

**Название публикации:**

Online education resources applied in academic physical education process

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**Аннотация:**

Modern computer technologies have widely expended the learning opportunities due to the growing accessibility of the relevant online education resources. However, the education system is still in need of formal methodologies of the computer technologies for their application in the academic physical education and sport process. Objective of the study was to analyze the situation with the online education resource design and application in academic physical education and sports. To poll opinions of the Russian students on the online education resources applicable in the academic physical education and sports, we initiated an online questioning survey on the free website [www.surveymonkey.com](http://www.surveymonkey.com). The students were offered a list of questions to find their attitudes to the study subject. The study data and analysis showed the need for the high-quality videos to support professional applied physical training programs including sets of effective restbreak practices customizable to actual office conditions and job specifics that could be run in offices. Such products are expected to be in high demand from the relative individual and corporate entities sensitive to their personnel's health improvement matters. © 2018 Teoriya i praktika fizicheskoy kul'tury i sporta. All rights reserved.

**Ключевые слова:**

Internet, Online education, Online education resource, Physical education