

## SPORT FIZIOLOGIYASI DARSLARIDA INNOVATSION TEXNOLOGIYALARNING QO‘LLANILISHI

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### ANNOTATSIYA

Maqolada sport turlari bo‘yicha trener-o‘qituvchilar malaka oshirish kurslarida sport fiziologiya darslarida innovatsion texnologiyalarning qo‘llanilishi masalalari haqida fikrlar bayon etilgan.

**Kalit so‘zlar:** texnologiya, pedagogik texnologiya, innovatsion технология, adaptasiya, tezlik bilan yuzaga keladigan adaptasiya, uzoq muddatli adaptasiya, passiv adaptasiya, dezadaptasiya, readaptasiya

### APPLICATION OF INNOVATIVE TECHNOLOGIES IN SPORTS PHYSIOLOGY COURSES

#### ABSTRAT

The article discusses the use of innovative technologies in sports physiology classes in in-service training courses for sports teachers.

**Keywords:** technology, pedagogical technology, innovative technology, adaptation, rapid adaptation, long-term adaptation, passive adaptation, maladaptation, readaptation