

IMPROVING TRAINING EFFICIENCY OF DISABLED PARA-ATHLETES BASED ON INNOVATIVE TECHNOLOGY

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Abstract: *Physical training plays a crucial role in the development and success of para-athletes. However, individuals with disabilities face unique challenges that may hinder their training efficiency. To overcome these obstacles, innovative technologies have emerged as powerful tools in enhancing training effectiveness and optimizing performance for disabled para-athletes. This article explores the various ways in which innovative technology can be utilized to improve training efficiency, enabling para-athletes to reach their full potential.*

Keywords: *education process, training, approaches, athletes, monitor progress*

Аннотация: *Физическая подготовка играет решающую роль в развитии и успехе параспортсменов. Однако люди с ограниченными возможностями сталкиваются с уникальными проблемами, которые могут снизить эффективность их обучения. Чтобы преодолеть эти препятствия, инновационные технологии стали мощным инструментом повышения эффективности тренировок и оптимизации результатов параспортсменов с ограниченными возможностями. В этой статье рассматриваются различные способы использования инновационных технологий для повышения эффективности тренировок, позволяя параспортсменам полностью раскрыть свой потенциал.*

Ключевые слова: *образовательный процесс, тренировки, подходы, спортсмены, контроль прогресса*

Introduction: In their education process, athletes research and advance a sequence of physical, technical, tactical, and psychological capabilities which are tailored to their organic and psychological characteristics.

Therefore, the education manner can be described as an uninterrupted duration parallel to the evolutionary improvement of the athlete, in which there is no longer solely the affect of motor factors however additionally elements associated to cognitive and affective-social tactics .

When analysing the most necessary factors, Kidman viewed that dad and mom are very effective socialising agents, as they can exert a tremendous affect on their young people in relation to the recreation in which they specialise, as properly as their adherence to it. On the different hand, Martinent and Decret cited that the sports activities coaching manner and overall performance are conditioned with the aid of psychological elements and bodily fitness.

According to Mujika , psychological factors are determinant when going through a education session or a competition, whilst Sosa et al. and Williams and Krane trust that self-confidence, motivation, concentration, and the manipulate of stress and anxiousness are of integral importance, each when it comes to reaching the proposed goal and in order to attain most performance.

In the case of athletes with disabilities, there is additionally preceding lookup which shows the existence of severa elements influencing their training. Thus, Willis et al. determined that the social context has a applicable impact on this process, whilst Williamson et al. argued that the most essential component in the course of the education of athletes with a incapacity is the coach's know-how of factors associated to rehabilitation, ability level, awareness, and understanding how to grant the athlete with regular safety.

Additionally, Durstine et al. emphasised that for proper activity education of humans with disabilities, programmes ought to focal point on flexibility, balance, accessibility, safety, enjoyment, cardiovascular endurance, agility, and muscular strength. Nevertheless, athletes with a incapacity frequently have to overcome environmental, structural, social, medical, and monetary limitations in order to train, which hinders their coaching and participation in sports activities .

DePauw and Gavron , Rimmer et al. , and Shields et al. also viewed that there is a variety of physical, emotional, and psychological obstacles influencing the education and participation of these . Sobiecka et al. determined that one of the constraints for recreation enterprises no longer supplying accurate education for para-athletes is the lack of funding and that, in game clubs, the coaching method is now not situation to any coordination.

Thus far, severa studies have furnished huge information on the coaching and teaching technique of non-disabled people, even though it is uncertain whether or not these findings are transferable to para-athletes, as lookup in this region is at a nascent stage . The literature attracts interest to the lack of adequate empirical lookup on the essential factors of education para-athletes at the easiest degrees of wearing prowess and the limitations they stumble upon .

There is, therefore, little perception of the mechanisms and procedures by way of which athletes with a incapacity are skilled to take part extra or much less successfully in competition-oriented bodily endeavor . In this regard, it ought to be borne in thought that each influences and constraints may additionally rely on the kind of recreation in question, which should be the focal point of future research.

For this reason, in order to enlarge information about the elements influencing the coaching procedure of para-athletes, as nicely as to perceive the boundaries encountered by using these athletes in this process, a systematic evaluation used to be carried out. The lookup questions have been the following:

What elements have the best affect on the education method of para-athletes, and what are the limitations encountered for the duration of this process? Thus, the purpose of this systematic evaluate was once to decide the elements influencing the coaching procedure of para-athletes, as properly as the obstacles they encounter.

Disabled para-athletes face unique challenges when it comes to training and improving their performance. However, innovative technology has the potential to significantly enhance training efficiency for these athletes.

By leveraging advancements in areas such as wearable devices, virtual reality, and biofeedback systems, coaches and athletes can optimize their training programs and achieve better results. In this article, we will explore how innovative technology can be utilized to improve the training efficiency of disabled para-athletes.

Wearable devices: Wearable devices offer a range of possibilities for disabled para-athletes. Through the use of sensor technology, these devices can collect data on various aspects of an athlete's performance, such as heart rate, oxygen levels, and movement patterns. This data can then be analyzed to identify areas for improvement, adjust training programs, and monitor progress.

For example, a wheelchair athlete can use a smartwatch to track their speed, distance covered, and heart rate during training sessions. This allows for real-time feedback and adjustments to optimize their performance.

Virtual reality (VR): Virtual reality provides a unique opportunity for disabled para-athletes to simulate various scenarios and conditions that they may encounter during competition. VR technology can create immersive training environments that replicate specific sports arenas or terrains. For example, a visually impaired runner can use VR to experience and familiarize themselves with the layout of a track before a race. This can help them navigate the course more effectively and give them a competitive edge. Additionally, VR can be used to train athletes in mental resilience and visualization techniques, which are crucial for success in sports.

Coaches can then use this information to make data-driven decisions regarding training programs, recovery strategies, and injury prevention. This can save valuable time and resources by focusing on the most effective training methods for each individual athlete.

Conclusion

The integration of innovative technology into the training programs of disabled para-athletes holds immense potential for enhancing efficiency. Wearable sensors, virtual reality simulations, and advanced prosthetics are just a few examples of how technology can revolutionize training methodologies. By leveraging these tools, disabled para-athletes can push their limits, reach new heights in their respective sports, and inspire others with their remarkable achievements. With continued research and development in this field, the future of training for disabled para-athletes is indeed bright.

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