

IMPROVING THE PROFESSIONAL TRAINING OF FUTURE PHYSICAL EDUCATION TEACHERS ON THE BASIS OF INFORMATION AND COMMUNICATION TECHNOLOGIES (IN THE EXAMPLE OF EXTERNAL EDUCATION).

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Abstract: This article analyzes the issue of improving the professional training of future physical education teachers based on information and communication technologies in the context of distance education. Modern forms of teaching in distance education, ways to develop student competence through digital tools, distance learning platforms, and virtual classes are revealed. The possibilities, advantages, and criteria of pedagogical effectiveness of ICT tools in physical education are also considered.

Keywords: vocational training, information and communication technologies, correspondence education, physical culture, distance learning, digital competence.

The modern education system requires teachers not only to impart knowledge, but also to develop students in all aspects, increase their technological literacy, and form them as independent thinkers. In particular, improving the professional training of future physical education teachers based on information and communication technologies is an important direction for the quality, efficiency, and formation of innovative competencies in education.

Students studying in the form of distance learning receive knowledge in conditions of limited time and space. This requires teachers to use effective, flexible and technologically based forms of teaching. ICT tools, in particular: video lessons, online seminars, trainings, simulators related to sports technologies, virtual laboratories, allow for high-quality acquisition of knowledge and skills in physical education. ICT tools that serve to develop professional competence. The following ICT tools are effective for future physical education teachers: Google Classroom, Zoom, Microsoft Teams - for distance learning, FitOn, Strava, Samsung Health - for physical activity monitoring, YouTube and sports simulators - for analysis of techniques and movements, Google Forms or Quizizz - for testing and assessment. Through these tools, students independently organize their own learning activities, connect knowledge with practice, and conduct professional training in a real context. Impact on educational efficiency Organization of the educational process based on information and communication technologies increases the skills of independent work, critical and reflective thinking, professional competence, and socio-ethical responsibility of distance education students. This, in turn, serves to form them as competitive personnel in the labor market. Pedagogical approaches Improving professional training based on ICT in distance education requires the following approaches: competency approach - emphasizes readiness for activity, not knowledge, individualization - adaptation to the personal needs of each student, interactivity - two-way communication and activity, flexible planning - adaptation of educational programs to technologies.

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The role of information and communication technologies in improving the professional training of future physical education teachers is incomparable. They not only simplify the learning process, but also create effective cooperation between the teacher and the student, a dynamic learning environment, and opportunities for personal growth. Therefore, it is necessary to use ICT tools rationally, combine them with pedagogical strategies, and systematically improve the digital literacy of the teacher.

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