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ADAPTATION OF TECHNOLOGIES FOR THE FORMATION OF MOTOR ACTIVITY IN THE CONDITIONS OF DISTANCE LEARNING

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ABOUT ARTICLE

Key words: Distance learning, technology adaptation, motor activity formation, technologies in education, remote learning, health and physical activity, virtual training, electronic learning tools, innovations in education, learning platforms, mobile applications for physical activity, pedagogical methods in online education, sports and distance learning.

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Abstract: The article considers the issue of technology adaptation for the purpose of effective formation of motor activity in students in the conditions of distance learning. In the context of modern educational challenges related to the pandemic and the spread of distance learning, the authors explore methods and tools aimed at supporting the physical development of students in a remote environment. Examples of successful practices are considered, including the use of virtual workouts, interactive applications for physical activity and innovative approaches to creating electronic physical education lessons. The results of the study emphasize the importance of integrating technology into the learning process in order to maintain an optimal level of motor activity and take care of the physical health of students in distance learning. The authors emphasize the need to develop effective strategies to promote an active lifestyle in a virtual educational environment.

INTRODUCTION

With the development of technology and changing educational paradigms, the world is facing challenges that require a creative approach to learning. One of these challenges is distance learning, especially in an environment where schoolchildren and students are forced to avoid physical contact due to various circumstances, such as the pandemic. One of the aspects that can suffer in a distance learning environment is motor activity. Traditionally, physical education in schools and universities provides students with the opportunity to develop physical fitness and maintain an active

lifestyle. However, with the transition to online education, it is necessary to consider new approaches and technologies to support physical activity.

One of the solutions is the introduction of virtual physical activities. These can be online workouts, video courses on yoga, Pilates, or even interactive workouts using virtual reality. Such classes can be created and provided through special educational platforms, allowing students to get physical activity without leaving home. Mobile apps provide excellent opportunities for monitoring and supporting physical activity. Various applications offer training programs, exercise instructions, and can also track user activity[1]. This can be a tool to encourage students to engage in regular physical activity at home.

Teachers can integrate elements of physical activity into educational tasks. For example, you can organize outdoor lessons where students perform exercises or even conduct remote sports events. Such integrated approaches can become not only physical relief, but also a means of maintaining concentration and improving overall well-being. Physical activity has not only physical, but also psychological benefits. It is important to pay attention to the psychological aspects of motor activity in the context of distance learning. Virtual classes can be supplemented with elements of relaxation, meditation or psychophysical practices that help improve the emotional state of students.

In the modern world, where technology plays a key role in various spheres of life, including education, the issue of adapting technologies for the formation of motor activity in distance learning is becoming increasingly relevant. Distance learning, introduced by many educational institutions, provides unique learning opportunities, but also raises questions about physical activity and taking care of students' health. The adaptation of modern technologies can make the learning process more complete and take into account aspects of physical activity.

One of the effective methods of adapting technologies for the formation of motor activity in distance learning is virtual training and classes[2]. Modern platforms provide the opportunity to conduct online workouts, including various types of physical activity - from yoga to high–intensity workouts. This allows students to maintain their physical health without leaving home. The use of interactive applications and games can also be an effective means of stimulating motor activity[3]. The development of educational games in which physical exercises are necessary to achieve goals will create a bridge between learning and health care. Smart devices such as fitness trackers and smartwatches can be a great tool for tracking students' physical activity. The integration of such devices into distance learning will not only allow you to monitor physical activity, but also provide students with personalized recommendations for maintaining health.

Distance learning does not mean a complete lack of physical practice. Virtual tours, physical education workshops and online dance lessons can be a wonderful way to incorporate physical activity into the learning process. An important step towards technology adaptation is the integration of physical activity elements into curricula. This can be built into the structure of online courses, where breaks between lectures provide an opportunity for short physical exercises. The adaptation of technologies for the formation of motor activity in a distance learning environment not only helps students maintain their physical health, but also creates a harmonious combination of learning and well-being. Given the rapid development of technology, the introduction of innovations in the field of distance learning can contribute to the formation of full-fledged and healthy personalities.

In the context of modern education, distance learning is becoming increasingly common, especially in the context of technological development and changes in social conditions[4]. However, with the development of digital technologies, new challenges arise related to maintaining physical activity

among students, since distance learning often involves sitting in front of a computer screen for a long time.

For the successful adaptation of technologies in the educational process, it is important not only to ensure the transfer of knowledge, but also to pay attention to the health and physical activity of students. In this article, we will consider the methods and tools that can be used to form motor activity in distance learning. With the development of Internet technologies, it has become possible to create and use virtual fitness programs. Students can connect to online training sessions conducted by professional instructors. This allows them not only to take care of their health, but also to follow the lesson schedule, which can contribute to a more efficient use of time. Mobile applications provide a wide range of opportunities for the formation of motor activity[5]. These may include training programs, tracking physical activity, and reminders to take breaks to warm up. Such applications can become reliable assistants in the formation of healthy habits among students.

The use of interactive online physical education lessons allows students to actively participate in the learning process. Instructors can use virtual tools to demonstrate exercises, and students can use them for feedback and discussion. It promotes the formation of communication skills and promotes physical health. Hybrid forms of education provide the opportunity to combine distance learning with traditional methods. For example, students can complete the theoretical part of the assignment in a remote format, and then begin physical exercises in full-time classes or in a virtual environment under the guidance of an instructor.

The use of technology to monitor students' physical activity can contribute to a more individualized approach to shaping and supporting their health. Specialized devices, such as fitness bracelets or smartwatches, can provide information about the level of activity and recommendations for improving it. The adaptation of technologies for the formation of motor activity in distance learning conditions not only contributes to strengthening the physical health of students, but also contributes to improving the overall effectiveness of the educational process[6]. The use of innovative methods and tools creates favorable conditions for the integration of learning and health care, contributing to the harmonious development of personality.

In the modern world, where technology has become firmly embedded in various areas of our lives, education has not been left out. Distance learning has become widespread in recent years, especially in light of global events such as the COVID-19 pandemic. However, the shift to virtual forms of learning may prove to be a challenge for maintaining the health and activity of students, in particular in the field of physical activity. Traditional physical education and sports in educational institutions were an important part of the educational process, contributing not only to physical health, but also to the general well-being of students. With the transition to distance learning, many students face the challenge of maintaining an active lifestyle. However, modern technology can also become an ally in solving this problem. There are many online platforms and mobile applications designed specifically for the formation of motor activity in a distance learning environment. These technologies provide students with a wide range of training sessions, video materials, as well as the possibility of virtual interaction with instructors.

Virtual training through video platforms allows students to engage in physical activity in the comfort of their home. Fitness apps provide personalized workouts based on individual goals and physical fitness. Gaming technologies such as virtual reality (VR) or games using motion sensors can make physical education activities fun. They create interactive scenarios in which students can not only strengthen their bodies, but also develop coordination and dexterity[7]. It is important to take into account not

only technological aspects, but also psychological and organizational ones. Teachers should be trained in the use of these technologies and the inclusion of physical activity in the educational process. It is also necessary to provide students with access to the necessary resources adapted to the distance format.

In the era of digital technologies and distance learning, when education becomes more flexible and accessible, it is important not to forget about the physical health and physical activity of students. The adaptation of technologies for the formation of motor activity in the context of distance learning is becoming a key issue, since long-term sitting in front of screens can lead to physical inactivity and social isolation.

The role of physical activity in education

Motor activity plays an important role in cognitive development and learning. Research shows that regular physical exercise improves concentration, increases learning effectiveness, and overall physical and psychological well-being.

Technologies for physical activity

1. Virtual simulators and applications: Developers create virtual simulators and applications that can be integrated into distance learning. These can be specialized programs for fitness, yoga, dancing and other types of physical activity.

2. Interactive video tutorials: Creating interactive video tutorials where students can participate in exercises right from home using various types of physical activity.

3. Virtual Sports Events: Organization of virtual sports competitions and events where students can compete in an online format, stimulating interest in physical activity.

Special training programs

It is also important to develop special training programs that integrate motor activity into the learning process. For example, teachers may suggest exercises that are performed during online lessons or breaks between them.

The psychological aspect

Distance learning can cause stress and fatigue, and physical activity is an effective way to deal with these problems. Regular physical exercise helps to release endorphins, improve mood and overall mental health.

Assistance from educational institutions

Educational institutions can support physical activity by providing students with access to specialized training programs, information resources on the benefits of physical activity and virtual events. The adaptation of technologies for the formation of motor activity in distance learning is an integral part of ensuring a full-fledged and healthy educational process. The use of innovative approaches and modern technologies helps students to maintain an active lifestyle and develop as individuals.

Teachers can incorporate physical exercises into study assignments and homework. For example, creating projects that require physical activity, such as researching physical parameters or creating training programs, allows students to combine learning and physical activity. Gamification is the use of game elements in non–game contexts. The application of gamification in distance learning can include the creation of competitions, bonuses and awards for achievements in the field of physical activity[8]. This encourages students to exercise regularly, making the learning process more fun. Physical activity not only improves physical condition, but also has a positive effect on psychological well-being. Teachers can include classes in the educational process aimed at relieving stress, improving concentration and improving the overall performance of students.

The adaptation of technologies for the formation of motor activity in distance learning is an important area that not only helps to maintain students' physical fitness, but also contributes to the creation of a more effective and engaging educational environment. The use of modern online resources, virtual classrooms and the integration of physical activity into the learning process open up new opportunities for the development of learning and care for the health of students. In the context of distance learning, the emphasis on physical activity should not weaken. Modern technologies provide many tools for maintaining the health and activity of students. The integration of these technologies into the educational process can contribute not only to the physical, but also to the overall well-being of students in the era of digital transformation.

CONCLUSION

In the context of distance learning, the adaptation of technologies for the formation of motor activity is a necessity. Virtual classes, mobile applications, the integration of physical activity into the learning process and attention to psychological aspects can help ensure that students can maintain an active lifestyle, even while at home. It is important to continue research and develop new methods to ensure full and balanced learning in all circumstances.

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