, video, audio);
- adequate coverage of basic concepts;
- designed for use on computers, mobile phones and tablets;
- the presence of interactive elements, tests, animations and videos;
- the interface should be intuitive, provide easy navigation and functions;
- it can be used even without internet;
- to be constantly updated and provided with modern information;

- materials and control tests appropriate to the level of the audience;
- an opportunity to exchange ideas between teachers and students;
- include videos, audios and graphics;
- clear instructions and support for listeners;
- there should be tests and evaluation mechanisms to evaluate the knowledge of the listeners [2, 10, 11, 13, 15, 18].

If electronic textbooks meet these requirements, they will be effective and useful for listeners in improving the qualification of physical education teachers on the module "Information communication technologies in physical education and sports". This will help improve the modern professional development process.

RESULTS

The creation of electronic textbooks for improving the qualifications of physical education teachers working in general secondary schools today is an urgent issue of modern education. Therefore, at present, it is important to create electronic textbooks, raise the educational system to a new quality level, introduce advanced pedagogical and modern information and communication technologies to it, and increase the effectiveness of education.

Today, the use of electronic textbooks in improving the qualifications of physical education teachers in the module "Information and communication technologies in physical education and sports" has an

effective effect on increasing the effectiveness and improvement of educational methods.

In our opinion, the teacher should choose teaching methods and technologies in such a way that the listeners should not only acquire ready-made knowledge, but should also be given the opportunity to search for knowledge from various sources, acquire it independently, form their own personal point of view, justify it, and use previously acquired knowledge to obtain new ones.

The electronic textbook on the module "Information and communication technologies in physical education and sports" for students of the training course for physical education teachers working in general secondary schools describes the topic information in the educational process in the form of sound, movement, video, image, graphics, etc. meets the need to receive new information while saving time for learning, and their interest in the modules they are studying increases.

Also, the speed of updating outdated information in e-textbooks is an important factor. A printed textbook published several years ago may contain partially outdated information. With the help of an e-learning tool, we can improve information in a timely manner in today's changing reality. Students who use e-textbooks can overcome their objective and typical subjective shortcomings. This makes the use of electronic textbooks important in order to speed up the educational process, increase its efficiency and

quality. Today, e-learning manuals are among the most rapidly developing types of textbooks in the process of professional development.

An electronic textbook is a complete didactic, methodological and interactive software system that includes systematic material and relevant scientific and practical knowledge, which allows the necessary forms of information presentation, including the presentation of complex cases of educational material using multimedia, i.e.

- availability of theoretical and practical topics for this module courses;
- visual presentation of theoretical and practical topics;
- visual presentation of educational material;
- check mastery of topics (using control tests).

The use of the electronic textbook by the students of the "Physical Education Science" course increases the activity of each student. Independent work with an electronic textbook allows the listener to learn how to navigate in the information field, find information about any sport. This, in turn, improves the quality of knowledge in the training system of trainees.

In particular, the use of modern information and communication technologies in improving the quality and efficiency of physical education and health training requires the use of new electronic training manuals that meet the requirements of the time. Despite the

great interest in the use of educational programs for computers and mobile devices in recent years, the issues of their creation and implementation remain problematic.

This is related, on the one hand, to the state of development of information and communication technologies, and on the other hand, to the adaptation of the educational system, including the sports field, to the requirements of the times and scientific and technical progress.

With the students of the training course for physical education teachers of general secondary educational institutions regarding the study of problems related to electronic textbooks and 213 women (21.6%) for a total of 984 trainees.

The conducted research shows that in the questionnaire conducted with physical education teachers, what educational resources do you prefer to learn more and new knowledge in the module "Information communication technologies in physical education and sports"? to the question, 138 respondents (14.02%) said that paper-based educational literature (textbook, study guide, etc.) is important, 85.9% of respondents (846 people) said that electronic textbooks allow the listener to visualize new information, easily and firmly understand topics (Figure 1).

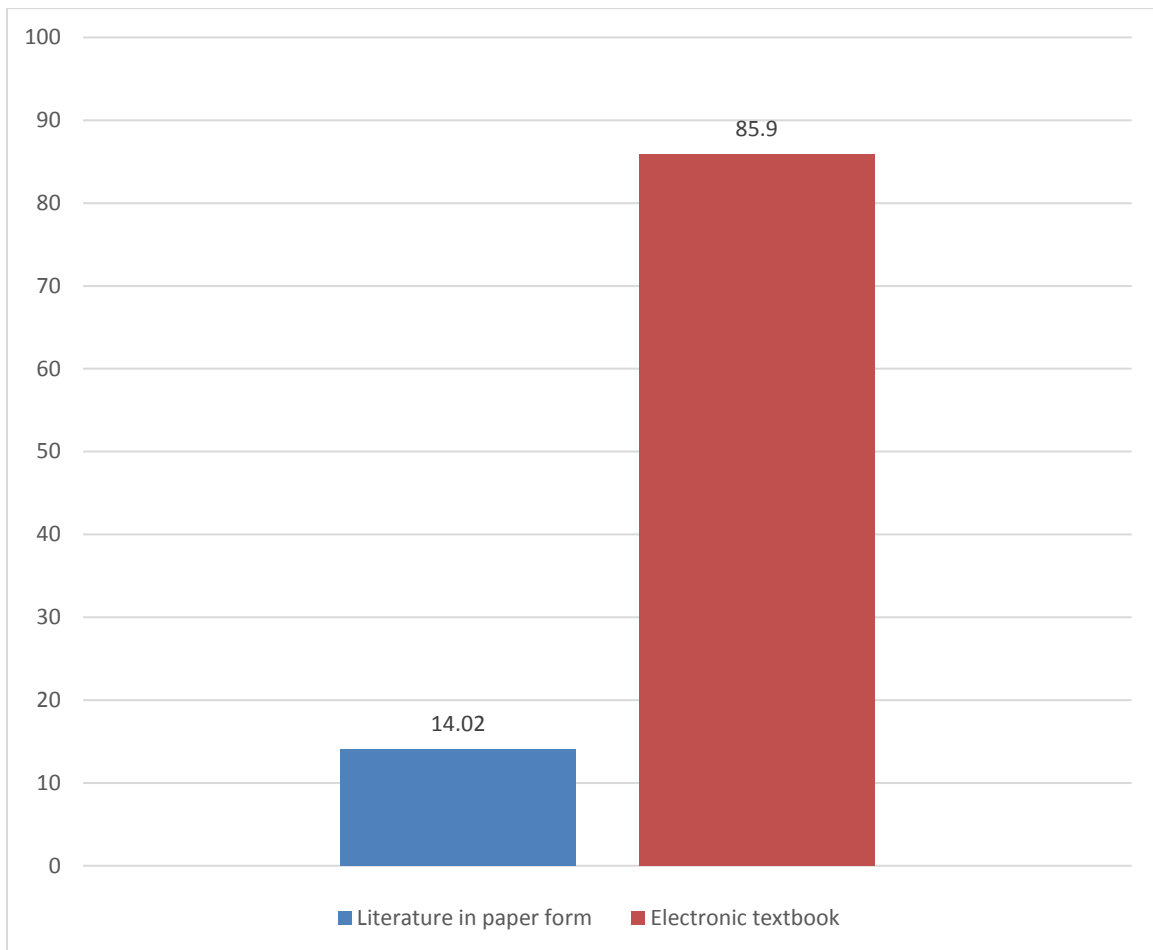


Figure 1. What educational resources do you prefer to study additional and new knowledge in depth on the module "Information communication technologies in physical education and sports"?

E-textbooks for mobile phones facilitate the educational process, make learning efficient and allow you to receive education at any time and place.

This, when respondents were asked the question "What kind of technical devices do you mainly use in your professional activities?", 80.8% of the respondents stated that they use modern mobile

phones, 8.7% - computers, and 10.3% - tablets in their professional activities (Figure 2).

Therefore, the electronic textbook should work not only on computers, but also on web browsers, Android, iOS, and Windows mobile applications. It should also have a user-friendly interface for mobile devices, the ability to capture, mark, enter notes and save materials.

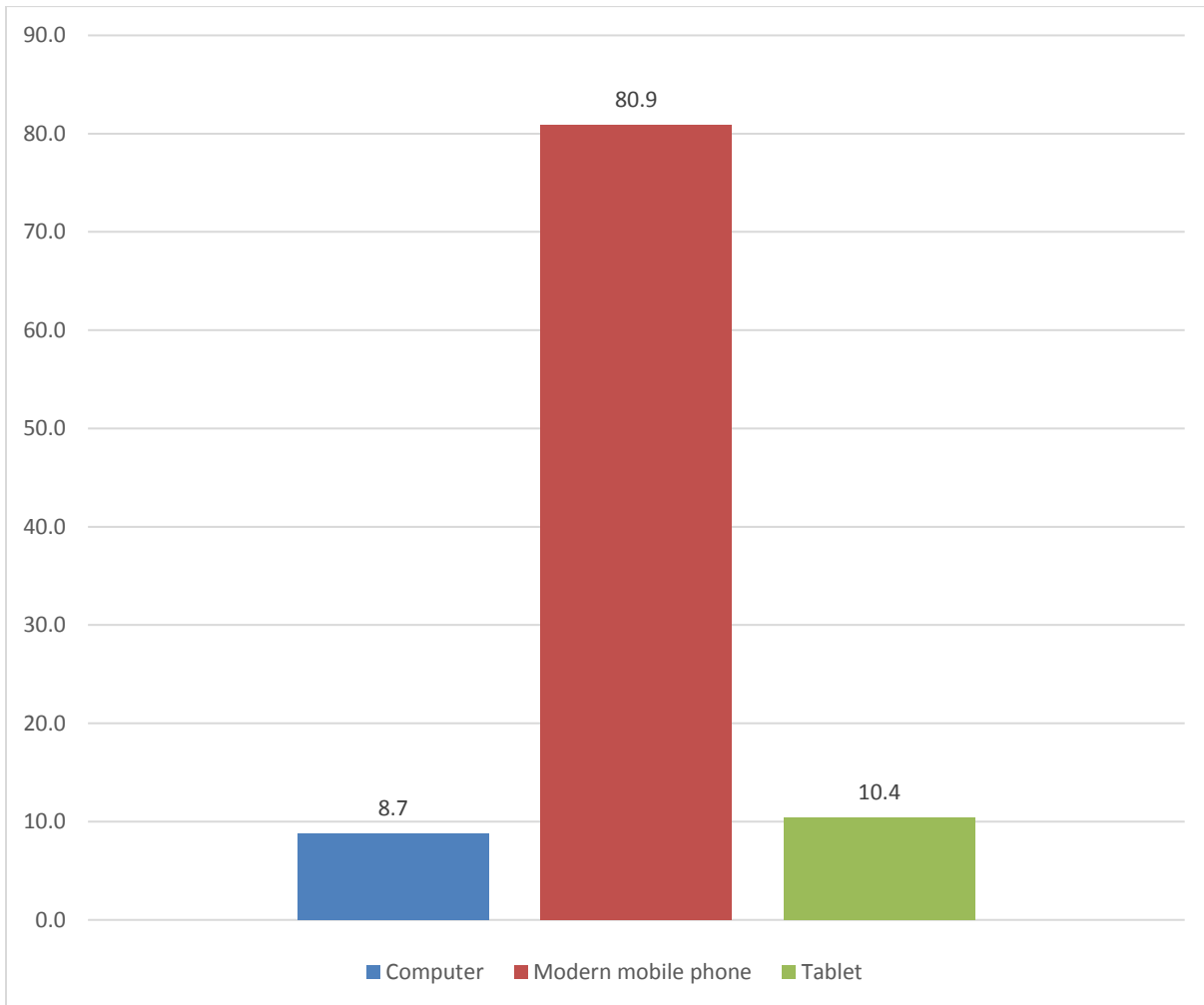


Figure 2. Indicators of respondents' use of modern technical devices in their professional activities

Our opinion, the teacher should choose teaching methods and technologies in such a way that students can not only acquire ready-made knowledge, but also search for knowledge from various sources, acquire it independently, form their own personal point of view, justify it, at the same time, have the opportunity to use previously acquired knowledge when acquiring new knowledge. should be created.

Respondents asked " Which sources do you use for electronic information related to the port industry ?" to the question, they said that they get information mainly from the state domains of Uzbekistan (64.9 %), from the state domains of Russia (20.1%), from the domains of European countries (5.5%), and from the domains of Asian countries (Figure 3).

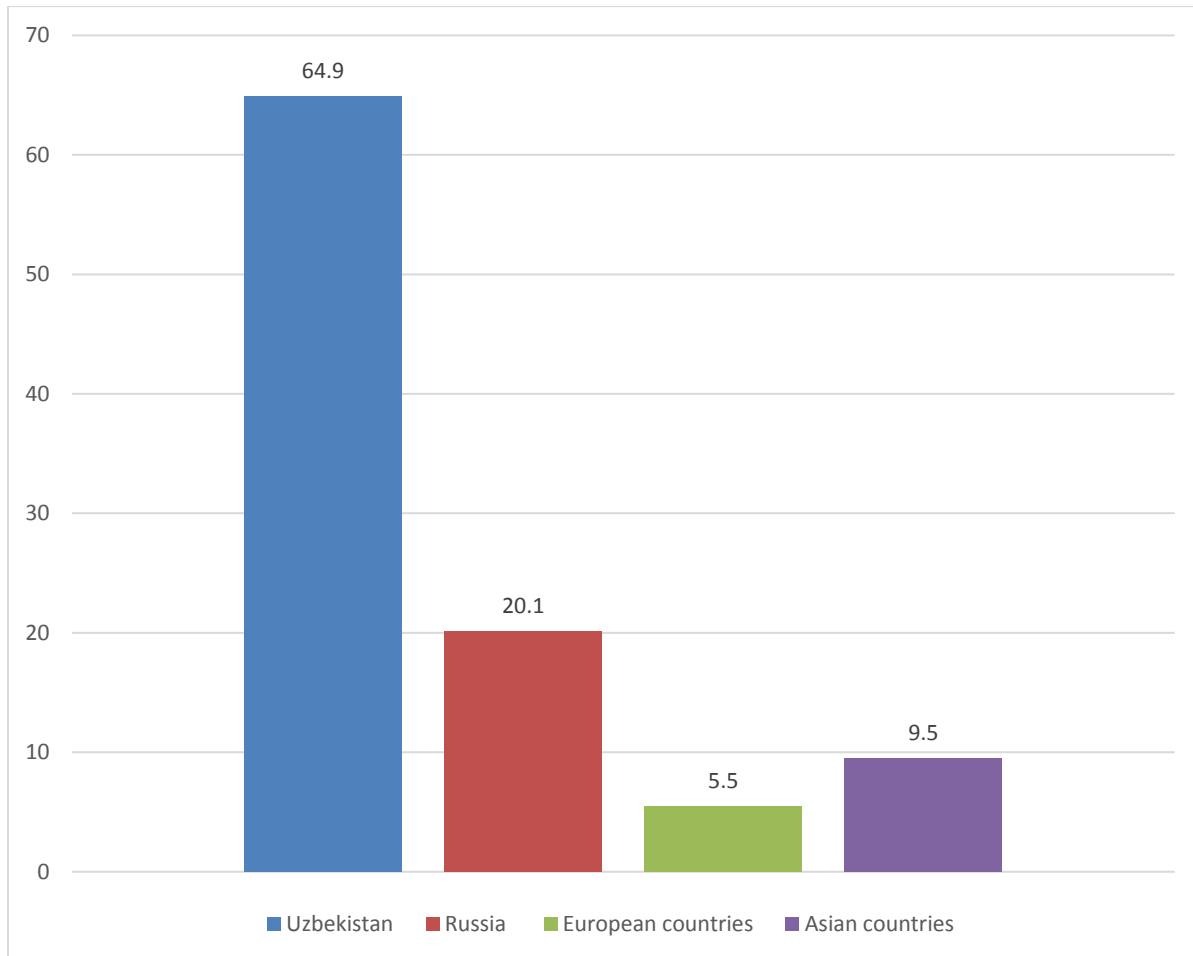


Figure 3. A comparative analysis of sports experts' use of sports-related electronic resources from public domains

At present, the widespread penetration of information and communication technologies into the system of professional training of sports professionals requires the active use of the possibilities of modern technical development technologies and software products in modern devices to improve the quality and efficiency of the educational process. In particular, in recent years, the use of mobile phones, computers, tablets in

the use of resources intended for the field of sports has become today's demand. This is a factor in the use of new forms and methods in the field of sports and the creation of a new form in addition to traditional methods.

DISCUSSION

It should be emphasized that over time electronic textbooks will provide wide opportunities in the

educational process and independent learning, and they will completely replace paper textbooks in the educational process. Despite the fact that paper textbooks are familiar and easier to read, electronic textbooks are becoming more and more popular every year due to the wide range of possibilities they offer.

CONCLUSION

By students of the training course for physical education teachers of general secondary educational institutions is one of the important and priority directions of the development of the sports education process. Up to now, effective use of information and communication technologies and tools has been established in our republic and is deeply penetrating the education process. In the new educational technologies based on information communication technologies, electronic textbooks are aimed at teaching students to independently acquire knowledge and use the flow of information wisely.

Also, the knowledge obtained with the help of modern information and communication technologies remains in memory for a long time and can be restored in a short period of time for practical application. In this case, awareness of information and effective use of information in work activities depends on the following. First of all, a modern sports specialist should know how to receive, process and use information with the help of computers, telecommunications and other means of information in order to freely navigate the flow of information. Secondly, ensuring the

necessary level of information culture of a specialist should not be the goal of only one educational module. Thirdly, it is necessary to apply modern information technologies to all educational modules, and this situation requires certain professional training, familiarization with the possibilities of information technologies, and the ability to use these possibilities in one's scientific and practical activities. This situation is very relevant and pedagogically significant, because they test the possibilities and advantages of electronic textbooks in the deeper study of additional and new knowledge.

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