APPLICATION OF INFORMATION TECHNOLOGIES IN PROFESSIONAL DEVELOPMENT IN THE FIELD OF PHYSICAL CULTURE AND SPORT

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The latest trends in the socio-economic development of Uzbekistan involve innovation, modernization and dynamic development in all sectors of the economy and the social sphere of the country's population. Much attention is paid to education in our country. The Law on Education and the National Training Program were adopted, aimed at reforming the field of education and its compliance with world standards. The most important condition for success in achieving the set goals is the high qualification of teaching staff. Development, reform, innovation in the field of education, as in any other field, require not only investments, but also high-quality qualified and professional workers who meet the new requirements and trends of the industry. For successful reformatization in the field of education, personnel must be prepared for changes as quickly and efficiently as possible. The success and effectiveness of the ongoing reform often depends on the readiness of people. The presence of a well-organized system of advanced training of employees that meets the modern requirements of scientific and technological progress is a necessary condition for the stability of labor relations, meeting the needs of the individual in self-realization and development of creative abilities, ensuring the constitutional right of a person to education.

Of particular relevance in modern conditions of intensive development of new information technologies (based on widespread computerization) is the organization of training to master the ability to use in their work the opportunities provided by modern computer technologies, teachers working in educational institutions related to physical culture and sports, in particular teachers leading the subject "Sports

metrology". The following can be identified as the main tasks in improving the qualifications of these specialists:

- acquisition of a basic set of knowledge and broadening of horizons in information technology;
- formation of practical skills in the use of information technologies in the field of physical culture and sports;
- development of creative abilities in solving professional and pedagogical problems.

For the effective implementation of the educational and training process in physical education and sports, it is necessary to control the level and dynamics of the preparedness of those involved, as well as research that provides a basis for improving the training process. For both, both analytical and technical means are needed. We need a correct setting of tasks, a clear understanding of what indicators need to be measured, in what quantity, and, most importantly, what statistical operations to perform on the data obtained. And for this you need to know the possibilities of statistical methods, take into account the reliability of the findings, know the ways to improve their reliability. It should also be noted that before the advent of personal computers, the practical application of statistical methods was a rather complex labor-intensive process that required great intellectual effort and time.

At present, the use of statistical software packages makes it possible to carry out statistical processing of data with much less effort, in a shorter time than before. Computer statistical software packages allow the user to use much more complex mathematical procedures to process their data.

It is necessary to introduce the capabilities of applied software packages, such as MS Excel and Statistics, into the conduct of sports metrology classes, which requires a systematic approach to information education, including active mastery of information technology, computerization of the educational process, and the acquisition of practical and creative skills during the course advanced training. The use of the capabilities of such packages greatly simplifies statistical analysis and saves time spent on calculations, freeing it up for additional explanations, and also forms the younger generation’s skill in using computer technology not only for entertainment purposes, but also for research purposes.