

Innovative Approaches in Sports World: Enrichment in Skills

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Abstract: *The student must demonstrate motor skills and use technology primarily through self-learning. You have to learn to manage the organization of operations with the help of different devices. Physical education curricula and health programs are developed to provide students with better opportunities instead of traditional gym classes. This improved the effectiveness of learning sports skills in theoretical and physical activities. Technology has the potential to facilitate more effective high school teaching and provide high school teachers with key information that can be used to influence their work. Teachers can also conduct video interviews to document student impressions of exercise and motor learning. The rapid development of electrical technology has had a major impact on the education systems of the world. Thanks to technology, especially mobile technology, physical education teachers now have a variety of tools to explore and improve their students' physical skills. Focusing on vocational education contributes greatly to the overall development of children, and our hope is that students will be able to choose physical activity and sport as a vocational subject. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education.*

Keywords: Health, fitness, physical education, tools, devices, sports, growth

I. INTRODUCTION

The study of research methodologies in higher education has traditionally been based on the teaching of master's courses. Such traditional suggestions do not motivate students, so work skills must be developed through motivational methods so that students can acquire new knowledge. Online tools are widely used and accepted by their users, especially if they have previous digital training. Therefore, it is necessary to develop new teaching methods to obtain new interesting contents that arouse the interest of the student. That is why it is important to use new teaching strategies in learning, so that the learning processes of exercise research are dynamic, functional and provide sufficient information to facilitate tasks and research methods that students can successfully apply in their professional future. In addition, new student profiles have increased the focus on flexible learning and new methods based on information and communication technology. These new methods should be used through e-learning based on digital platforms. These digital platforms offer a lot of space for group development, interaction with students and easy, simple and appropriate structuring of tasks. It is necessary to use tools that enable communication with the student, simple, smooth and fast. This type of collaboration platform also allows you to perform tasks together to solve complex problems and tasks. These platforms are configured as a virtual space where the teacher and student interact symbiotically in teaching and learning so that the knowledge is based on the knowledge gained through online learning. Modern educational technology in the field of physical education has achieved great achievements after several years of development, to which physical education teachers and researchers have given unprecedented attention, and we agree that the full use of education comes not only from planning, but also from development. . . . technology , the usability, evaluation and management of the physical education process and learning materials, which help colleges to form their distinctiveness, but also help to solve the problematic problems of physical education and thereby achieve optimization of the combination of theory and practice.

II. REVIEW OF LITERATURE

The National Science Foundation (NSF) defines the development of HCC research as "a three-dimensional field that includes the human, the laptop, and the environment." NSF describes human measurement as research that helps individual needs through groups through purposeful groups to society as an unstructured series of interconnected people (NSF, 2016) HCC focuses on knowledge, how computing technology affects society and how to make it usable (University of Florida, 2016). This description of human measurement is similar to the reading improvement of athletes described by the Laboratory of Athletes and Athletic Development and Research (LAADR) in the areas of general leisure, duration of athletic activity and post-athletic lifestyle. activity Putting the athletes in the middle of the arrangement allows developing technical solutions specifically for the athlete.

Research methods in Physical Education

With the help of teacher lectures and material development, they are achieved and form the main pillars of our knowledge. In addition, validating the most important content with online surveys after the presentation, although not the most valuable area, will help strengthen the foundation of Phase 1 of this training proposal. In contrast, communication channels enabled by online documents, such as the Google Classroom platform, facilitate and create collaborative information channels based on positive, rapid and continuous feedback from the student to the teacher. The latter was highly appreciated by the students who participated in the survey. Doubts can be resolved through various channels, either through the student-teacher or through other partners who solve, share and suggest solutions through the Google Classroom platform. The creation of strategies from different methodologies is combined in a teaching and learning structure positively evaluated by the students. Unlike traditional learning, this proposal is based on a teaching process based on the discovery of the technologies and tools it provides. In addition, the direct connection between theory and practice gives the student the opportunity to receive logical and structured feedback on the problems presented by the teacher. This happens through discoveries in the classroom and job offers through research. Finally, this study states that the work proposal set for educational exercise research is a new proposal that generates interest and motivation in students, that offers both workplace training and smooth communication as well as accurate, fast and enriching assimilation learning. new content from students.

Innovations and Approaches

Video analysis is included among quality assessment tools. It is an effective means of monitoring the level of learning and promotes the student's understanding of competence. In this way, we look for psychological factors and connections with motor skills: it is possible to analyze motor tasks, compare the development of learning in different seasons through different teaching styles, compare the performance of different students, disassemble and reassemble motor sequences, discover mistakes and valuable learning results; complex combinations of motor sequences.

Although they probably don't like having students glued to their cell phones during class, the use of cell phones and phone apps should be encouraged if the educational benefits are obvious. There are many apps available, some for exercise tracking and nutritional support, while others help improve sports activities such as basketball. Applications with video and image analysis can be used to study sports movements and ultimately improve physical skills. Exercise is not just "physical activity". It is still a learning process, so students are expected to discuss their learning, challenges and other necessary information with their teachers to help them reach a deeper level of understanding. Effective learning is a two-way interaction where students can engage in discussion and challenge the teacher's ideas to gain deeper understanding. Many classrooms have already begun to take advantage of the online world by creating classroom blogs or websites. A classroom website is valuable when it encourages discussion after class or allows students to interact with physical education practices or participate in sports or exercise outside of the classroom. Another great way to use virtual connections is to invite guests to your classroom through video chat programs like Skype and Hangouts.

III. CONCLUSION

As a physical education teacher, teachers use and use technology support to improve student knowledge in the classroom. In the current situation, physical education needs much more influence on the availability of the latest

technology to enrich the classroom teaching and field work. Overall, technology has positively reshaped physical education classes. With video analytics, apps, online videos, monitors, smart watches and trackers, physical education teachers can create personalized and reasonable goals for their students. In the process, students felt more engaged and committed to physical activity, which is essential for developing healthy habits.

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