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Role of information technology for physical education at Vinh University of technology education

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Abstract
The article talks about the role of information technology and its use in physical education for students at Vinh University of Technology Education. Technology 4.0 is a combination of all technologies related to physical network, Internet of things and Internet of systems. With great influence and widespread scope in all sectors and fields of life, along with the rapid development of technology, the fourth industrial revolution is considered to be another era. This revolution is expected to affect all sectors, sectors and the entire economy of mankind. The education and training system also needs to be integrated and adapted to better prepare for the improvement of the quality of teachers and students' learning.

Keywords: Educational computerization, student competency, physical education, teaching methods, professional training, technology 4.0

Introduction

Socializing computerization is an information technology socialization process. The peculiarity of this process is 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 means and a tool for the field of methodological education and experimental research on optimal application of the latest information technology, focusing on the realization of training and educational objectives. technology education. Information technology is a mixture of devices, methods and tools that allow people to manipulate information outside of the human brain.

In the recent past, the covid 19 pandemic has spread to many countries around the world, affecting many areas of our lives, including the field of education, before the complicated evolution of the pandemic. Translation of one of the approaches to knowledge is through online learning on internet software systems, and it is thanks to the era of technology 4.0 that teachers can transmit and provide knowledge to. learners quickly, smoothly, efficiently, and quality.

Currently, according to the curriculum distribution of the Ministry of Education, in Vinh University of Technology and Education, the subject of Physical Education is taught 3 credits with 75 periods to be allocated for 2 semesters through Specific subjects are as follows:

Order	Subjects	Number Time
1	Physical education 1. (gymnastics, athletics)	45
2	Physical education 2. (volleyball)	30

The process of learning, practicing and researching subjects in the program "Physical education and sports, with the aim of forming the following qualities and competencies:
+ About quality:
▪ Have the spirit of 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.

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- 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.
- 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 study well the subject of Physical Education at school as well as the practice of self-training at home, especially in the 4.0 era, the lecturer has a huge role in using principles, methods of teaching, updating information, developing subject videos, sharing information, guiding the orientation of contents in videos, online information from which to transfer knowledge to students. Members most vividly.

In the process of updating teaching, teachers must use the basic principles and methods of social science to solve social problems and professional expertise. 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 and promoting health to reach the fitness level for students who meet the criteria and standards set forth.

The solution to the problem of improving the quality of education subject at Vinh University of Technical Education with the fact that 400-500 periods / teacher is allocated for the entire training period in a school year, the number of students are placed on a large class (50-60 students / 1 class) the school is in the process of construction, so the facilities for physical education are limited, so the teaching effectiveness is improved. physical strength for students is not high. has not promoted the role of students in the process of acquiring knowledge to apply knowledge to practice extracurricular activities to improve health to meet the criteria and standards of the program.

To solve this problem, lecturers need to invest and know how to use 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, Elearning programs, and 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, physical education centers - national defense centers, and invite experts. Informatics in applying new technology techniques in teaching and communicating for teachers of Physical Education some knowledge and skills to use online learning support software such as (Microsoft teams software, Zoom meeting software, workplace software, vnpt e-learning software, vioedu software. Edit presentation with microsoft PowerPoint, build some game show with PowerPoint, build mind map with PowerPoint, share presentations PowerPoint presentations over the Internet, slide design with video TV, tips in microsoft PowerPoint design)

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 needs to invest in building infrastructure and technology to serve the teaching connection of lecturers and students by investing and using modern computer rooms for the Education Center. physical - Defense education, connected to local networks and access to the World Wide Web high quality, efficiency.

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, it is often the responsibility and duty of each lecturer to update information technology equipment regularly. 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 to meet. teaching needs of students and learning needs of students, gradually integrate into the development of society to meet the era of information technology boom 4.0

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