SECTION XV. PEDAGOGY

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ACTIVATION OF STUDENT SPORTS - AN IMPORTANT OBJECTIVE OF PHYSICAL EDUCATION IN HIGHER EDUCATION

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Abstract. Article is devoted to one of the vital topics of the day: «Sport and student.» It states that the preparation of students for professional activity, behavior in difficult situations is one of the most important tasks of physical education. Reveals the impact of sports on the physical preparedness of students. States that methodically competent use of means of physical culture and sport strengthens the health of the young person, increases his health, promote the prevention of occupational diseases and injuries. It suggests ways to increase student activity on attraction to occupations by physical culture and sports.

Sport is one of the most affordable ways to maintain their health and the health of the young man. Today the sport has acquired a special social role in contemporary society, there is reason to consider it as one of the most important human activities. Sport and physical culture are closely connected with creative activity, development, and the creation of a system of social values. They contribute to the physical perfection of man, the attainment of socially significant results of its activities perform manifold functions play an important role in the formation of a system of norms and values of modern society [1].

In student age is most pronounced domestic demand the young man's self-centeredness and self-determination, this raises the need for a broader process of personal introspection, contributing to the formation of individual style of activity, the development of autonomy of the young man. The diversity of multilateral relations of the student with the environment and other people, allow him to achieve personal, professional goals and also, reveal its opportunities for the development of self and internal culture. The system of social relations and the fullness of cultural life of the student bring it to the demands of their chosen future profession, contribute to the formation of self-assessment on the basis of a developed self-awareness of the individual. The period of study in higher education is characterized by the most active development of motor functions of the body, his mental and physical capabilities. The impact of physical exercise on the young human body in this period most effectively. Sport is a special kind of human activity, directed physical education, including the achievement of maximum results in selected sports activities. Distinguish the sports of the highest achievements in sports and mass sports. The sport of high
achievements - improvement, based on sports classification is the process of continuously achieving a high level of physical development of individual abilities of a person involved in sports. Sports classification helps to solve the main task activities: prepare and educate athletes with a high level of skill. This also applies to students aiming to participate in competitions of the European, world, Olympic games. Mass sport to achieve a mass level, it is used to improve and maintain the general physical fitness of the young man. Classes, mass sports are an effective way of strengthening and preserving health, one of the key measures to prevent alcohol, drugs, and other antisocial behaviors of young people, students in particular. Through sport purposeful formation of the personality of a student is a casual, educational, educational work, opposing the spontaneous development of negative orientation of the individual student, the entire Arsenal of available means.

Objective: The Aim of this work is to identify the causes of insufficient activity of students in relation to sport, the influence of sport on the level of students' self-realization, to propose methods of enhancing the students the way of forming a harmonious personality.

Specialists of physical education argue that sports is an important means of the comprehensive and harmonious development of students, but considering the importance of sport for youth, they also point to contradictions in the process of the spread of sports among the youth. Every year develop various forms of exercise, improving traditional methods of treatment, new, unusual sports, but unfortunately, a significant part of student's youth does not find in them sufficient interest. It makes interest and increases the number of hours of physical education in higher education. After graduating from high school with no specialized training in sports, most students are wary of the sport. Teachers of physical education in higher education have to devote much attention to learning the basics of different sports. In the classroom, the teacher stops teaching the skills of a particular sport, but on further necessary training, can pay attention to improving the specialized skills, raising the level of readiness of students to participate in competitions of various scale. In order to promote classes in various sports and energize students, teachers often invite capable students to training classes outside of school hours, thus creating favorable conditions for the successful improvement and increase of the sportsmanship of student-athletes. Research methods: In order to analyze the reasons for the insufficiently active attitude of students to sports, we developed a questionnaire in which one of the questions was formulated as follows: "What prevents you from actively playing sports?". The questionnaire was offered to students. The questionnaire was attended by students of the Faculty of Law and Administration of the Law Academy. Of the total number of students who took part in the survey, 88% of students spoke positively on the issue of conducting classes on various types of sports included in the educational process. 12% of the students will not be able to do professionally for health reasons, but would, to the best of its ability, to master the basics of simple sports. 32% of the students will not be able to achieve high results in sport due to their genetic possibilities. 35% of students are ready to train, improve their skills. 21% of students came from schools already with a certain degree of sports training for sports, but 5% of them possess the skills of sports (horse variety, powerlifting, kickboxing, etc.), which are not cultivated in our Academy. 18% of students named the main reasons for refusal of sport the lack of desire, and 25% of students - lack of free time. In analyzing the responses received, we identified three main factors that hinder the students to do sports actively: commercial sports institutions; "Neither strength nor the time," replied the students that live in hostels, in
rented apartments, combine study and work; a huge variety of agencies entertainment: cafés, clubs, cinemas, and other establishments, distracting students from doing sports.

The result of the study: the Reluctance of young people to engage in improving sports skills is due, in our view, not only economic conditions but also that expanded the range of possibilities of spending your free time, which diverts young people from professional sports. That is, they have an alternative in the choice of forms of spending free time. Increasingly use of free time by the students is understood as one of the ways of realization of personal freedom. "Free life" and the dubious company - for some, sports activities, physical activity, other cultural activities (reading books, visiting theatres, museums, etc.) for others. In one case, the time lost for the young man, the degradation of the individual, in the other - the spiritual and physical growth of human abilities, time, productively used the opportunities of personality development, in harmony with the personal interests of the student and his training. Sport for students was previously considered as an indicator of status, incentives for position-taking within social groups, as well as a means of recreation and entertainment. The means and the incentive today are often entertainment centers for leisure activities, youth entertainment of various kinds, including the use of entertainment beverages, Smoking, and so on. It should be noted here that a visit to a youth entertainment event contains a communicative motive, that is, provide the function of maintaining and expanding socially ties, but mostly not directed at the physical and spiritual development of the person. A special role belongs to the developing means of Internet communications, which take a significant amount of free time for young people. Students rarely meet in cafes and clubs, replacing face-to-face, live communication, which indirectly various Internet sites. In other words, we observe that a developing trend to shape a way of life that involves low physical activity, in general, have a negative impact on the body of a young man. Conclusion: based On the research questions addressed in this article, we came to the following conclusion: sports and culture of student’s health – a system of knowledge and activities, which provides personal fulfillment on the basis of training, taking into account personal qualities. Reasonable self-restraint in the behavioral sphere, enrich the spiritual and emotional qualities of the individual student. For a large group of student's youth are negatively influenced by various factors that shape a student's attitude to sports and maintaining an active lifestyle including. Sport, as an important component of the system of life values of a person to so chine and the maintenance of human health, in the minds of many students is not relevant to the importance of its location. Conclusions: based On the above, we came to the conclusion that in the value world of students, the sport does not occupy a very high position. It is necessary to further clarify and promote the need for regular training in various sports, healthy lifestyle, and active rest in free time. In a number of key recommendations for improving the activity of students, we deal with sporting events within schools. These activities include: holding a sports contest between the faculties in 12 kinds of sports cups, sports commemorating important dates of the Academy, organization of days of "Freshman", "Sporty", "Olympic reserve" "Health," "the Cheerleader" themed quests, Bicycle races, mass, mass motocross races with Wellness exercises in the stadium, etc.. All of these activities promote healthy lifestyle campaign for active participation in competitions in various sports, allow the teachers to see the best student-athletes. We are sure that if you invite capable students to train, you can increase their skill level, complete national teams for participation in competitions of the city, regional, national and world scale. This method of increasing student activity
will undoubtedly attract a significant number of student youth representatives to active physical education and sports and will ensure a sufficient level of their health, which will facilitate their successful graduation from a higher educational institution in the legen field and further professional activities.

References:


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ACTUALIZATION OF DIGITALIZATION EDUCATIONAL PROCESS HIGHER EDUCATION INSTITUTIONS OF I-II LEVEL OF ACCREDITATION IN UKRAINE

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Abstract. The article outlines the ways of optimization, the process of introducing innovations in the sphere of higher education, aimed at qualitative optimization of training specialists in the digitalization, through the introduction into the educational process of the latest innovative information technologies, the main tendencies of development and improvement of it in the educational process and personal activities.

Presentation of the main material.

One of the conditions of increase of economic development, the formation of the national innovative potential, growth of the level of human capital, and intensification of its capitalization processes in the country is the development of a higher education system. Thus, the well-equipped high-quality higher education allows identifying ambitious, talented, creative, and able to scientific activity of the people, and with the help of guaranteed provision of decent conditions for their work, they will entice them to develop new, innovative technologies. In the modern educational process higher education in any country is a rapidly developing system, the functioning of which is objectively dependent on some factors, among which at present the greatest impact is carried out by digitalization processes. The general trend of development not only of certain spheres of modern society or branch of economy, very quickly improved digitalization, which is a key vector for further development of individual countries and the world economy as a whole.

It is noted that there are illustrative examples of penetration of digitalization processes in the sphere of higher education. First of all, it and the part of a society whose existence is called to provide the latest forms of information and knowledge to...