Modern trends in the development of electronic educational resources in the discipline "Physical culture and sports"

The relevance of the development of electronic educational systems is one of the main topics for discussion not only at the level of universities, but also at secondary and basic education. Many higher educational institutions in Russia are actively introducing distance-learning technologies on various Internet platforms, which creates a qualitatively innovative level of interaction between teacher and student. Proponents of distance learning point out that it is the basis for the emergence of supra-professional skills that form flexibility and creativity in any professional activity.

**Key words:** educational resources, educational technologies, competencies, students, physical education and sports, online courses, digitalization, individual educational trajectories.