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## METHODOLOGICAL FOUNDATIONS OF THE MANAGEMENT OF PHYSICAL CULTURE AND SPORTS ACTIVITIES OF STUDENTS IN ORDER TO PREPARE FOR PROFESSIONAL ACTIVITY

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### Annotation

Many experts recognize the need to fundamentally improve the system of physical education of students of secondary and higher educational institutions, aimed at preparing future specialists to pass standards for physical fitness. The lack of students' awareness of the connection of the taught subject with professional training reduces the interest of future teachers in this academic discipline. In addition, students have a natural decrease in interest in physical culture, since they do not receive self-education and self-development skills in this area of upcoming professional activity.

### Materials

Theoretical substantiation of the importance of increasing the effectiveness of the management of physical culture and sports activities of students in order to better prepare for professional work.

### Methods

Analysis and generalization of scientific and methodological literature, advanced pedagogical experience of practitioners in the field of physical culture, observation, pedagogical experiment, testing, mathematical processing of material.

### Results

The leading pedagogical conditions for increasing the effectiveness of methods of managing the physical culture and sports activities of students are identified: the development of a system of tasks for the professional training of students by means of physical culture and sports; understanding the role and place of physical culture and sports in the general system of vocational education, intellectual, spiritual, moral and physical development; determining the rational ratio of physical culture and



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sports with other means of training graduates of secondary and higher educational institutions; the focus of educational and training sessions in physical culture on the development of intellectual qualities necessary for the upcoming professional activity, as well as the improvement of spiritual and moral qualities of the individual.

## Conclusion

The formation of the ability to mobilize their creative potential, the reorientation of the accumulated pedagogical experience to work in a new direction, as well as the change in the system of training young professionals to work in modern conditions is the main direction of modernization of the system of physical education of students.

**Keywords:** physical culture and sports activity, students, professional work, pedagogical conditions, pedagogical experiment, general physical fitness.

## МЕТОДИЧЕСКИЕ ОСНОВЫ УПРАВЛЕНИЯ ФИЗКУЛЬТУРНО-СПОРТИВНОЙ ДЕЯТЕЛЬНОСТЬЮ СТУДЕНТОВ С ЦЕЛЬЮ ПОДГОТОВКИ К ПРОФЕССИОНАЛЬНОЙ ДЕЯТЕЛЬНОСТИ

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## Аннотация

Многие эксперты признают необходимость кардинального совершенствования системы физического воспитания учащихся средних и высших учебных заведений, направленной на подготовку будущих специалистов к сдаче нормативов по физической подготовке. Недостаточная осведомленность студентов о связи преподаваемого предмета с профессиональной подготовкой снижает интерес будущих учителей к этой учебной дисциплине. Кроме того, у студентов наблюдается естественное снижение интереса к физической культуре, поскольку они не получают навыков самообразования и саморазвития в этой области предстоящей профессиональной деятельности.



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## Материалы

Теоретическое обоснование важности повышения эффективности управления физкультурно-спортивной деятельностью студентов с целью лучшей подготовки к профессиональной деятельности.

Методы: анализ и обобщение научно-методической литературы, передового педагогического опыта практиков в области физической культуры, наблюдение, педагогический эксперимент, тестирование, математическая обработка материала.

## Результаты

Определены ведущие педагогические условия повышения эффективности методов управления физкультурно-спортивной деятельностью студентов: разработка системы задач по профессиональной подготовке студентов средствами физической культуры и спорта; понимание роли и места физической культуры и спорта в общей системе профессионального образования, интеллектуальное, духовное, нравственное и физическое развитие; определение рационального соотношения физической культуры и спорта с другими средствами подготовки выпускников средних и высших учебных заведений; направленность учебно-тренировочных занятий по физической культуре на развитие интеллектуальных качеств, необходимых для предстоящей профессиональной деятельности, а также совершенствование духовно-нравственных качеств личности.

## Вывод

Формирование способности мобилизовывать свой творческий потенциал, переориентация накопленного педагогического опыта на работу в новом направлении, а также изменение системы подготовки молодых специалистов к работе в современных условиях является основным направлением модернизации системы физического воспитания студентов.

**Ключевые слова:** физкультурно-спортивная деятельность, студенты, профессиональная деятельность, педагогические условия, педагогический эксперимент, общая физическая подготовленность



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### Relevance

The modern system of secondary and higher professional education places high demands on general and professional culture, intellectual, spiritual, moral and physical development. This caused the inevitability of the processes of formation of a new paradigm of social development and education. The state policy in the field of vocational education is focused on providing conditions conducive to the maximum realization of personal qualities during the development of the educational program. The rapid development of the economy of other countries determined the need to abandon the established stereotypes of training future specialists who are ready to manage the development of industry and other sectors of the national economy. This has led to more stringent requirements for the quality of training of teaching staff, designed, in turn, to provide the necessary platform for the assimilation of knowledge by school graduates, without which it is impossible to ensure the training of graduates of secondary and higher specialized educational institutions who are ready to replace managers and organizers of production activities.

In this regard, the question arises about the compliance of the existing conditions of students with the requirements of modern types of industrial production. The need to keep the production process in sight, identify the main thing for the near, medium and long term, manage the psycho-emotional state throughout the working day; having specific endurance, which implies the ability to make effective decisions on various kinds of production problems during working hours, including periods of mental and physical fatigue – all this places increased demands on kinesiological potential and, above all, on optimal physical fitness.

The purpose of this work is a theoretical justification of the importance of improving the effectiveness of the management of physical culture and sports activities of students in order to better prepare for professional work.

Tasks:

1. To identify the conditions for increasing the effectiveness of methods of managing physical culture and sports activities as a structural component of the upcoming production process.
2. Check the effectiveness of these conditions during a pedagogical experiment.

**Material.** The dynamism of changes in the system of modern education: informatization, the transition from a traditional to a personality-oriented approach, the need to ensure the humanization and intellectualization of production processes



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- led to the need to update the technologies of preparing students for production activities. This involves not only updating and strengthening the material and technical base, providing educational and production activities with the most modern equipment, but also the use of qualitatively new technologies of pedagogical activity, the basis of which is the focus on intellectual, spiritual, moral and physical education.

Many experts (V.K. Balsevich, 2000; Z.M.Kuznetsova, Yu.P. Simakov, 2009; V.I. Stolyarov, 2009; I.V. Manzhel, 2010; L.D. Nazarenko, 2012, 2014; L.I. Lubysheva, V.P. Mochenov, 2015, etc.) note that the current system of physical education of secondary school students and higher educational institutions do not contribute to solving the problems of their intellectual, spiritual, moral and physical development. Analysis of the activity of physical education teachers; the state programs on physical education indicate that the orientation of the training sessions, the means and methods of physical education used do not correspond to the tasks of future professional activity. This is the basis for the development of a new methodology for managing the physical culture and sports activities of youth students, which is based on the tasks of preparing for the upcoming professional work by means of physical culture and sports. Thus, to improve the ability to focus on solving the most complex production problem requires the development of specific thinking aimed at mastering the logic of improving production technology. This makes it necessary to choose means of physical culture and sports aimed at solving logical tasks of various types, for example, if it is advisable to use a system of special physical exercises to improve health indicators, then what specific types of them should a university student systematically perform with the prospect of increasing readiness for the upcoming professional activity? If physical exercises have different effects on the body, then what should be their choice and conditions of performance?

The search for answers to these questions activates the mental activity of students of various special educational institutions aimed at improving and modernizing the process of physical education in secondary and higher educational institutions. In addition, such an approach to the activation of mental activity in the field of physical culture and sports necessitates the search for a personality-oriented approach to physical education of students, depending on the type of upcoming professional activity. Every production manager, highly professional organizer of labor activity of workers and employees, performer of specific labor operations needs such intellectual qualities as professional memory, analytical abilities, skill of forecasting



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directions and methods of modernization of technological processes, etc. This requires the use of motor tasks in training sessions that ensure the development and improvement of general and logical memory, the ability to generalize the phenomena and processes occurring, compare them, identify the causes of their occurrence, and find ways to solve them.

The proposed methodological approach to the organization of the educational process in physical culture radically changes the attitude of students to physical culture and sports activities. Future participants of modern production processes understand that the content of the university system of physical education not only contributes to the improvement of their professional readiness, but also provides a certain perspective of intellectual development and improvement, which makes physical education and sports are an integral component of the professional training of graduates of secondary and higher educational institutions.

The analysis of scientific and methodological literature on this problem, the materials of our own research allowed us to identify the leading pedagogical conditions for improving the management of physical culture and sports activities of students, among which a special place is occupied by:

- understanding of the role and place of physical culture and sports in the general system of vocational education, intellectual, spiritual, moral and physical development;
- identification of the rational correlation of means of physical culture and sports with other means of training graduates of secondary and higher educational institutions;
- development of a system of tasks of professional training of students using physical culture and sports;
- identification of the orientation of educational and training sessions in physical culture on the development and improvement of intellectual qualities necessary for the upcoming professional activity, as well as the improvement of spiritual and moral properties of the individual, improving physical fitness, etc.

### Results and their discussion

In order to verify the feasibility of implementing these conditions, we conducted a pedagogical experiment with the participation of 62 female students of the Faculty of Natural Geography of the Pedagogical University. A control group (KG), comprising 30 students, and an experimental group (EG), comprising 32 students,



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respectively, were organized. Before the beginning of the pedagogical experiment, testing was conducted to identify the initial level of physical fitness. The following control exercises were used: running 100 m, running 1000 m, long jump from a place; lifting straight legs to touch the floor behind the head (number of times); pulling up on the crossbar (number of times). Processing of the obtained data did not reveal significant differences in the level of physical fitness of students of KG and EG ( $p > 0.05$ ). In addition, the following indicators were taken into account: attendance of physical education classes; activity of students in physical education classes; participation of students in discussing theoretical issues in the field of physical culture and sports, as well as in mass sports events of the faculty, university, district, city, etc.

Physical education classes in the KG were conducted according to the generally accepted methodology in accordance with the physical education curriculum. In the EG, the methodological approach proposed by us was applied to improve the efficiency of managing the physical culture and sports activities of students in order to prepare for professional activity. It was explained to the students of the EG that in professional and pedagogical activity, the leading place is the versatile study of the personality of each student, the identification of his individual characteristics, specific character traits that manifest themselves in the process of joint activity. This puts the formation of the skills of organizing physical culture and sports activities of students on one of the leading places in the professional activity of a biology and geography teacher.

In addition, subject teachers and classroom teachers have specific responsibilities in the field of physical education. With this in mind, future teachers got acquainted with the specifics of physical education activities of middle-aged and older schoolchildren in the EG at physical education classes; the responsibilities of classroom teachers and subject teachers in solving specific physical education tasks. From personal experience of school and student life, future teachers evaluated collective physical culture and sports forms of work that unite a team of students, create conditions for the manifestation of their character, worldview, relationships with people around them; to assess the level of formation of moral, volitional and moral qualities.

The EC determined the orientation of physical education classes, which provides the formation of skills in organizing and conducting physical culture and recreation activities before the start of lessons, in the process of teaching in the classroom; in



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organizing and conducting outdoor games at recess, excursions around the city and native land, hiking together with parents. When using each form of physical culture and sports activity, the possibilities of physical exercises for solving educational tasks were revealed: the development and improvement of moral, volitional and moral qualities (for example, when conducting a certain game, it was emphasized that this game is for the manifestation of honesty, for the development of courage, determination, education of willpower, etc.).

This approach determined the specifics and content of physical education classes at the university. Students were explained under what conditions physical exercises contribute to the development of purposefulness, perseverance, diligence, mutual assistance, mutual assistance and other moral and volitional and moral qualities. Each training session on physical culture in the EG was conducted using original motor tasks that activate mental and cognitive activity, contributing to the improvement of perception, attention; providing the development of memory, logical thinking, analytical abilities, etc. The leading principle of teaching and educating EG students was a personality-oriented approach to identifying individual capabilities and abilities of students, their inclinations to work with students of different ages.

After the completion of the pedagogical experiment, repeated testing was carried out, the results of which showed the following: the level of physical fitness increased in both groups, KG and EG, but in EG the results were significantly higher. So, if in KG, with the initial data of a long jump from a place with a wave of the hands of  $158.1 \pm 8.6$  cm by the end of the pedagogical experiment, the results increased by 5.3% ( $p > 0.05$ ); in EG, respectively, with the initial data of  $157.8 \pm 10.9$  cm, the increase in indicators was 11.3% ( $p < 0.05$ ). When lifting straight legs from the supine position to touching the floor behind the head in KG with initial data of  $7.72 \pm 0.29$  times by the end of the pedagogical experiment, the results improved by 6.4% ( $p > 0.05$ ); in EG with initial data of  $7.45 \pm 0.31$  times by the end of the pedagogical experiment, the results increased by 11.7% ( $p < 0.05$ ). A similar trend of a more significant improvement in the indicators of general physical fitness in the experimental group was also revealed for other control exercises. In the EG, the attendance rates of physical education classes were higher. So, during the entire time of the pedagogical experiment, not a single case of missing classes for a disrespectful reason was revealed, while in KG the number of absences without a valid reason was 36 hours. In the process of pedagogical observations, the expert group found





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that the students of the EG are more active and interested in performing each motor task, creatively participate in discussing issues on the organization of physical culture and sports activities with younger, middle and older students, taking into account their individual characteristics. EG students also actively got acquainted with the special sports literature recommended by the physical education teacher.

### Conclusion

Thus, the results of the pedagogical experiment showed that the organization of the educational process in physical culture of students of secondary and higher educational institutions should be based on the methodology of professional preparation for the upcoming work, which radically changes the attitude of students to this academic discipline and transfers it from the category of additional to the list of basic academic disciplines.

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