INNOVATIVE APPROACHES OVER SPORTS IN PRESENT ERA: AND STRATEGIES AND RESEARCH METHODS

Dr R Y Deshmukh

ABSTRACT

Almost everyone has a smartphone, and physical education teachers can use such devices to their advantage to encourage their students to practice and exercise. 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. 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: Technology, Physical Education, Tools, Devices, Sports, Growth

Director of Physical Education, Science College, Congress Nagar, Nagpur

INTRODUCTION

Online tools are widely used and accepted by their users, especially if they have previous digital training. These new methods should be used through e-learning based on digital platforms. These digital platforms provide ample space for group development, interaction with students and easy, simple and purposeful structuring of assignments. It is necessary to use tools that enable communication with the student, simple, smooth and fast. This type of collaborative platform also allows tasks to be performed together to solve complex problems and tasks. Today, the application of various technologies requires new skills from students and teachers. 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. Learning research methodologies in tertiary education has traditionally been based on teaching master's courses. Such traditional suggestions do not motivate students, so work skills must be developed by motivational methods to help students acquire new knowledge. Therefore, it is necessary to develop new learning methods to obtain new interesting content that arouses the student's interest. Therefore, it is important to use new teaching strategies in learning so that learning processes in physical education research are dynamic, functional and provide enough information to facilitate tasks and research procedures that students can successfully apply in their professional future. In addition, new student profiles have increased the focus using flexible learning and new methods based on information and communication technology. Online tools are widely used and accepted by their users, especially if they have previous digital training. These new methods should be used through e-learning based on digital platforms. These digital platforms provide ample space for group development, interaction with students and easy, simple and purposeful structuring of assignments. It is necessary to use tools that enable communication with the student, simple, smooth and fast. This type of collaborative platform also allows tasks to be performed together to solve complex problems and tasks. These platforms are configured as a virtual space where the teacher and student interact symbiotically in the teaching and learning process, so that 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 sports teachers and researchers have

given unprecedented attention, and it is agreed 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.

REVIEW OF LITERATURE

Human-Centered Computing (HCC) puts customers at the center of organization and improvement. HCC is an interdisciplinary subject that intersects with laptop technology expertise, psychology and cognitive technology expertise. HCC specializes in the arrangement and implementation of computer structures that promote human sport and human development. It is the technical know-how to design computations and computer artifacts to aid human endeavors (Jaimes, Sebe, & Gatica-Perez, 2006).

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.

Aim of the study

The aim of this study was to analyse the impact of modern technology and methods on sports performance.

METHODOLOGY

A thorough on-line and offline search procedure was applied for the acquisition of evidence in this systematic qualitative study. An analysis of the paper was systematically done through online databases: PubMed, Google Scholar, and Google Advance Search.

MODERN TECHNOLOGIES AND TRENDS

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. 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.

Almost everyone has a smartphone, and physical education teachers can use such devices to their advantage to encourage their students to practice and exercise. 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.
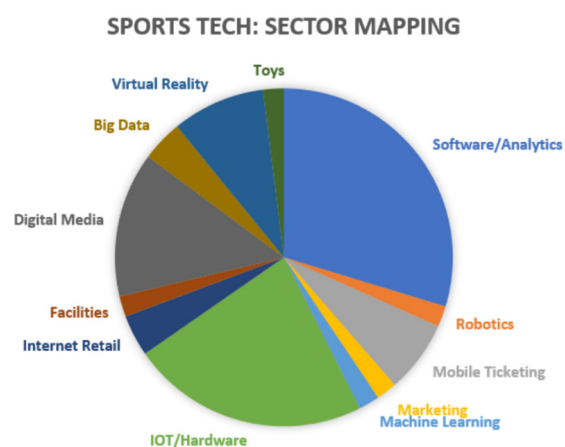

Figure 1: Sports and innovations

Research methods in Physical Education

Making a proposal based on the use of new methodological strategies, based on combining and combining traditional teaching and learning and methodological discovery strategies with a communication base based on digital platforms, becomes an attractive educational and enriching proposal for students. With the help of teacher lectures and material development, these are achieved and form the main pillars of knowledge on which we work. In addition, validating the most important content with online surveys after the presentation, although not the most valuable area, helps to strengthen the foundations of Stage 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 students who participated in the survey rated the latter highly. Doubts can be resolved through various channels, either through the student-teacher or through other partners who solve, share and

recommend solutions through the Google Classroom platform. The creation of strategies from different methodologies is combined to form a teaching and learning structure positively evaluated by 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 thanks to the work proposals made in the class through discovery and research. Finally, this study states that the work proposal set up for teaching physical education research is a new proposal that arouses interest and motivation in students, that offers workplace training and fluent communication and accurate, fast and enriching assimilation learning. new content from students.

CONCLUSION

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. 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.

REFERENCE

1. Haake S. The impact of technology on sports results in Olympic sports. J Sports Sci. 2009;27:1 21–1 31.
2. Foster L, James D, Haake S. Effects of full-body swimsuits on competitive performance. Procedural Eng. 2012; 3 :712–717.
3. Fuss FK, Subic A, Mehta R. The effect of age on play - new frontiers. Sports equipment. 2008; 1:1-2. https://doi.org/10.1080/193 6182.2008.96 8 3.
4. Murison M. What happens when drones enter professional sports? – DRONELIFE, 2017. https://dronelife.com/2017/02/08/drones-sports activity/ (accessed 1 February 2020).
5. Kingsley D. How have new technologies improved athletic performance? | Articles | Analytics 2020. https://channels.theinnovationenterprise.com/articles/229 -how-have-new-technology-improved-athleticperformances