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USE OF INFORMATION TECHNOLOGIES FOR QUALITY MANAGEMENT OF PHYSICAL EDUCATION IN CHINA

ВИКОРИСТАННЯ ІНФОРМАЦІЙНИХ ТЕХНОЛОГІЙ ДЛЯ УПРАВЛІННЯ ЯКІСТЮ ФІЗИЧНОГО ВИХОВАННЯ В КИТАЇ

***Aim** of the article is to analyze the positive impact of modern technology as one of the important factors in the quality management of physical education in China. Given that China ranks second in the world in the development of information technology, it can be noted that not in all fields of science, information technology is fully used. **The methodological framework**, which is designed to ensure quality management of physical education is at the stage of developing programs that will affect quality learning through the use of the latest information technology. The Chinese government pays maximum attention to the possibilities of the information environment, which provides access to information, which in turn helps students in individual lessons and increases the effectiveness of coaching activities. The use of the latest information technologies should ensure the formation of knowledge, development of physical qualities and a positive impact on student health.*

***Conclusion:** Widespread introduction of innovative pedagogical technologies will lead to the intensification of educational and training activities of students, which will increase the effectiveness of these activities and large-scale use of the educational potential of physical culture.*

***Key words:** quality management, coaching activities, knowledge, development.*

***Мета статті:** проаналізувати позитивний вплив сучасних технологій як одного з важливих факторів управління якістю фізичного виховання в Китаї. Враховуючи те, що Китай посідає друге місце у світі за розвитком інформаційних технологій, можна відзначити, що не у всіх галузях науки інформаційні технології використовуються повною мірою. **Методична база**, яка покликана забезпечити управління якістю фізичного виховання, знаходиться на стадії розробки програм, які впливатимуть на якість навчання шляхом використання новітніх інформаційних технологій. Уряд Китаю приділяє максимальну увагу можливостям інформаційного середовища, яке забезпечує доступ до інформації, що в свою чергу допомагає студентам на індивідуальних заняттях та підвищує ефективність тренерської діяльності. Використання новітніх інформаційних технологій має забезпечити формування знань, розвиток фізичних якостей та позитивно вплинути на здоров'я учнів.*

***Висновки:** Широке впровадження інноваційних педагогічних технологій призведе до активізації навчально-тренувальної діяльності студентів, що сприятиме підвищенню ефективності цієї діяльності та широкому використанню виховного потенціалу фізичної культури.*

***Ключові слова:** управління якістю, тренерська діяльність, знання, розвиток.*

1. INTRODUCTION

Formulation of the problem. Improving information processes in the field of physical culture of students should significantly change the forms and content of higher education. However, we all notice the lack of efficiency in the use of modern information technology physical culture. Attempts to solve specific to the physical sphere. Culture tasks with the use of information technology are undertaken very rarely. Physical education of students continues to be implemented mainly without the use of information technology. Students' attention is focused on normative indicators of physical fitness, and theoretical, psychophysical,

intellectual training with the use of physical education is not used to the necessary extent. There is a discrepancy between the high level informatization of the educational process in the university and insufficient use of information technology in the educational process of physical education. This is due primarily to the unwillingness of both teachers and departments of physical culture to implement these technologies. Therefore, to solve this problem, it is necessary to analyze and find ways to overcome it. Existing developments in the use of computer technology in physical education are like as a rule, they are private – the creation of databases, monitoring of physical development and physical fitness,

the project method – and are not widespread in practice. Analysis of published works on this topic showed that the problem of information and computer support. The training of students in the field of physical culture at the university is relevant, but practically undeveloped. To increase the efficiency of the educational process arose the need to develop a methodology for interactive information support of educational and extracurricular activities in physical education of students. In this regard, the issue of retraining of pedagogical staff of the departments of physical culture will become acute. The modern teacher needs not only to have knowledge in the field of information and communication technologies, but also to be a specialist in the creation and application of new technologies for solving professional problems.

2. RESEARCH METHODOLOGY

Analysis of scientific and methodological sources on the main positions of the development and improvement of physical education in higher educational institutions allows us to make a number of the following conclusions:

- historical analysis of the genesis of physical education showed that its origin and development are closely related to the socio-economic formation of any society. It is the level of development of society, its socio-economic achievements and successes, domestic and foreign policy of the state that determine not only the functions of physical education, but also designate their hierarchy. In one situation, the main function of physical education is military training, in another – preparation for labor or professional activity. However, physical education in almost all countries has historically been carried out mainly in educational organizations that were created by the state itself, or controlled by its special bodies. Moreover, the pedagogical process was carried out in such organizations only by specialists;

- the analysis of physical education in China allows us to state that its development is characterized by a periodic change in the focus and priorities of the content. These priorities are directly related to the foreign policy of the state, with the state and level of health of the nation, with new theoretical and practical scientific developments of the country's leading scientists and educators. A change in focus is a fairly frequent phenomenon in domestic physical education in higher educational institutions. The reason for this phenomenon lies, first of all, in the fact that the creation of methods of physical culture in educational institutions of our country took place in conditions when the main components of the scientific and methodological foundations of the discipline itself. At different stages the formation of the

subject, the educational process was guided by different goals: military training; preparation for work; communist education and the formation of a new person; preparation of the sports reserve; formation of competencies, etc. ;

- among the ideas of modernization of the theory and practice of physical education of student young people have two dominant tendencies. One of them is the orientation of the content of the subject and the technology of its implementation to increase the educational orientation of the discipline [1, 2, 3, 5, 7]. In such cases, the process of physical education is more aimed at the socialization of students, the formation of a value attitude to physical culture, the formation of their general cultural competencies. At the same time, there is a significant increase in theoretical and methodological training due to a reduction in practical training. Another tendency is an increase in the training effect of the educational process [1, 4, 6]. Considering that in recent decades, the indicators of the level of health and physical fitness of most university students have been declining, a decrease in the number of classes aimed at developing physical conditions is unlikely justified. Here you need an optimal balance between all types of student preparation: theoretical, methodological and practical.

3. RESULTS AND DISCUSSION

Physical education in universities in practice is limited to learning motor skills and the development of physical qualities. Significantly lag behind theoretical and methodological training, ie those areas that are associated with the mastery of special knowledge and methods. Lack of knowledge and methodological skills leads to the fact that outside of classes, students cannot maintain their ability to exercise and health through exercise. To date, a characteristic feature of the modern concept of physical education should become a shift of emphasis towards increasing education orientation, as determining the conditions for the successful formation of physical culture of the individual. Possibilities of the information training environment, methodically developed contextual help and available in any moment information can stimulate the student's motivation for the systematic formation of his psychophysical fitness. The acquired knowledge will also be the basis for the formation of interest in exercise and the belief in the need to lead a healthy lifestyle. The rebirth that began in the provinces contributed to the expansion of the material and technical base of sports science. Intensive integration of sport with others public spheres, such as politics, economics and culture, determined new directions of research. There

are currently five research institutes for sports sciences subordinated to the Central Sports Administration, which at the state level are the basis of scientific research: National Research Institute of Sports Science (Beijing), National Sports Information Center (Beijing), National Institute of Sports Medicine (Beijing), National Institute of Sports Injury (Chengdu) and National Institute of Sports Electronic instruments and appliances (Kunming). Subsequently, about 33 research institutes were founded in the provinces, the results of which are used in schools of higher sportsmanship, sports scientific institutes at universities and technical schools and higher schools in sports. Planning and control research work is carried out by the Central Office of Sports. An integral part of this system is also separate educational departments of sports science at general educational institutions of higher education [7]. Information support for training students in the field of physical culture should be a systemic complex that integrates applied pedagogical software products, databases, didactic tools and teaching materials. The creation of electronic educational literature on physical culture is not just the transfer of printed materials into a computer form to provide students with the necessary materials. Computer technologies as technical teaching aids are developing within the framework of the existing educational process, therefore, they must be compatible with this process. At the same time, the created computer technologies can actively influence changes in teaching methods, on the entire technology of the educational process. Now we can name the main directions of using computer technologies in physical culture:

- statistical analysis;
- preparation of methodological documentation;
- training and control of theoretical knowledge of students;
- control of physical development and fitness of those involved;
- processing of the results of competitions in various sports;
- control and optimization of the technique of sports movements;
- creation of computerized training complexes

According to its methodological purpose, electronic educational literature belongs to the group of educational software tools, which allows you to: perform computer visualization of educational information; carry out methodological support of the educational process; apply feedback from learners; to implement the control of the theoretical and physical course. The most promising areas of using information

technologies in the general system of higher education are educational software, which can be most widely used in physical education lessons. They include

- electronic teaching aids (electronic textbook, electronic presentation);
- educational and methodological complexes;
- controlling computer programs;
- computer illustrations to support various types of activities.

In the field of physical education, such electronic aids as electronic textbooks, collections, multimedia libraries, electronic reference books, electronic presentations, simulators, tests and more. Optimization of modern university education is impossible without introducing educational process of information technology. And today informational technology in teaching is one of the most pressing topics. The use of new information technologies (NIT) in teaching the subject "Physical culture" is one of the most important aspects of improving and optimizing the educational process, enriching the arsenal of methodological tools and techniques that allow diversifying the forms and methods of work and making the lesson interesting and memorable for students. The use of new computer technologies in the educational process allow you to realize your pedagogical ideas, present them to the attention of colleagues and get a prompt response, and students are given the opportunity to independently choose an educational trajectory – the sequence and pace of studying topics, a system of tasks and methods control of knowledge. Work experience shows that students who are actively working with a computer develop a higher level of self-education skills, the ability to navigate in a stormy stream of information, the ability to highlight the main thing, generalize and draw conclusions. The use of computer teaching aids contributes to the effective organization of the educational process:

- organization of active cognitive activity of students;
- optimization of the educational process;
- increasing the amount of information studied in the lesson;
- stimulating the creative abilities of students;
- the possibility of implementing individual training.

In our opinion, an important section of the discipline is the formation of a system of knowledge in physical culture. When monitoring and assimilating educational material, we use computer testing. The use of modern educational technologies helps the teacher physical culture to increase the growth of motivation and cognitive activity of students. Games, riddles, quizzes, crosswords on sports topics allow the use of

emotional memory, stimulate creative and cognitive activity, which has a positive effect on the conduct of health and fitness and sports events.

Means of computer technologies in physical culture and sports are software, software and hardware, technical means and devices operating on the basis of computer technology, modern means and systems for broadcasting information, as well as providing operations for collecting, accumulating, storing, processing, transferring information to information resources of computer networks. Information technology tools are used together with educational, methodological, normative and technical materials for the implementation of the pedagogical process. Program-pedagogical means in physical culture and sports are used in the educational and training process, the intensification of this process and in order to develop the personality of the student. Modern software and pedagogical tools are implemented on the basis of multimedia technology. Users of the information resource use interactive information technology tools. The development of the educational process in the information and communication environment is due to the interaction of the student, teacher and information technology. To develop cognitive activity in a student, it is necessary to fill the components of the communication environment with subject content. Techniques, methods, methods and means of transportation, processing, broadcasting are the necessary techniques of computer technology used in physical culture and sports. Computer programs help the teacher to plan physical fitness, general physical activity and control the psychophysical state of students. Computer technologies are in great demand in physical development, since they are based on speed and versatility. A system is based on the methods of encoding and transferring information, which allows you to perform many diverse tasks in the shortest possible time.

With the help of digital technologies, it is faster and easier to organize the training process, use the monitoring and analysis of the athlete's actions. Interest in physical education and sports can be easily awakened among young people if digital and innovative technologies are introduced into the educational and training process. At the moment, there are a lot of technical innovations that can be used in physical education classes during distance learning. Modern observation systems help to more accurately control and analyze the training process. Controlling the student's condition during training allows diagnostic equipment using recording devices for subsequent analysis and adjustment of training techniques. Strain gauges are widely used to record the support

reaction during exercise. Automated control systems allow you to control actions in team sports. With the help of diagnostic equipment, a clear analysis of physical activity is carried out, and also with its help it is possible to select the best means and methods for increasing sports performance. For physical education and sports, sports equipment using digital technologies, such as a "smart" ball, has become widespread, which helps in practicing hitting techniques, power and transfers information to a computer, where later you can see the trajectory, impact force and other parameters. Smart dumbbells can calculate the number of calories burned during a workout, helping to distribute the load according to light indications. Digital technologies have become widespread in sports equipment. Sneakers with sensors record weight, distribute pressure and movement parameters. Information is collected and analyzed using special software. Smart things are becoming an integral part of the life of young people. They help to organize the daily routine, proper nutrition, the effectiveness of individual training and much more. The iWatch smartwatch helps you monitor your health during exercise and sports, determine your heart rate, breathing rate, pressure, air condition, and can download sports apps that can become an indispensable tool for training.

4. CONCLUSIONS AND PROSPECTS FOR FUTURE RESEARCH

In this regard, we believe that the role of the teacher in disclosing the possibilities of modern information technologies in the educational process in physical culture is very important. Thus, with the use of NIT in the classroom, the most optimal conditions are created for the disclosure and development of the creative potential of students, a deeper and more durable assimilation of the educational material is carried out. However, I would like to say that the introduction of modern information technologies into the educational process in physical culture is certainly necessary, but the use of multimedia technologies is possible only if they are competently and reasonably integrated into the educational process and provide new opportunities. , both for the teacher and the student. Thus, computer technologies contribute to the effectiveness of intellectual activity in the process of physical education and sports. Computer programs, computer technologies, are developing rapidly within the existing process. The use of IT technologies carries many advantages, namely: speed, reliability, the ability to optimize the accumulated knowledge, the ability to choose an effective program designed for a specific user.

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