

Information Technology's Contribution to the Growth of School Sports

Melwin Mascarenhas

Student, Department of MCA

Late Bhausaheb Hiray S S Trust's Hiray Institute of Computer Application, Mumbai, India

Abstract: *This paper explores the roles and effects of information technology in the development of school sports, deepening either the theoretical or the practical basis for the information technology used in the school sports through analysis on the practical application of information technology in physical education, sports training, sports management, and other areas. Additionally, practical steps for fully utilising information technology in school sports were suggested. According to studies, information technology in physical education contributes to raising the standard of physical education and achieving an efficient method of scientific administration. Information technology; school athletics; physical education; exercise programme; sports administration.*

Keywords: Sports

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