

INFORMATION TECHNOLOGY IN PHYSICAL EDUCATION, HEALTHY LIVING AND FITNESS BRACELET AS A PERSONAL TRAINER-ASSISTANT

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Sport strengthens the immune system. Physical activity also helps reduce the risk of cardiovascular disease, diabetes, high blood pressure or depression.

Given the world situation, because of the pandemic, people sit a lot, move a little, and this causes health problems. Undoubtedly, during self-isolation it became clear that sport is the necessity for many people. Physical activity and regular physical activity are aimed at increasing the level of physical development and its support.

In today's world, technologies are evolving that help people in all spheres of life. The range of possibilities of computer programs application is very wide: for study, development of physical qualities, psychological training, pedagogical control, which are strong arguments for the implementation of an individual approach in physical education and training of athletes of different qualifications. The use of computer technology is especially relevant in the study of various aspects of physical fitness based on the study of functional manifestations of the respiratory, cardiovascular systems and energy supply. To do it without the use of modern computer technology and appropriate software is almost impossible. The latest technologies help a person to monitor their health and activities, to monitor stability, to lead a healthy lifestyle.

IT in physical education and sports are used for:

- statistical analysis and graphical representation of digital material;
- text editing of methodical and business documentation
- studying and controlling theoretical knowledge
- controlling physical development and fitness
- preparing and processing the results of competitions in various sports
- controlling physical performance
- creating training complexes on the basis of personal computers

For example, during a pandemic, physical education teachers were resourceful in supporting young people to stay active. Personal trainers conduct online classes, use mobile sports applications. There are also many platform and application developers who have made it possible for people to use their applications for free. Also special training courses have appeared.

Now everyone can have their own personal assistant and sports instructor, namely a fitness bracelet. It helps to keep a personal training calendar. The smart coach function gives recommendations on how to improve your results.

You can set in the watch your personal goals, such as activity – the number of steps per day to be taken. If you have not moved for some time, the bracelet will vibrate and encourage a little "warm up". This is especially relevant if you work in an office. Now you have someone who never tires of motivating you.

Your fitness friend will be able to tell in the evening over a cup of tea:

- how many steps you have taken per day;
- how far you have walked;
- how long a day the activity has lasted;
- the approximate number of calories burned and even how much gasoline has been saved.

In addition, you can look online at the results of other users and compare them with your own, it motivates to achieve even higher goals.

An important role in the formation of a healthy lifestyle is given to a balanced diet, which involves saturating the body with the necessary amount of vitamins, trace elements, proteins, fats, carbohydrates, water, which should improve health and maintain optimal weight. In addition, the necessary condition for good health is the absence of bad habits. A smart bracelet can become a kind of personal nutritionist. It will tell you the best time to eat, as well as its amount, which will not gain extra pounds and even get rid of them. The gadget is able to compare the indicators of replenished and energy expended, while providing the necessary advice.

Undoubtedly, very important functions are monitoring the water balance in the body and tracking the time of medication. It is important for diabetics that the bracelet can check blood sugar levels. And then it will send your body data to your doctor or coach.

Sleep is also an important component of all body systems, including the central nervous and circulatory systems. During a good night's sleep, most organs work in a slow mode: the pressure decreases, body temperature, breathing becomes less frequent. A smart alarm clock monitors the phases of sleep and gives a signal at a favorable time to wake up. And in the morning, your fitness bracelet will tell you about:

- your total sleep duration
- your duration of deep sleep
- your duration of fast sleep
- give you tips on how to make sleep healthy

The heart is the most important organ in the human body, and you need to know as much as possible about its work. Owners of fitness bracelets can know their heart rate at any time, and at the moment when the heart rate exceeds the allowable norm, the gadget will warn about it with vibration.

There are waterproof models. They are able to work at depth, as well as when taking a shower. Therefore, swimmers also use such bracelets.

Conclusion:

We must not forget that lifestyle has the greatest impact on health, and a healthy lifestyle, in its turn, lays the foundation for good health, strengthens the body's defenses and reveals its potential. And the development of technology in the world improves such area of human life as physical education and helps people monitor their health. With a fitness bracelet, you have all the resources to build your body the way you want. This smart watch is the device that will be useful to everyone. With its help you cannot only monitor the condition of your body, but also prevent the development of many diseases. Therefore, for a person who leads an active lifestyle or is just planning to start playing sports, a sports bracelet will be an indispensable thing.

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ПРОБЛЕМИ ОПТИМІЗАЦІЇ СПОРТИВНОЇ ДІЯЛЬНОСТІ У СПОРТСМЕНІВ З ВАДАМИ СЛУХУ

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