

## Effectiveness and Advantages of using Pedagogical Technologies in Teaching Sports

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### Abstract

Physical education at the university is aimed at ensuring the maximum professional applied effect for the development of entrepreneurship, originality of thinking, perseverance, ambition, the ability to take risks. In this article discusses about benefits of using innovative technologies in an activities of sports teachers. We are talking about the activities of sports teachers

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To improve the content of the educational process, it is important to bring the subjective desires and goals of students closer to the objectively set tasks of physical education in the university. At the same time, sports and physical education activities are one of the forms of self-expression and self-affirmation of a student, defining his lifestyle, general cultural and socially significant priorities. It is known that the striving for success and the realization of one's capabilities within the framework of a certain sports brought to the fore in sports. The result of the combined educational and sports activities of students is the formation of socially significant qualities: social activity, independence, self-confidence, as well as healthy ambition. Quality education is a comprehensive development of education, sports education is for all students, assessment should also be a variety of sports, and three-dimensional. Quality education is not unmindful of the normal examination, the key is how the combination of athletic talent, not suppress Health and character development, but poor students to see the progress of sports, which requires a viable must be innovative sports at different levels of assessment and evaluation of the role students have incentive system. It is known that the concept of "technology" is relatively recent appeared in sports pedagogy. Due to the fact that in various sources, it is interpreted in different ways, there is a need for more detailed consideration of it. This concept was introduced into pedagogy from the sphere of material production, where it means the totality techniques and methods of obtaining, processing or processing raw materials, materials, semi-finished products or products carried out in various industries. Technology is also understood as operations of extraction, processing, processing, transportation, warehousing and storage, that is the set of processes that make up the production process. Innovative activity finds its expression in development of new technologies for organizing training physical education process. In the pedagogical activity of a teacher of physical education, it is necessary to highlight the following algorithmic actions carried out in a certain sequence: a) analysis of the situation of physical development of students in the training process; b) diagnostics of the individual abilities of those involved sports and designing their psychological structure; c) predicting possible changes in personal development students when using certain methods of pedagogical impact; d) development of a holistic program of training activities students for the competition, which includes the organization of communication with them and the presentation of claims to them; e) organization of the implementation of the program of activities, implementation

specific actions for the effective conduct of the educational and training process; f) control over the results of pedagogical activity and adjusting her program. As pedagogical practice shows, the more competent and all these actions are fully implemented, the more effective the activity physical education teacher. In this regard, we can say that under the technology of the pedagogical activity of the teacher of physical education of the university should be understood as a holistic system constantly the actions reproduced by him on the organization and conduct of the training process, aimed at the maximum possible physical development of the student's personality and leading to the planned result. In the technological component of the teacher's activities an innovative beginning is manifested: - in the development of a lesson plan in accordance with the ultimate goals of the educational and training process; - in the re-composition of the plan of their actions in case of foresight any deviations during the preparation of the student for the competition; - in the design of educational and training and cognitive information; -in the preparation of methods for diagnosing a student's personality, determining the forecast of his physical development; - in building relationships with those who go in for sports on based on the principle of cooperation: mutual respect, mutual trust, benevolence of mutual assistance, co-creation; - in ensuring maximum individualization, intensification training process; In such conducting physical culture classes, when the main task for each of them is the implementation human-forming function, when the atmosphere of the lesson is atmosphere of general work, relaxed atmosphere, favorable conditions for the assimilation of new physical exercises, holistic physical development of the student's personality. The results of the study of scientific literature and professional activities of teacher show that under pedagogical creativity should be understood as a specially carried out activity that aims to achieve the highest possible sports results of those involved. To improve and develop innovative culture physical education teachers, this problem is extremely relevant. The study of the educational process in physical culture shows that at the present stage, a certain practice of innovative solution of pedagogical problems during training students. It is filled with specific content and has a number of characteristic features. With regard to the consumer attitude of those involved in sports, then this view is also refuted by pedagogical practice, which shows that in classes where students are not provided the opportunity to show initiative, independence, creativity, they becomes boring and uninteresting. They start to get distracted, engage cases not directly related to the study of new physical exercise, talk to each other, etc. The teacher, however, qualifying their behavior as an irresponsible attitude to training, as violation of order, often loses his composure and resorts to punishment - either by a noisy analysis, or by an appeal to the head Department of Physical Education with a request to provide appropriate "Impact" on the student. Innovation is characterized by bold use sports initiatives. In training, students are active participate in the development of goals and ways to achieve them. That is, the questions teaching methods are not decided by teachers alone and only in a team, but also together with students. Time and again, physical educators are often engaged in professional development that does not address the instructional methods, strategies or content knowledge that is necessary to impact student achievement within physical education. In order to address the systemic change that is necessary to continue the advancement of physical education, it is essential that physical educators are engaged in high quality and sustainable professional development. To support the development of physically literate learners, educators must continuously build upon their in-depth content knowledge. Physical education serves as the foundation to promote healthful changes that reinforce the importance that tomorrow's healthy lifestyles begin today. The basic human capabilities that are necessary for this, are to lead long and healthy lives, to be knowledgeable, to have access to the resources

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