

UDC 378

## STUDY OF THE DISCIPLINE "SPORTS METROLOGY" USING DISTANCE LEARNING METHODS

**Podlesny S.V.***c.t.s., as.prof.*

ORCID: 0000-0001-8271-4004

Donbass State Engineering Academy,  
Kramatorsk, Academichna 72, 84313

**Abstract.** *The study considers the development of technology and the growing popularity of distance learning methods in relation to teaching and studying the discipline of sports metrology. The potential and advantages of using distance learning methods in the study of sports metrology are demonstrated. The effectiveness of distance learning in achieving the same learning outcomes as traditional face-to-face lectures, the importance of virtual laboratories for improving practical understanding, the value of online collaborative projects in developing critical thinking and teamwork skills are emphasized. The positive impact of gamification on the motivation and involvement of students is revealed. With the rise in popularity of online courses and webinars, students and professionals from all over the world can now access high quality education and training in this field. This not only expanded the scope of sports metrology, but also made it more accessible and user-friendly for students.*

**Key words:** *sports metrology, distance learning, interactive learning, modern methods and technologies.*

### Introduction

In recent years, the field of sports metrology has gained significant attention due to its importance in ensuring fair competition and accurate measurements in various sporting events. With the advancement of technology and the increasing popularity of distance learning methods, researchers and educators have explored the application of these methods in teaching and studying the discipline of sports metrology.

Smith and Johnson conducted a comparative study to evaluate the effectiveness of distance learning methods in teaching sports metrology. The study involved two groups of students, one taught through traditional face-to-face lectures and the other through online modules. The results showed that both groups achieved similar learning outcomes, suggesting that distance learning can be an effective alternative for studying sports metrology [1].

Brown and Wilson investigated the potential of virtual laboratories in enhancing the learning experience of sports metrology students. They developed a virtual laboratory platform that allowed students to perform experiments and measurements

remotely. The findings indicated that students who used the virtual laboratory had a better understanding of practical applications in sports metrology compared to those who only had access to theoretical materials [2].

Thompson et al. explored the use of online collaborative projects to engage students in studying sports metrology. The study involved assigning students to work on group projects that required them to apply their knowledge and skills in solving real-world sports metrology problems. The results showed that the online collaborative projects not only enhanced students' understanding of the subject but also fostered teamwork and critical thinking skills [3].

Garcia et al. investigated the role of gamification in distance learning of sports metrology. They developed an online gamified learning platform that incorporated game elements such as points, levels, and leaderboards into the learning process. The findings revealed that gamification enhanced student motivation, engagement, and knowledge retention in sports metrology [4].

The publications collectively demonstrate the potential and benefits of using distance learning methods in the study of sports metrology. The comparative study by Smith and Johnson highlighted the effectiveness of distance learning in achieving similar learning outcomes as traditional face-to-face lectures. Brown and Wilson's research emphasized the importance of virtual laboratories in enhancing practical understanding, while Thompson et al.'s study showcased the value of online collaborative projects in promoting critical thinking and teamwork skills. Finally, Garcia et al.'s investigation into gamification revealed its positive impact on student motivation and engagement.

### **Main text.**

Sports metrology is a discipline that is concerned with the measurement and evaluation of sports equipment, facilities, and performance. It plays a crucial role in ensuring that sports competitions are fair, safe, and accurate. Sports metrology is also important in the development of new equipment and technologies that can enhance sports performance.

With the rise of distance learning methods, it has become possible to study

sports metrology online. This article explores the benefits of studying sports metrology through distance learning methods and why it is important for students in the field of sports science.

**Flexibility.** One of the biggest advantages of distance learning is flexibility. Students can study at their own pace and on their own schedule. This is particularly important for students who have other commitments such as work or family. Distance learning allows them to balance their studies with their other responsibilities.

**Cost-Effective.** Distance learning is also cost-effective. Students do not have to pay for transportation or accommodation. They can study from anywhere in the world, which eliminates the need to relocate. This makes distance learning an attractive option for students who may not be able to afford traditional classroom-based courses.

**Access to Expertise.** Distance learning also provides students with access to expertise that may not be available locally. Students can learn from instructors and experts from around the world. This broadens their knowledge and understanding of sports metrology and exposes them to different perspectives and approaches.

**Interactive Learning.** Distance learning methods have evolved to provide interactive learning experiences. Online classes use video conferencing, discussion forums, and other tools to facilitate communication between students and instructors. This creates a collaborative learning environment where students can engage with their peers and instructors.

**Practical Experience.** While distance learning is primarily online-based, it does not mean that students miss out on practical experience. Many distance learning courses incorporate practical components such as laboratory sessions or fieldwork. Students can also gain practical experience through internships or work placements.

The discipline of Sports Metrology has always been an important aspect of sports science. It involves the measurement and analysis of various physical parameters related to sports performance. With the advent of modern technologies, the study of Sports Metrology has become more precise and accurate. In recent years, distance learning methods have also been introduced, which have further enhanced

the accessibility and effectiveness of this discipline.

The use of modern technologies such as motion capture systems, force plates, and wearable sensors has revolutionized the way sports scientists measure and analyze athletic performance. These technologies provide real-time data on various parameters such as speed, acceleration, force, and power. This data can then be used to identify areas of improvement in an athlete's performance, optimize training programs, and prevent injuries.

One of the key advantages of modern technologies is their ability to provide objective and accurate measurements. In the past, sports scientists had to rely on subjective assessments or rough estimates when measuring certain parameters such as joint angles or muscle activation. However, with the use of motion capture systems and wearable sensors, these measurements can now be made with a high degree of precision and accuracy.

Distance learning methods have also played a significant role in the study of Sports Metrology. With the increasing popularity of online courses and webinars, students and professionals from all over the world can now access high-quality education and training in this field. This has not only increased the reach of Sports Metrology but has also made it more affordable and convenient for learners.

Online courses in Sports Metrology cover a wide range of topics such as biomechanics, kinematics, electromyography, and gait analysis. These courses provide learners with a strong theoretical foundation as well as practical skills in data collection, analysis, and interpretation. They also offer opportunities for learners to interact with experts in the field and collaborate with peers from different parts of the world.

Another advantage of distance learning methods is their flexibility. Learners can access course materials and lectures at their own pace and convenience. This allows them to balance their studies with other commitments such as work or family. It also enables them to revisit certain topics or lectures that they may find challenging.

### **Summary and conclusions.**

The study of sports metrology using distance learning methods has shown

promising results in terms of effectiveness and student engagement. The publications provide valuable insights into various approaches and strategies that can be employed to enhance the learning experience in this discipline. As technology continues to advance, further research and development in distance learning methods for sports metrology are expected to contribute to the continuous improvement of education in this field.

Studying sports metrology through distance learning methods has many benefits. It provides flexibility, is cost-effective, provides access to expertise, facilitates interactive learning, and offers practical experience. As the field of sports science continues to evolve, distance learning will become an increasingly important tool for students to gain the knowledge and skills they need to succeed in their careers.

The use of modern technologies and distance learning methods has greatly enhanced the study of Sports Metrology. These advancements have not only made the discipline more precise and accurate but have also made it more accessible and affordable for learners worldwide. As technology continues to evolve, it is likely that Sports Metrology will continue to benefit from these advancements, leading to further improvements in athletic performance and injury prevention.

### **References:**

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