Nowadays Ukraine has an unfavorable situation with staffing the agricultural industry with qualified professionals capable of successful professional activity. One of the main problem reasons is the low level of graduates’ professional physical fitness of higher educational institutions of agricultural profile. According to experts, most modern graduates are not physically able to meet modern labor market requirements [2, 6, 7, 8]. That is why the formation of the appropriate level of professional physical fitness of students of agricultural specialties is one of the main tasks of the physical education system of higher educational institutions of agricultural profile.

The category “readiness” is used in the literature to define it as a condition and regulator of activity, psychological state, attitude, the certain needs presence in the subject, as a personality traits synthesis and so on. Readiness is considered differently, depending on the structure specifics of professional activity [3]. Most authors reveal “readiness” through a set of motivational, cognitive, emotional and volitional qualities of personality; general psychological state, which provides the actualization of opportunities; personality orientation to perform certain actions (R. Gasparyan, E. Kozlov, L. Nerseryan, A. Punis, etc.). Readiness was also studied as a certain level of personality development (J. Kolominsky).
K. Durai-Novakovskaya understands readiness as a system of integrative qualities, properties, knowledge, personality skills [1].

Therefore, the related concept “professional readiness” should be considered. According to K. Durai-Novakovska, professional readiness is an awareness of the high role of social responsibility, the desire to actively perform a professional task, the attitude to the realization of knowledge, skills and personality qualities [1].

Based on the opinion of the above-mentioned scientists, we have formulated a definition of professional physical fitness. Thus, “professional physical fitness” is the result of professional and applied physical training to the conditions of a certain professional activity; some integrative personal education, which includes various components: a set of knowledge, the level of development of professionally important physical qualities and physical health, adequate to the requirements and content of the future profession. Analysis of professional research of scientists and educational and qualification characteristics [2, 4-8] gives grounds to determine the structure of professional physical fitness of future specialists of the agro-industrial complex.

The level of formation of professional physical fitness is determined by the integrated indicator on the basis of quantitative assessments of indicators of its structural components, namely:
- cognitive component;
- physical component;
- health component.

The cognitive component involves the acquisition by the future specialist of the required level of theoretical knowledge regarding:
- basic concepts and definitions in the field of physical culture and sports;
- basics of methods of physical qualities development;
- basics of methods of independent motor activity;
- methods of self-control in physical education classes;
- features of working conditions in the chosen specialties area;
- basic requirements for professional physical fitness of the future specialist of the agricultural industry;
- means and methods of specialists PPFP of agro-industrial complex.

The cognitive component indicator determines the level of students’ professionally-oriented physical awareness.

The physical component provides the appropriate development level of professionally important physical qualities of future specialists in the agricultural industry, which include:
- overall endurance;
- static strength endurance;
- speed endurance;
- explosive force;
- strength of the shoulder girdle muscles;
- coordination skills.

The physical component indicator is the level of professionally-oriented physical fitness of agricultural students.

The task of the health component is achieving and maintaining the appropriate level of students’ physical health of agricultural specialties during the study period at higher educational institutions and future professional activities. The health component indicator is the physical health level of future specialists of the agro-industrial complex.

Professionally-oriented physical training of a specialist of the agricultural industry is multifaceted and varied in content, because in addition to professionally-oriented knowledge, skills, experience should also master knowledge in the field of
physical culture and sports, the appropriate level of professionally important physical qualities and physical health. The proposed structure of professional physical fitness provides an opportunity to unify the professionally-oriented physical training areas, to develop an appropriate model of physical education and experimentally to test its effectiveness.

References:


DOI 10.36074/05.06.2020.v2.09

ВИКОРИСТАННЯ ТЕСТІВ МНОЖИННОГО ВИБОРИУ ЯК ЗАСІБ КОНТРОЛЮ ЗНАНЬ В ФОРМУВАННІ ЛЕКСИЧНИХ КОМПЕТЕНТНОСТЕЙ ЗДОБУВАЧІВ ОСВІТИ ВНЗ

**ORCID ID:** 0000-0002-1532-4521

Гуменюк-Чаус Юлія Костянтинівна

студентка освітньо-кваліфікаційного рівня магістра факультету іноземних мов

Вінницький Державний педагогічний університет ім.М.Коцюбинського

УКРАЇНА

Важко уявити сучасного фахівця вищої кваліфікації без знання іноземної мови. Все більше уваги привертає проблематика ефективного навчання іноземних мов. Реформи та модернізація навчального процесу зумовлюють те, що сучасна психологія, педагогіка, лінгвістика та методика викладання іноземних мов демонструють оновлений та зростаючий інтерес до тестів. Зумовлено це такими рушійними силами як глобалізація, встановлення транснаціональних стандартів якості освіти, необхідністю розробки незалежної об’єктивної системи контролю якості освіти.

Новітні дослідження в галузі психології та педагогіки, процеси модернізації навчального процесу та пошуки удосконалення вже існуючих методів навчання