

WAYS OF USING MODERN INFORMATION TECHNOLOGY OPPORTUNITIES IN TEACHING SPORT  
PSYCHOLOGY

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**Abstract**

In the process of teaching psychology and sports psychology, the use of modern information technology is as important as in other disciplines. Implementation of topics in the course of "Psychology and Sports Psychology" with the help of modern information technologies serves as an important tool in improving the quality of education and in forming the skills of practical application of the theoretical knowledge given to students.

**Keywords:** sport, education, psychological situation, choice, pragmatism,

**Introduction**

It is known that the choice of students, in turn, is primarily determined by their personal experience, but an authoritarian approach to this process does not create a desire in them. That's why we made the training based on free choice, taking into account the interests of the students.

In the process of passing the topic "Personality", the task of watching films through multimedia in the analysis of the factors affecting the formation of the personality and the concepts of the development of the personality is assigned to the requirements.

In the process of completing the task, students will develop the ability to analyze the factors affecting the formation of the personality in the video footage. The teacher writes several concepts on the board and asks the students to express their thoughts about them. Students define concepts such as pragmatism and behaviorism based on their names. After listening to their ideas, the teacher gives one example that illustrates the essence of each concept and asks the students which concept they represent. In this way, students will be able to adequately absorb information about the concepts of personal development and have a sense of satisfaction with the training.

In the discussion of the problem of "Psychological characteristics of movement skills" on the topic of "tactical thinking of an athlete", the following three technical achievements form the basis of modern information technologies. The emergence of an environment for gathering information in machine-readable concepts shows tactical actions to students through magnetic tapes, motion pictures, magnetic disks. It is to teach athletes to observe and analyze their psychological characteristics while preparing for sports competitions, as well as to identify the causes of these conditions in athletes.

Each student prepares a written analysis of the situation observed through the video. The knowledge obtained on the basis of prepared written information is strengthened. Students are invited to give examples of brighter and more characteristic startoldi cases that they experienced during different periods of sports.

Startoldi case tracking, analysis and reporting scheme;

1. How many days before the competition do you start to clearly notice the startoldi condition and what does it look like?
2. How do you feel when approaching the competition;
  - What do you prefer to do on this day;
  - On this day, whether you prefer to be alone or among your friends and loved ones;
  - Do you follow the prescribed regime on this day;
  - How do you sleep the night before the competition;
3. What emotions and mood do you experience on the day of the competition and immediately before being called to the start, as well as at the start itself, and to what extent?
4. Does your starting position depend on your level of exercise?
5. Does your starting position depend on your competition? When do you get excited – when your opponent is strong, when you are equal, or when you are weak?
6. How does the scale (or importance) of the competition and your position on the team affect your pre-start situation? (winner of past competitions, etc.)
7. Did the content and level of your starting status change with the increase of your sports experience, sports skills, participation in competitions?
8. Is the pre-start position related to the athletes' temperament? (giving a concrete example about the behavior of athletes).
9. What methods do you use to overcome an awkward pre-launch situation? (do you change the character of the exercise, do special breathing exercises or stimulation exercises, what do you try to think about. What do you focus on; do you seek support from your trainer and friends?)

Students write pre-start situations based on observation and analysis of situations encountered in their personal experience. 3-4 students will be assigned to give a lecture on the developed topic in order to introduce the methods of generalization, analysis and synthesis of the obtained data. Students' input is listened to and discussed during the session.

Information technology is, firstly, a set of circulation and processing of information, and secondly, it is a representation of these processes. Information technology plays an important role in the educational process and helps to solve the following tasks:

- To open, maintain and develop the individual abilities and will, consisting of unique qualities unique to each person, in the educated pupils and students, to form in them the ability to know, the desire for self-improvement;

Through the science of sports psychology, highly qualified athletes from modern information technologies show their achievements and shortcomings to students, and willful qualities are formed.

At present, the factors of will are of great importance in the athletes' struggle for victory during the competition, because highly qualified athletes have a high level of physical, technical, tactical and preparations. But at present, psychological preparation of athletes is also one of the important issues. Because athletes with well-formed willpower have more chances to win.

Voluntary preparation content as some aspects of the athlete's will; goals, discipline, confidence, initiative, independence, courage, boldness, perseverance, perseverance, self-control, etc.

Goal-seeking is an athlete's characteristic of setting clear goals and tasks for himself.

Discipline is a person's ability to obey established rules and norms.

Confidence is an objective analysis of an athlete's strengths and capabilities, choosing the same action without hesitation and performing it.

Initiative - the athlete takes responsibility for all his actions in the process of sports wrestling, is told to objectively evaluate situations and solve them independently.

Courage - despite dangerous and difficult tasks, it is said that the athlete actively strives for the goal, realizing the possibility of facing a severe consequence.

Persistence, tenacity - an athlete is told to gather all his strength to achieve a goal, endure all opposition and difficulties, and act for a long time in accordance with the decision made.

1. Courage is the athlete's ability to quickly and correctly come to a conclusion under the same conditions and actively implement it.
2. Self-restraint is the strong will shown in overcoming the inner state of the athlete that resists the achievement of the goals set before him. All volitional qualities are closely related to each other. If we develop one of the qualities, it helps to improve the second quality.
3. It is known that the voluntary training of athletes is a process inextricably linked with the planning of voluntary training and should be carried out taking into account the following issues:
  4. Determining deficiencies in voluntary training;
  5. Choosing exercises and using them according to the type of sport;
  6. Identifying and systematizing the objective and subjective difficulties of the individual athlete;
  7. Planning voluntary training taking into account periods of sports exercises and competition calendar;

In addition, the following rules should be observed when training the athlete's willpower:

1. Education of the will should begin with very small difficulties and gradually increase;
2. Arousing the athlete's desire to fulfill the tasks set before him;
3. Instill confidence in the athlete in the ability to perform the tasks set before him;
4. It is necessary to create situations of quick and sharp volitional effort in the athlete, for this the exercises should be performed quickly and sharply;
5. Requiring the athlete to focus on one place without distraction during training;

Exercisers need to develop the ability to exert willpower for a long time.

Conducting lessons to sports students through modern information technologies during the lesson will lead to the development of technical and tactical actions, as well as the growth of oral, practical, discussion, question-and-answer thinking. Conducting classes on the basis of such modern information technologies gave students the opportunity to master the lesson consciously and firmly.

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