

## “MALAKALI SPORTCHILARNI TEXNIK TAYYORGARLIGIGA ZAMONAVIY TEXNOLOGIYALARDAN FOYDALANISH YO’LLARI”

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### ANNOTATSIYA

Ushbu ishida “Malakali sportchilarni texnik tayyorgarligiga zamonaviy texnologiyalardan foydalanish yo’llari” mavzusi keng yoritilgan. Jismoniy tarbiya va sport taraqqiyotining tarixiy xususiyatlari ma’ruza darslarida zamonaviy yondashuvlar asosida mashg’ulotlar samaradorligini oshirish usullari va nazorat savollari ishlab chiqilgan. Xulosa qismida o’quv mashg’ulotlarini o’rgatishda pedagogik texnologiyani qo’llash bo’yicha tavsiyalar berilgan.

**Kalit so’zlar:** Malakali, sportchi, texnik tayyorgarlik, zamonaviy texnologiya, jismoniy tarbiya, sport, ma’ruza, dars,

### ABSTRACT

In this work, the theme “ways of using modern technologies in the technical training of qualified athletes” is widely covered. Historical features of physical education and sports development on the basis of modern approaches in the lectures methods of increasing the effectiveness of training and control questions have been developed. In the summary section, recommendations for the application of pedagogical technology in teaching of teaching are given.

**Keywords:** qualified, athlete, technical training, modern technology, physical education, sport, lectures, lessons.