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# INNOVATIVE TECHNOLOGIES AND THEIR APPLICATION IN SPORTS

Zulxumor Urinbaevna Umarova,  
Kokand State Pedagogical Institute  
Department of Physical Culture,  
Associate Professor, etc.

Yusufjanov Davronbek Nodirjan Ugli  
Student

**Abstract:**

The theory and practice of physical culture are closely related to innovation. This is the development of a new concept of physical education of professional athletes, the creation of an updated training system, the transition from archaic methods to advanced methods of supporting the activities of athletes at all stages.

**Keywords:**

innovative technologies, sports, methods, physical training, development, physical abilities, physical education.

The word "Innovation" in Latin means renewal, novelty, change. The slogan "There is power, no mind is needed" is no longer relevant for an athlete in the 21st century. Today's athlete must be smart, educated, clearly understand and imagine what and why he does in training, predict his results in competitions. The use of innovative technologies is typical not only for professional sports. New technologies and methods of training are used in the physical training of students in universities. Thanks to this, the competent development of physical abilities and the awakening of students' interest in physical education are achieved. Application of innovative technologies of physical education in universities Physical education of students is an inseparable part of higher humanitarian education, the result of a complex pedagogical impact on the personality of a future specialist in the process of forming his professional competence [1].

Within the framework of the traditional organization of physical education, there is no opportunity for implementing an individual approach, which is necessary, since it is about the health of young people. In addition, the traditional organization of physical education is not focused on the student's ability to choose the type of physical activity. Lack of choice does not stimulate interest in classes. Therefore, it becomes more and more important for physical education teachers to introduce new methods of classes in order to interest students. New methods include the use of non-traditional sports in educational practice.

Many non-traditional sports have come down to us from ancient times. These include oriental systems of physical exercises. One such system is yoga.

Nordic walking is a highly effective form of physical activity that uses a specific training methodology and walking technique using specially designed poles.

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Nordic walking attracts millions of fans with its simplicity and accessibility. Thus gaining millions of fans. This type of physical education does not require large energy expenditures, but at the same time it involves more muscle groups than classical walking. A big plus of Nordic walking is that you can do it anywhere, in any conditions and with any physical fitness. [2]

Innovative technologies in professional sports.

Recently, the application and implementation of scientific developments have fully affected professional sports. One of the systems for optimizing the training process and automating administrative activities in sports organizations has become - "Isida Sport". The system allows you to organize and track the execution of a full training cycle, analyze the training and find out the quality of the exercises performed, thereby helping coaches and athletes to achieve significant sports results. [4]

In the studies of Z. Umarova, it is indicated that not all modern traditional methods currently used in preschool educational institutions are able to fully realize the necessary amount of motor activity of a growing organism. In this regard, some pedagogical teams of preschool educational institutions are implementing programs for the rehabilitation of healthy children in order to create a variant of a health-improving system that reduces morbidity, increases the physiological and psychological functions of the child's body, and, consequently, his educational abilities [5].

One of the innovative directions that complement the existing system of physical education of preschool children is the implementation of intellectual and socio-psychological tasks, which together make up the cultural vector of this process[6]. The results of their research complement the content of existing training and education programs in preschool institutions with specific recommendations for mastering the intellectual values of physical culture by children and the formation of strong incentives for them to engage in physical exercises[7].

Among modern approaches in the methodology of pedagogical activity as an educational space and its transformation, the most important is innovation. Innovation is the result of the implementation of new ideas for the purpose of their further practical use to meet any needs and requirements of society. In the field of physical education, innovations become a natural phenomenon, as in many other areas of human activity. Innovations do not arise on their own, they are the result of the application of advanced pedagogical experience, scientific research. The most important sources of innovation are research and the work of scientists working in this field. With the accumulation of scientific and pedagogical experience, knowledge in the field of physical culture, improvement of sports equipment and equipment, new ideas for the transformation of sports and training and educational processes appear.

An important principle in the development of innovative technologies and methods is its focus on the largest possible subjects of research, the main ones being: physical and mental health, physical development, preparedness, performance, the level of physical culture and valeological knowledge, the content of physical culture needs, motives and interests, and finally , lifestyle in general.

Today, in practical and research work, specialists in physical culture pay the most attention to the following innovative technologies:

- personality-oriented physical education;
- sports-species approach;
- rating approach;
- Olympic education;
- sports and patriotic education;
- intellectualization of physical education, etc.

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