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Annotation. The scientific article improving the effectiveness of the training process of students explores the impact of modern technological innovations on the preparation of students. In a rapidly changing sports world, innovation is becoming a key factor for achieving outstanding results in athletics. The article examines innovative approaches and technologies, focusing on the use of information technologies, analytics and biomedical devices for monitoring physical fitness, exercise techniques and recovery after training and competitions.

Keywords: Sports, training efficiency, student, training process, personalized training programs, sports analytics, physical training, athletics.

Modern sport is going through an era in which technology is becoming a key factor in achieving outstanding results. In this context, athletics, as one of the most dynamic and competitive sports, does not remain aloof from the transformations caused by the introduction of innovative technologies into the training process. This approach not only changes the way athletes train, but also opens up new prospects for reaching the top of sports.

The purpose of this article is to investigate and analyze the role of technology in improving the effectiveness of the training process of track and field students. We live in an era where biomedical devices, information systems, artificial intelligence and analytics are intertwined in the field of sports, providing athletes and their coaches with invaluable tools for optimizing training, predicting results and minimizing injury risks.

In this article, we will consider various aspects of the introduction of technologies into the training process of track and field students. We will discuss the use of biomedical devices to monitor the health and physical fitness of athletes, the role of computer systems in the analysis of exercise techniques and competitive tactics, as well as the benefits of personalized training programs based on artificial intelligence data. We will also touch upon the ethical and socio-cultural aspects of this technological revolution in the world of athletics.

Considering that innovative technologies play and will play a key role in the future of athletics, this article will provide a comprehensive overview and understanding of how these technologies can make training more effective, help track and field students reach new heights and make the competitive environment even more exciting and competitive.

Athletics, being one of the most popular and diverse disciplines in sports, requires outstanding physical fitness and skills from athletes. An effective training process for students becomes a key factor for achieving outstanding results in this discipline. Nowadays, the role of technology in sports is becoming increasingly important, providing unique opportunities to improve physical fitness and reach new heights in athletics.

In recent decades, the introduction of modern technologies into the training processes of track and field students has led to a revolution in sports training. Information technology, biomedical devices, analytics and virtual reality have now become an integral part of training. Technologies allow athletes and their coaches to analyze data on physical fitness more effectively, improve the technique of performing exercises and monitor the state of health.

However, despite the obvious advantages, the introduction of technology in sports also poses challenges and questions about how to effectively integrate these innovations, which technologies are

most suitable for athletics, and how to take into account the ethical and socio-cultural aspects of implementation.

Today, modern technologies have a significant impact on the training process of track and field students. Based on the data of the literature analysis and the conducted research, it is possible to identify several main areas in which technologies are actively used:

Physical fitness monitoring: Many devices, such as sports watches and bracelets, capture data on heart rate, activity, and sleep. These data allow coaches and athletes to more accurately monitor the state of the body, determine the level of loads and make adjustments to training programs.

Training simulators and virtual reality: Simulators allow you to create conditions for training that are as close as possible to real competitions. Virtual reality can be used to train psychological resilience and decision-making on the field.

Improved monitoring of physical fitness: The use of monitoring devices helps to identify early signs of fatigue and injuries, which allows you to adjust loads in a timely manner and prevent serious problems.

Improving the accuracy of training: The analysis of biomechanics of movements and the use of simulators allow students to improve their skills faster and more efficiently.

Optimization of training programs: Data analysis and sports analytics allow coaches to create personalized training programs, taking into account the individual characteristics of each athlete.

Psychological training: Virtual reality is becoming a powerful tool for developing psychological resilience and decision-making on the competition field.

Thus, the results of our research confirm that technology plays a key role in improving the effectiveness of the training process of students. However, it is important to note that the successful integration of technologies requires the competence of coaches and athletes, as well as taking into account the ethical and socio-cultural aspects of implementation.

Physical fitness monitoring has become more accurate and accessible thanks to the development of portable devices. This allows trainers to manage loads more effectively and prevent overwork.

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