

ANALYSIS OF THE USE OF INFO-COMMUNICATIONAL TECHNOLOGIES IN PHYSICAL EDUCATION OF UNIVERSITIES STUDENTS

M. Porokhovskaya

VSU named after P.M. Masherova, Vitebsk, Belarus

The analysis of scientific publications allows to speak about perspectivity of ideas of application of computer technics in educational process. Well-known studies demonstrating the effectiveness of the use of modern information technologies in the educational process (VA Izvozchikov, GK Petrov, TL Shaposhnikova, and others) may serve as a proof. Studying of innovative pedagogical experience and the analysis of scientific and methodological literature have shown, that implementation of modern information technologies is the major reserve of perfection of modern system of higher education [1,2].

There is a number of programs developed for optimization of educational process in physical education in higher education institutions of non-physical culture, allowing to teach the subject 'Physical Education' (S.N. Bogdanov, M.M. Chubarov, Yu.T.Zhukovsky, 1990) to plan and control physical fitness (N.G.Skachkov et al., 1991; O.V.Zhbankov, E.V.Soloviev, 1995), general motor activity (M.A.Godik, V.N.Timoshin, 1990), and also psychophysical state students (O.V.Zhbankov, E.V.Tolstoy, 1997) [3,4].

The purpose of the study - to explore the use of info-communicational technologies in the physical education of students in universities.

Material and methods. Standard curriculum in physical culture for higher educational institutions, curriculum for the discipline 'Physical culture' has been used as a materials of the study.

Research methods:

- Analysis of scientific and methodological literature
- Methods of comparison, analysis, synthesis and generalization;
- Survey and questioning;
- Methods of mathematical statistics (statistical processing of the results was carried out using the software package Statistica 6.1 for Windows).

Findings and its discussion. Studying the degree of use of information technologies in the process of physical education of students in universities, we conducted a survey and questioning of teachers of physical culture, working in higher educational institutions of Vitebsk.

Analyzing the data, it is clear that all respondents are using some types of information technologies in their work: electronic textbooks (70.0%), computer training programs (53.3%), computer systems for monitoring athlete's results (46.7%) , electronic guides (56.7%), Internet (56.7%).

Having considered the question of where exactly teachers are using info-communicational technologies in their work, we obtained the following data:

83.3% for self-education, 76.7% for preparing for an educational-training lesson, 36.7% for competitions and 26.7% at the lessons it self.

The majority of respondents (46.7%) are using information technologies in their work once a week, 36.7% - daily, and 3.3% 1-2 times per month.

The most part of the teachers believe that the use of information technologies in the educational process of physical education in the university will help to diversify the training sessions and facilitate preparation for them (86.7%), as well as improve the quality of training it self (80.0%).

Besides that, some problems were identified that hinder the introduction of information technologies in the educational process of physical education in universities. The main problems that respondents noted were a shortage of computers in the department and problems with access to the Internet at the department (43.3%), a shortage of teacher's knowledge, skills in working with ICT (36.7%) and a number of other problems.

Conclusion. The analysis of the scientific literature and the results of the survey and questioning gives as an opportunity to talk about the perspectivity of idea, such as use of information technologies in the process of student's physical education in the university.

The system of physical education in high education is constantly being improved on the basis of scientific and methodological work. The wide use of modern computer technologies in educational process of students will expand the arsenal of teaching methods, stimulate the cognitive activity of students, especially in their independent work. Creation and introduction of computer programs with elements of graphics, sound, video, etc. into the educational process in the physical culture, will contribute to the effectiveness of pedagogical work and the learning process it self.

But at the same time, it should be noted that the problem of applying information technologies on this field of education its self is insufficiently developed. Some studies conducted by P.K. Petrov, I.V. Robert, V.M. Izovchikov, A.I. Tsyboy, L.V. Mitenkova [2-4], as well as a number of existing problems that hinder the introduction of information technology in the process of student's physical education, can serve as a confirmation of these words.

Reference list:

1. Vasiliev D.A. Pedagogical conditions for the use of modern information technologies in the physical education of students in the process of their professional training at the university: authoref. on the competition degree of candidate ped. sciences. Kursk, 2006. - 26 p.
2. L.V. Mitenkova. The use of computer complex in the educational process for the discipline 'Physical Education': Dis. Cand. ped. sciences. St. Petersburg., 2003. - 139 p.
3. Petrov P.K. System of training future specialists of physical culture in the conditions of education informatization: Dis. . dr ped sciences. Izhevsk, 2003. - 406 p.
4. Robert I.V. Modern information technologies in education: didactic problems; prospects for use. M. : 'School-press', 1994.-205 p.
5. Tsyba I.A. The method of application of recreational aerobics in the physical education of students using modern information technologies: Dis. Cand. ped. sciences. M., 2000 - 161 p.