

CHALLENGES AND PROSPECTS OF PHYSICAL EDUCATION IN MODERN CONDITIONS

The COVID-19 pandemic has led to a shift towards distance learning, which has also affected the way physical education is taught. In this paper, we explore the challenges and opportunities of teaching physical education in the current climate of distance learning. We examine the use of technology, the role of teachers, and the impact on students' physical health and wellbeing. We conclude that while distance learning presents challenges, it also provides opportunities for innovative teaching methods that can promote physical activity and health.

The COVID-19 pandemic has affected every aspect of our lives, including education. With the rise of distance learning, educators have had to adapt to new ways of teaching, and this includes physical education. In this paper, we explore the challenges and opportunities of teaching physical education in the current climate of distance learning.

Use of Technology: Technology has played a crucial role in enabling distance learning. In the case of physical education, technology can be used to create virtual workouts, provide feedback on technique, and monitor progress. For example, teachers can use apps to track students' physical activity levels and provide personalized feedback based on their performance. Additionally, virtual workouts can be designed to cater to students of different fitness levels, ensuring that they get the most out of their physical education.

The role of teachers in physical education has shifted with the rise of distance learning. Teachers must now be proficient in using technology to deliver their lessons effectively. Moreover, teachers must be able to create engaging virtual workouts that cater to students' needs. Teachers must also provide feedback on students' performance and offer support and guidance to help them reach their physical fitness goals.

Distance learning has presented challenges to students' physical health and wellbeing. With remote learning, students are spending more time sitting and are not getting enough physical activity. This can lead to a range of health problems, including obesity, diabetes, and heart disease. To combat this,

physical education teachers must encourage students to be active and provide resources to help them stay healthy. This can include online workout classes, virtual fitness challenges, and personalized fitness plans.

Physical education in the modern age of distance learning presents both challenges and opportunities. While the shift towards distance learning has disrupted traditional physical education, it has also enabled innovative teaching methods that can promote physical activity and health. By using technology, teachers can create engaging virtual workouts and provide personalized feedback to students. Additionally, teachers must prioritize the physical health and wellbeing of their students and provide resources to help them stay active and healthy.

References

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