CONTRIBUTION OF INFORMATION AND COMMUNICATIONS TECHNOLOGY IN THE FIELD OF SPORT & PHYSICAL EDUCATION AND MODERN SPORTS IN INDIA

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Abstract

Using I.C.T., the Master of Physical Education brings physical education to life through the connection between body and mind. It also helps develop mature students who can focus better on practical and theoretical issues. It also helps students learn more about their own bodies and the human body as a whole. Furthermore, it also improves the profile of physical education in the school by making physical education not only interesting but also engaging and useful. Furthermore, it also increases the interest and motivation of physical education teachers and students. Information and communications technology (I.C.T.) describes a variety of technological tools and resources used to create, distribute, store and manage information and knowledge. Today, these tools have revolutionized education and training in sports and physical education. The rapid development of I.C.T. has brought new innovations and increased the effectiveness of education. I.C.T. usage is very high, skilled. The trend continues, with performance levels reaching an all-time high, accessibility improving and digital media expanding into sports. It not only allows users to gain knowledge but also helps you connect and communicate with the world. It brings changes and reforms to physical education and sports. Therefore, the researcher aims to discuss some I.C.T. tools in this study. In sports and physical education. Today, teachers and educators have many technology options that can be used as I.C.T. tools. Many of these tools can be easily accessed or integrated into training programs. Here we will discuss the use of some popular I.C.T. tools in modern sports training and physical education.

Introduction

India I.T. services sector was born in 1965 with the Tata Group in partnership with Burroughs in Mumbai. First Software Export Zone S.E.E.P.Z. Leader of today's I.T. Park - Founded in Mumbai in 1974. More than 81% of the country's software exports come from S.E.E.P.Z. 1981. N.A.S.P.E. They believe that technology can be effective in complementing instruction when used appropriately. Therefore, the primary purpose of this document, developed by the N.A.S.P.E Physical Education Steering Committee working group, is to guide the use of technology to help students become familiar with the physical education model. Teachers now face a generation of students who have never experienced a life without computers, video game consoles, cell phones, and internet connections; This is a significant change in education. Technology can

provide objective information on activity levels and creative ways for individuals to participate in physical activity. Research shows that active games stimulate more energy, and increase heart rate and oxygen consumption than video games. The National Health Policy and Research Program found that 45% of health educators received staff development training in the use of visual tools. 37% reported full use of technology. Additionally, 18% to 48% of teachers received additional training, including managing physical activity, assessing student performance and building knowledge, and personalized exercise plans: areas where technology can support instruction and help manage data. These statistics and the recently released National Technology Standards for Teacher Education highlight the importance of setting standards for appropriate technology use in physical education. Information technology has become an important partner of sports, and physical education thus creating disciplines such as sports psychology, sports analysis, biochemistry, sports medicine, and sports biomechanics. Considering their importance and many situations in other subjects, it is thought that computers can also be used in physical education and sports classes. Human play, embodied in sports, is one of the most important aspects of human culture. The games played by people in a community reflect their lives and culture as a whole. It is said that communication is the most important help for people in the world. The Olympic Movement is one of the sporting events of human existence. The Summer Olympics, where countries from around the world come together for peace, are the epitome of the intersection of sports and communication. This situation shows the importance of the media and the Olympics. In the presentation, the relationship between information technologies and sports will be briefly explained.

Information Technology in PE and Sport

The age of the record is the 1970s. With the creation of the World Wide Web (web), changes were brought to people. As technology changes, communication methods and the content of messages also change. He developed the system that would become the computer in the 1960s and the Internet in the 1970s. Later, in 1988, Hyper Text Markup Language (H.T.M.L.) was created and became the basis for the development of the website in 1993. The Internet has spread to the public. In the formative years of the Internet, we used e-mail, blogs, Facebook, Twitter, various websites, magazines, YouTube, etc. Contains. Another important aspect of the use of information technology in sports is the analysis carried out by sports, club, and league managers; the most important role is recording information for decision-making, displaying game scores, or uploading photos for fans to see. Watch the game carefully. In the past, tasks such as signing (making squads) of players, managers, officials, timekeepers, passengers, and medical staff were completed manually. However, in IT organizations in the sports world, team management can now not only create detailed information for these people but also plan their work. Additionally, most professional sports facilities have a daily scoring system designed to update statistics and information directly to the computer. Therefore, with the use of today's technology, almost every sport has become an automated activity as it relates to the lives of spectators around the world. With the help of the internet and other online services, live-streaming of sporting events from anywhere in the world has become easy. Most professional sports around the world have long used replays and other technologies to help referees make the right decisions. A video replay system can control operator calls for years. Basketball referees use the replay system to ensure that players shoot in the time specified by the shot clock. A third referee is occasionally used in international sports. Absent attorneys can communicate via wireless technology. A third referee was called to make the illegal decision. In rugby/football, replays can be used to make decisions even if the ball goes over the goal.

Computer

A computer is an electronic device capable of storing, storing and processing quality and valuable information quickly and accurately. Computer: We use it to create information, create lesson plans, and manage grades. It also includes a PC video monitor, PC heart rate monitor, heart rate monitor and training software. Computers can aid learning when used to evaluate sports. This involves using computers to analyze how students move and then identifying ways to improve that movement during actual physical education classes. The design shows how to perfect and control people's ability to move. For example, if you ask a softball pitcher how to throw a fastball, he probably won't be able to tell you. Movement analysis shows the basics and parts of the arms and legs to improve skills. Videotape images are also transferred to the computer. Application - specific image analysis software. It measures the angle at which players hold their arms and legs. The speed and efficiency of each power is measured. When using pictures the teacher has the advantage of being able to correct the exercise as soon as the student has finished it, resulting in rapid progress and good learning. Other computer software such as Programmer Professional Evolution Soccer (PES) is used to play the game. Students play, define, and appreciate the game controllers' skills, rules, and evaluations.

Video Conference

It allows two or more people in different places to see and hear each other at the same time. Communication technology offers new opportunities for sports schools and libraries, including the sharing of sports-related information. Audio teaching aids are a versatile tool that can determine student participation in physical education classes. Direct or indirect support such as drum and piano part. The system with CD/DVD can be used to get students up to speed, practice and organize popular competitions. Using the digital camera during the lesson can control the student's position and movement, and is also good way to show the position of the body during sound movement. These can improve physical education.

Chat through the Internet

Interactive chat improves communication with experts and colleagues and community members. Chat allows fellow physical educators to simultaneously communicate publicly on your website, internet, extranet. Team members, class and course mates from different locations can easily conduct online meetings. Colleagues gather together in intimate groups and discuss issues related to physical education. They could gather in large online events to interact with expert celebrities, instructors, coaches and teachers and can assess chat groups on particular academic issues in physical education and sports.

Application in Sports and Physical Education

By carefully considering the benefits and harms of new human forms, body and mind, sports and exercise can be beneficial to the role of technology in our lives. Nowadays, students in schools, colleges and other institutions receive more education and discipline through the use of technology. It's like a computer because it's new and inspiring. A variety of programmers are available to help track and respond to scores, conduct health assessments, oversee research projects, and analyze sports.

Benefits of Information Technology

Here are some of the ways technology can provide or facilitate the various types of support needed by people trying to keep the body active or active. Computers are now widely used for teaching purposes. In this global age, blackboards are outdated. Slide presentations, movie clips, animations, graphics and sounds are more effective and appropriate; C.D., D.V.D., M.P3. It is useful in teaching. The use of computers in sports, sports, computer testing, and all evaluations can be based on some degree of quality. Coaches always take care of the players. The computer helps us when there is a problem. It is important that player data can be stored for future programs for selecting players for various sports and games, as this change will help in many ways. Therefore, computers play an important role in collecting and analyzing research data. Sports medicine includes cardio, flexibility and strength-building programs. Sports medicine is the study, prevention and treatment of sports and exercise-related injuries.

Conclusion

Information technology plays an important role in society, especially in sports and games. It helps prevent mistakes in the organization and management of various sports and competitions around the world. Sports Information Technology has advanced scientific disciplines, educational research, development of education and training, biomechanical analysis, and research. In the future, computers will be used in sports with good results and results. Technology provides access to information, condenses knowledge, empowers students, and connects students to teachers and teachers to colleagues. There are many innovations that can be incorporated into physical education classes today. Physical education classes are as important as Internet learning environments using networked devices. These technologies should be used to make physical education lessons more original and powerful.

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