

THE EFFECTIVENESS OF ANY USAGE OF FUNDS OF CHEERLEADING IN PHYSICAL EDUCATION OF STUDENTS

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Physical education in higher education the law school has a target pedagogical orientation of the formation of physical culture personality. The increase in motivation to physical training depends largely on the use of new nontraditional types of physical activity. The modern stage of development of the sphere of recreation and physical culture is characterized by a trend of active expansion of facilities of innovative fitness technology. Modern fitness programs provide a harmonious blend of a number of favorable indicators of health and physical fitness. Special priority and perspective are cheerleading is a young form of motor activity that combines gymnastics, acrobatics, aerobics, modern dance, elements of ballet, pantomime, martial arts, musical elements [1]. Cheerleading is a great tool for aesthetic development and moral education, a successful improvement of skill, accuracy, and coordination of movements, loud voice guidance that enhances the effect of presentations that can conquer the audience of any age. Successful training of the members of the group is impossible without an adequate level of physical fitness and the formation of the value-motivational sphere. Therefore, at present, to improve the quality of the educational process in an educational institution of higher education, become a topical issue of the implementation of the media cheerleading the system of physical education of female students, to improve their health, improve their physical fitness and increase of interest to employments by physical culture and sports. The task of institutions of higher education is to create such a system of education which, along with the theoretical and practical training in the specialty will maintain optimal health of future specialists, their high efficiency [2].

The quality of the educational process becomes meaningful, and the issue of implementation of the media cheerleading the system of physical education is required. The introduction of cheerleading as a new fitness technology in work with students gives the opportunity for the development of creativity involved, the functionality of the body, motor skills, and the formation of a variety of motor skills. Cheerleading is perfect for developing coordination, strength, flexibility, quickness, and endurance. The growing popularity in the world of this kind of physical activity can be attributed to its accessibility, entertainment, emotional, positive effects on the physical, mental, and volitional qualities of a young body of a student. Active classes cheerleading contribute to the overall health of students, improve their

state of health, adaptation to training conditions in higher education, the formation of communication skills in collective sports activities [3].

To determine the interest of students to take up cheerleading, we conducted an anonymous survey, which was attended by 830 students studying at the various faculties of the National University "Odessa Law Academy". This allowed us to understand that 81% of surveyed students have knowledge about cheerleading and is able to give him the correct definition. For them, the main sources of information are popular among youth movies and other ICT sources. 68% of students indicated that they are interested in information about cheerleading, and 53% of them would regularly and consistently engage in cheerleading training academic classes on physical culture and sports sections. During October, November 2019-2020 academic year in educational groups the main compartment various faculties of NU "OLA" on the physical education classes were conducted training on the elements of cheerleading: basic movements of the hands, feet, cheer-jumps, Stanton, pyramids, etc. Training sessions ended with a learning-goal of the composite program. Evaluating the skills and results of the mastering of the program was the holding of the sports festival with the performance of teams in all faculties. This form of the transcripts of the sessions received 100% approval from all students. In connection with incurred by the student's interest in making cheerleading, there is a need in the organization of additional classes and the creation of team Academy, which not only successfully performs at all sporting events Academy, but also promotes cheerleading classes among older students and young people.

Thus, the conducted research allows asserting that the high efficiency of the use of cheerleading in the system of physical education of students of the legal Academy. Learning special cheerleading movements, demonstrations at the Academy's organizational events in various sports contribute to conscious activity in physical education classes. Increasing the level of physical fitness, improving their physical health and general functional state confirms the need for classes of this orientation. This proves that cheerleading classes are not only interesting for students but also have a positive effect on their psychophysical state, level of preparedness for future professional activities.

References:

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