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## CURRENT PHYSICAL EDUCATION TECHNOLOGIES AS THE KEY TO SUCCESSFUL PROFESSIONAL TRAINING OF FUTURE PHYSICAL EDUCATION TEACHERS

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**Abstract.** *The purpose of the article is to highlight current technologies for teaching physical education and methods of their implementation in the process of professional training of future physical education teachers. Technology, in general, has positively restructured physical education lessons. With video analytics, apps, online videos, monitors, smart watches, and trackers, PE teachers can create personalized and smart goals for their students. In the process, students felt more engaged and committed to physical activity, which is important for building healthy habits.*

**Key words:** *physical education, personality, innovativeness, innovative direction, professional training, professional education, innovative pedagogy, education.*

### **Introduction.**

The processes of learning motor skills (physical literacy) develop according to successive interdependent stages and constitute qualitative aspects important in teaching physical education.

The implementation of technology in the teaching of physical culture is motivating for students. This contributes to monitoring the progress of students, identifying gaps in the repertoire of motor skills, and strengthening perceived physical self-efficacy [1; 2].

Thanks to technology, particularly mobile, physical education teachers now have a wide range of tools they can use to test and improve their students' physical skills. The list includes video analytics, wearables, physical education apps, gaming systems, virtual classrooms, and monitors and trackers.

The purpose of the article is to highlight current technologies for teaching physical education and methods of their implementation in the process of professional training of future physical education teachers.

### **Main text**

We have highlighted current technologies in physical culture.

#### *1. Video analysis.*

Quality assessment tools include video analysis. It is an effective tool for monitoring the level of learning and encourages the perception of student

competence. In this way, psychological factors and relationships with motor abilities are investigated: it is possible to analyze a motor task, compare the evolution of learning at different times of the year by changing teaching styles, compare the performance of different students, analyze and assemble motor sequences, identify errors and evaluate learning results; complex combinations of motor sequences.

### *2. Mobile applications.*

Almost everyone has a smartphone, and physical education teachers can use such devices to their advantage to encourage their students to train and exercise. While they probably won't like having their students tethered to their cell phones all the time during class, when the educational benefits are obvious, the use of cell phones and phone apps should be encouraged.

There are many apps that you can use: some allow you to track your movements and help you eat, while others help you improve sports activities like basketball. Applications involving video and image analysis can be used to study athletic movements and ultimately help improve physical skills.

There are many phone apps available today designed to track movement and provide nutrition guides. Students can access important information about their fitness and diet with just a few clicks. And the best part is that most of these programs are free. While there are apps that require some form of payment or monthly fee, the price can be worth the health benefits associated with well-informed exercise and diet programs.

### *3. Online video.*

With a faster and more reliable internet, video streaming is more accessible than ever. PE teachers can use this technology to encourage their students to improve their skills through online videos and demonstrations. With the vast amount of information available on the Internet, physical education instructors will have no difficulty finding videos that will meet the needs of each student. However, teachers should be careful when choosing videos. They need to make sure the videos are age appropriate and appropriate for the class they are teaching.

In addition to promoting better learning, teachers can also encourage their students to create their own instructional videos about any workout they like. It's more engaging than having students sit and watch videos that are already online.

### *4. Virtual classes.*

Physical education is not just "physical activity". This is still a learning process, so students are expected to engage in discussions with their teachers about their learning, challenges and other necessary information to achieve a deeper level of understanding. Effective learning involves two-way communication where students

can engage in discussion and challenge the teacher's ideas to achieve a deeper understanding. Many classes have already taken advantage of the online world by creating blogs or websites. A classroom website is valuable for encouraging discussion after class or for connecting students who use physical education techniques, sports, or exercise outside of the classroom.

Another great way to use virtual communication is to invite guests to your classroom using video chat programs like Skype and Hangouts.

Students can also be encouraged to take online courses on nutrition, exercise, and principles of fitness or web quests that focus on focused research. Virtual classes allow students to express their opinions and views on their activities. They are also important for developing students' writing and communication skills. They allow students to immerse themselves in media and improve their creative thinking.

#### *5. Video games.*

Video games can change students' perceptions of physical activity and competition. They appeal to their love of video games and arouse interest in their application in physical education. They are even a great solution to keep kids active in bad weather.

Interactive video games such as Dance Revolution, Wii Fit and Wii Sports can be invaluable in promoting physical activity in students and are already being used in many physical education centers. They serve as a reasonable alternative to training in bad weather and produce results similar to those observed during physical activity in the fresh air. PE teachers can easily tap into students' love of video games to increase interest in PE.

With the help of gaming systems applied to gym classes, students can take an idle activity and turn it into something productive. They immerse and engage students, which can be continued at home.

#### *6. Monitors and trackers.*

Monitoring physical activity and sedentary lifestyle through mobile phone applications (apps) and wearables (wearables) can improve these health behaviors.

Since not all students have the same physical abilities, it is important for teachers to know what their students can and cannot do. It is important to adapt the program to the individual student's body, which is why heart rate monitors have become critical for assessing students' physical endurance and setting realistic and reasonable goals for them.

In addition to heart rate monitors, pedometers have also become an indispensable tool in physical education. They are great and reliable when it comes to tracking steps.

They can track how active a student is, even if they're not training or exercising. In addition, the pedometers work even when used on errands and at home.

And if a student's step count is low, the pedometer can remind that student to keep walking and walking. This makes students more aware of their progress and stick to their goals.

#### *7. Smart watch.*

Smart watches are a great alternative to a traditional pedometer as a step counter. They may be more expensive but offer more features. For example, some smartwatches can allow students to access their favorite music and listen to it while exercising. Other models have apps that can remind students to take any medications they take, track hours of sleep, or record their mood. Some smart watches can record the distance students have run as well as their speed.

One of the problems with smartwatches is that they tend to be expensive. And the more functions they have, the higher their price becomes. Basically, it just means that while smartwatches are convenient for PE classes, they may not be right for every student, and instructors need to be aware of that.

Innovative technologies in education should be used as a tool to promote students' motor learning. Smart use of technology consists in creating a learning environment where students can take a more active part in their own learning process (motor learning of the student). Technology-enhanced learning environments can increase student engagement in complex cognitive tasks, expand opportunities for complex and personalized feedback, and build communities of interaction among teachers, students, parents, and other stakeholders.

Technology, in general, has positively restructured physical education lessons. With video analytics, apps, online videos, monitors, smart watches, and trackers, PE teachers can create personalized and smart goals for their students. In the process, students felt more engaged and committed to physical activity, which is important for building healthy habits.

#### **Summary and conclusions.**

Current technologies, in general, have positively restructured physical education lessons. With video analytics, apps, online videos, monitors, smart watches, and trackers, PE teachers can create personalized and smart goals for their students. It is necessary: to improve the forms, methods and techniques of the educational process; conduct a thorough analysis and update the content of the work programs of the disciplines that form the basis of the formation of an innovation-oriented personality of future teachers of physical education in the process of professional training by including additional modules and topics; to ensure the availability of appropriate

educational and methodological support, which will contribute to the formation of an innovation-oriented personality of future physical culture teachers of the appropriate level.

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