ФІЗИЧНЕ ВИХОВАННЯ ТА СПОРТ

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INNOVATIVE TECHNOLOGIES
IN CHILDREN'S SYSTEMATIC PLANNING

The use of innovative technologies in the system of physical education and sports training is one of the leading requirements and conditions for effective modernization of the domestic model of physical culture and sports. In the process of such transformations, use the role played by the computerization of this industry, which indicates a study using computer technology in the process of physical education and sports [1]. Who autonomously manage various aspects of the process of physical education and sports training.

Analysis of sources on the use of information technology in the process of learning planning showed that mainly used:

– high-tech tools for monitoring and analyzing the process of technical training of swimmers (for example, Dartfish software, Switzerland, 2001; Kinovea, France, 2006; SwimPro, Australia, 2012, etc.);

– training accounting programs and their results for each sport (for example, the training program «Training» Russia, 2008 and others).

For video analysis of mastering the technical elements of planning training, it is proposed to use a conventional video camera installed in the pool. Markers can also be attached to different parts of the body to learn the trajectory of the paddle. This technique allows trainers to observe and detect external errors of swimmers, as well as to conduct a detailed analysis of both one movement and the entire working part of the cycle, represented in the dynamics.

The Kinovea program performs video analysis of movements and recognition for athletes, coaches and health professionals. Its main function is to review and analyze sports videos. Dartfish uses motion video for detailed video analysis and uses digital video recording to provide an instant visual

call to communication without testing the workout. SwimPro software is a technology related to world planning because it is used at the Olympic Games and World Championships. Jim Foley, an elite Olympic coach, uses this technology because several cameras give an almost 360° view. The system allows you to shoot at different angles in real time.

It should be noted that computer video analysis of swimmer's movements is used not only at the stage of higher achievements, but also at the stage of initial training in the formation of rational technical plans. We recommend using video analysis programs for initial training.

Training planning programs and their results use the following functions: list of classes, time and calendar of classes, place of classes, review of exercises and learning tasks. After filling in all the necessary data trainers, you can make a conclusion about the results of training and distribution to plan the next. The main purpose of using such a program is to systematically increase the efficiency of the training process and sports results.

Analysis of research on the use of computer technology in the learning process of planning has shown a significant contribution to the development of this problem with foreign researchers, and in Ukraine we found only the work of O.V. Skaliy [2]. The author has created a multimedia computer program for teaching young schoolchildren to plan «Aqua Trainer», aimed at differentiating the process of physical education, as well as a scientifically sound method of its use. Aqua coach has a complex hierarchical structure. Based on the results of checking the level of physical training of the program, the program offers swimmers in the fifth microgroup, for each of which the Aqua Trainer program can differentiate tasks for lessons, receive individual homework and self-improvement programs, control the learning process, determine individual student ratings. their psychological portrait and dynamics of development of physical qualities. We also consider the disadvantage of this development to be the inability to combine this with video and video analysis.

The analysis showed the existence of a number of computer-based planning tools, but there are a number of issues that cannot require planning trainers to make full use of these programs, so they are not freely available, are not Ukrainian-language, and do not offer planning systems for children. including children with disabilities.

After all, today various modern information technologies which would listen and analyze a considerable number of people become actual.

References:

1. Borges Dos Santos, K., Lara, P. R. J., Rodacki, A. L. F. (2017). Reproducibility, repeatability and accuracy analysis of three-dimensional kinematics of the front crawl stroke trajectories in impaired swimmers. *Journal of Physical Education and Sport*, 17(1), 367–370.

2. Skaliy, O. V. (2002). Computer technologies of differentiation of the process of physical education of schoolchildren (on the example of swimming training). *PhD thesis abstract*. Lviv, 20 p. (in Ukrainian)