DISTANCE TRAINING OF STUDENTS OF AN INSTITUTION OF HIGHER EDUCATION OF PHYSICAL CULTURE ON THE DISCIPLINE «GYMNASTICS» DURING A PANDEMIC (COVID-2019)

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The process of switching to a remote work format turned out to be a rather stressful situation for teachers, who had to quickly restructure the learning process for new working conditions. This transition was a kind of catalyst for a more active introduction of information and communication technologies in the educational process, when only a remote format of organizing the educational process became possible.

This format of conducting classes is possible with the use of e-learning and distance learning technologies. The most effective in this regard can be considered video lectures with a parallel display of presentations, animations, tables, etc., accompanied by the teacher's comments. The combination of various types of distance learning can make the educational process interesting and effective [1].

If there were no special problems with obtaining theoretical information and conducting lectures on disciplines, then the issue of organizing and conducting practical classes, in particular on the discipline “Gymnastics”, caused certain difficulties. It is due to the fact that the gymnastics program at the university provides for the formation of students’ special knowledge in the field of gymnastics, the formation of special abilities and skills necessary for successful professional activity, the development of motor abilities for mastering various gymnastic exercises [3].

A large amount of work was carried out in the Meet e-learning system, in which all students have a personal account. The theoretical section of the discipline “Gymnastics” was presented in the form of lecture material, accompanied by presentations on each topic. At the end of the study of the material, the students were offered to pass test tasks in order to assess their level of knowledge [2].

Also, answers to assignments were given in the form of a link to a file, after receiving which the teacher sent written comments and gave comments on the topics covered. The received assessments, data on the presence of students were entered into an electronic journal. Practical assignments are laid out in the Meet system, then completed by students in video format and sent to the teacher for assessment [3].

The main problem of the remote format of organizing classes in the discipline “Gymnastics” was the impossibility of practicing practical skills in a group while teaching gymnastic exercises [1].

The study made it possible to draw the following conclusions: modern students are good at computer skills, and are also well versed in the Internet. All this contributed to their rapid transition from full-time education to distance learning. The main problems that hinder the quality of mastering the educational material in...
gymnastics, the students attributed technical failures and the inability of some of them to perform practical tasks at home. Most of the students note the lack of “live” communication with the teacher and the lack of the opportunity to fully practice practical skills.

References:

