



**THE ROLE OF INFORMATION TECHNOLOGY
FOR PHYSICAL EDUCATION AT HO CHI MINH CITY
UNIVERSITY OF TECHNOLOGY AND EDUCATION, VIETNAM**

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Abstract:

Technology 4.0 is a collection of technologies related to physical cyber systems, Internet of Things and Internet of systems. With great influence and widespread scope in all industries and fields in life, along with the speed of rapid development of technology, the fourth industrial revolution is considered a different era. This revolution is expected to affect all sectors and the entire economy of mankind. The education and training system also need to integrate and adapt to better prepare for improving the quality of teachers and student learning. The article discusses the role of information technology and its use in physical education for students at Ho Chi Minh City University of Technology Education era 4.0.

Keywords: informatization of education, competence of the bachelor, reorganization of the teaching process in physical culture, professional retraining

1. Introduction

Socializing computerization is an information technology socialization process. The peculiarities of this process are the accumulation, collection, storage, processing, transmission and application of information, which is carried out on the basis of microprocessor and related computer technology. One of the main areas of social computerization is information education.

Computerization of education is a mean and a tool for the field of methodological education and experimental research for achieving optimal application of the latest information technology, focusing on the realization of educational and educational objectives. Information technology is a mixture of devices, methods and tools that allow people to manipulate information outside of the human brain.

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Currently, according to the Ministry of Education's program distribution, in Ho Chi Minh City University of Technical Education, Physical Education is taught 5 credits with 150 periods to be allocated for 3 semesters. through the following special subjects:

Order	Subjects	Number Time
1	Physical education 1. (athletics)	30
2	Physical education 2. (volleyball)	30
3	Physical education 3. (choose subjects like football, basketball, badminton, karatedo, tawondo, chess, swimming)	90

The process of learning, practicing and researching subjects in the program physical education and sports, has the aim of forming the following qualities and competencies:

a. About quality:

- having patriotism, national resilience, the will to rise, solidarity, democracy and social progress.
- having a collective consciousness that strives for the common good, respects the magic of water.
- having a healthy lifestyle, a civilized, thrifty, honest and humane lifestyle, conscious of protecting and improving the ecological environment.
- having a professional conscience, hard work, creative techniques in study and work.
- conscious in improving education, professional qualifications and health to serve society.

b. About capacity:

- autonomy and self-study: through Physical Education and sports activities. Students know how to find, evaluate and select their own resources, know how to properly use them to store and process information in classroom study and practice at home.
- communicative and collaborative competence: Physical Education provides students with opportunities to exchange, present, share and collaborate on ideas during practical lessons, motor games, competition activities for collective sports.
- capacity for problem solving and creativity: the Physical Education course always promotes the role of students as active learners, not only in receiving knowledge but also in conducting practice training to formulate skills and skills in an effective manner.

Physical Education subject has the advantage of forming and developing the capacity of health care; athletic capacity and physical activity for students.

In order to help students orient and learn well the subject of Physical Education at school as well as practice self-training at home, especially in the 4.0 era, lecturers have a great role in using the principles, teaching methods, information updates, thematic video development, information sharing, instruction in video content and information transfer for students through the internet.

In the process of updating teaching, teachers must use the basic principles and methods of social science to solve social problems and professional expertise. This can be achieved by using the basic laws of natural sciences in professional activities, applying methods of analysis and mathematical models, theoretical and empirical research.

Mastering the methods of teaching physical education, training and improving the health of students meeting the fitness standards for students. The solution to the problem of improving the quality of education at Ho Chi Minh City University of Technology Education with the fact that there are 700 - 800 lessons / teacher in a school year, a large number of students (50-60 students). / class), the school is in the process of building, facilities for teaching physical education are missing, so it is necessary to combine teaching physical education through the internet.

To solve this problem, lecturers need to invest and know how to apply and use information technology and modern technical teaching facilities in service of their teaching.

First, in order to enhance the direction of this problem, it is necessary to change the role of the teacher who teaches directly in the classroom and gradually switch to the teacher who is a methodological communicator in the classes. How to do this, with the use of technology techniques and pedagogical methods, is a mandatory task for teachers in developing teaching technologies, applying a combination of teaching methods, technology technology for lecturers teaching physical education in schools.

Second, it is necessary to maximize the use of independent forms of learning for students both during class hours and extracurricular training sessions.

This problem can be solved by using information technology, creating appropriate self-study guides, computer curriculum, video document editing instructors, e-learning programs, selected from the internet, distance education programs of a number of domestic and foreign schools, provide more for students to study by themselves at home. The solution to these problems is to foster pedagogical competence using information technology techniques for lecturers of physical education groups, education and training centers, and to invite informatics experts to apply them. new technology techniques on teaching and teaching teachers of Physical Education some knowledge and skills such as (drafting presentations with microsoft PowerPoint, building some game shows using PowerPoint, building diagrams Thinking in PowerPoint, sharing PowerPoint presentations over the Internet, designing slide shows with video projection TV, tips in designing Microsoft PowerPoint).

On the current side of the school in realizing the tasks of fostering university lecturers, it is necessary to have information technology support for lecturers because it plays an important role in the quality of learners. The school soon completes the yard infrastructure to ensure the physical training and sports for students. Invest in equipment and facilities for video recording and internet connection with learners. Organize training software for online teaching for teachers of physical education.

Today, large-scale changes are taking place in all areas of human life. An important issue affecting the quality of education in general and physical education in

particular is the rapid development of scientific and technological advances and global information around the world. Therefore, regular updating of information technology knowledge is the responsibility and duty of each lecturer. Besides, the support from the school in creating conditions to open refresher courses to improve the practical skills of teaching methods using information technology, technical technology, building material facilities can meet. Teaching needs of lecturers and students' learning needs, gradually integrate into the development of society to meet the information technology era 4.0.

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