

INFLUENCE OF MODERN TECHNOLOGIES ON PHYSICAL EDUCATION, SPORT AND TOURISM

Introduction. In the modern world, there are many smart devices that help us in life. As soon as they began to appear in our lives, it became easier for people to cope with any business. At first it was like something supernatural to which it was necessary to adapt. Hardly, had gadgets appeared, when became an integral part of every person's life. It's hard to believe, that they recently come into life. It's almost impossible to imagine a modern person without a smartphone in his pocket, for example. Today, technologies have been introduced into every area of our life, and of course, like everything else, there are positive and negative sides.

With the advance of modern technology, people's lives have changed radically, their habits, responsibilities, and values have changed too. Initially, technologies were not given much importance, although it was in some way non-sense. For example, with the arrival of the first telephones, people could choose not to go to their friends or parents because of, for example, headaches. They simply called them. Now we can call from anywhere in the world or in order not to complicate our life by visiting, as it was said, friends or parents, despite the fact that we don't suffer from a headache and there are all the possibilities to go, we take the phone in our hands and make a call, lying on the couch by phone, instead of meeting in person. It would be nice if the conversation was only about the fact that people have practically stopped communicating in person, because this affects such an important area as their own physical health.

Main part. If we talk about physical education, then there is such a problem, that is associated with the development of young children. Since every adult has gadgets, such children's parents often use modern technology to switch their children's attention. In this regard, the problem is that instead of having a walk, do some exercises or do some other activities (i.e. to develop a child physically) parents give them a smartphones or switch on a computer. It's true, that this is not typical of all families, but unfortunately, to most of them. Parents probably don't have time to spend it with their children or simply any wish to do that. If it persists them a child will have poor immune system, will be hyperactive and also this will have a lot of other unpleasant consequences. Besides, smartphones and computers affect children's vision badly. If parents don't pay much attention to children's physical development this habit is going to last long and probably stay for the whole life.

Unfortunately, not only children have problems with physical development, many adults prefer gadgets to their own physical condition. But there is also a flip side to this problem, when a person, for unknown reasons, does not like sports and does not understand why it is important. But now, there are a lot of free websites, groups, apps and trainings on the Internet that provide and prove the need for sports. Sometimes people come across such sites by accident, and thus a person, quit unexpectedly, will get engaged in activities and, perhaps, he will have motivation.

Scientists argue, that social media can influence the quality and quantity of our workouts by creating connections with other people. This increases motivation. In other words, the person adapts to the general pattern of behavior. If a person sees other users in the newsfeed who motivate them to go in for sports, this can affect his or her behavior [1].

However, there are many scenarios where such social interactions will backfire. Such phenomena as negative comments about your behavior or attempts to exercise, or social comparisons to others' training that are not in your favor can lead to feelings of disconnection from others, which in turn negatively affects your motivation to exercise [1].

However, all the conditions have been created for a person to lead an active lifestyle. Recently, there has been a certain trend in sports. Gyms are equipped with all possible exercise equipment, there are many articles, video lessons, etc. on the Internet. Sometimes the appearance of a new device is the beginning of a new sport. A similar thing happened with a device called the Flyboard, which allows a person to literally fly over water, while performing incredible somersaults [2].

Modern technologies help athletes not only during trainings, but also during rest. Different categories of rest are combined using information systems, based on the needs of each athlete, allowing faster physical and mental recovery, which makes it possible to train more often and more efficiently [3].

Technologies have been introduced into one of the most interesting parts of our life which is tourism. People do not need to go to travel agencies to travel. You just need to find a suitable site or call a travel agent.

The tourism industry has been heavily influenced by computer technology over the past decade. Nowadays, even small travel agencies are able to use computers to automate both basic and auxiliary functions [4]. There is such a function as booking. The reservation is made for a period of time during which the room will be used. The reservation can be canceled or changed [4].

Today, tourism is actively uses, such innovative technologies as Internet maps, which serve as a reference manual and guide for a general overview, acquaintance with the travel area, orienteering, obtaining necessary information about the location of attractions [5].

Planning and creating a trip online is certainly a great way to save time and effort, but if a person is not tech-savvy and does not know much about the Internet, there is a chance that he will fall into the hands of scammers. There are a large number of scammers on the Internet who are well versed in information and who can easily deceive a person, who wants to go on a trip.

We also note that with the development of online tourism, search engines have appeared that help to solve not only the main task of finding a tour, but also are endowed with additional functions for demonstrating a hotel, air travel, the ability to book directly from the system, search for excursions and entertainment. These search engines are designed for independent travel of tourists and to work with travel agencies [6].

More recently, such a type of tourism as virtual tourism has appeared. This means that people can travel, explore new places, traditions, customs and more using the Internet. Also, there are many videos on the Internet about any country or city. It is very informative and in one day you can “visit” more than one place on the world. But it is worth noting that people prefer this type of tourism as just a useful pastime on the Internet, and they love to travel in real life.

Conclusion. Undoubtedly, technologies in the modern world are very important, it is already difficult to imagine your life without them. We should not forget that they need to be used in moderation, we live in the real world and all the most interesting is right here and now. Whether technology will be beneficial or harmful depends only himself. Technologies will only be beneficial if used correctly.

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