

Direction of teaching the subject of physical education by taking into account opportunities of institution of higher education and interests of student youth

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Abstract:

Purpose: to define efficiency of factors which influence increasing interest of student's youth in classes of physical education. Material: 146 students of the first and second years of institutions of higher education of Kharkiv participated in the research. Research methods: questioning was used for determination of motivation to sports and health-improving classes of students. Results: holding of physical education classes, individual approach to each student, who considered physical fitness, promoted formation of personal physical culture of students, provided their orientation to interest in motor activity and physical self-improvement. It is defined that the direction of the training program of physical education according to new standards of the modern higher school taking into account opportunities of institution of higher education affected quality of classes. The offered system of the organization of practical training promoted systematic visit of classes, perception of motor activity by students during school and after hours. Use of orientation of classes and pedagogical skill of the teacher of physical education allowed finding dynamics of changes which characterize interest of students in systematic classes by physical exercises and also the accompanying mental and moral changes of the identity of the student. Conclusions: application of a right choice of methods of study, use of different forms of the organization of students, in the course of classes by physical exercises, taking into account material opportunities of educational institution, directs the student to formation of interest in motor activity and the choice of a kind of sports activity.

Key words: pedagogical activity, pedagogical skill, motivation, physical education.

Introduction

Reforming and modernization of educational processes in higher educational institutions needs the personal-focused direction in improvement of physical education of student's youth [4, 9, 13, 24, 32]. Introducing new effective ways of mastering knowledge, when giving academic physical education classes in educational process, causes big interest in students [2]. It is known that Ukrainian students, according to the Law "On Higher Education" have the right to choose 25% of subjects of the volume of the educational program, however not all higher educational institutions provide the rights of students for selective disciplines. Updating of processes of study, appeal to the subject "physical education" consists in teaching the subject, technical capabilities of higher educational institution and the interest of students in classes of physical culture and sport. The way of study at the modern academic school doesn't direct students to study taking into account features of higher educational institution, to opportunities of the technical equipment of educational institution and the interests of students [6]. The conscious need of the personality at motor activity and achievement of the set urgent and long-term aims in sports activity is the cornerstone of the intrinsic characteristic of physical education.

The direction of the training program of physical education according to new standards of the modern higher school taking into account opportunities of higher educational institution will affect quality of classes, perceptions of motor activity in school and after hours by students and also will promote systematic visit of classes [33]. The new content of education based on formation of the competences, which are necessary for successful self-realization in society and disclosures of opportunities of interrelation between pedagogical knowledge of the teacher of physical education and technique of teaching the subject [22, 31]. Such organization of educational process gives the chance to increase its efficiency.

Uncertainty of formation of motivation to physical education classes significantly reduces opportunities to find sport or physical exercises to taste for implementation by students of physical activity [15]. The motivational-personal component enters to the structure of preparedness of the student for physical culture classes. Determinacy of condition of formation of this component provides development of the corresponding criteria which the motivational and personal component is [16].

The successful solution of tasks of physical education is the correct combination of physical means which provide the qualified training [1, 12, 19, 29]. Therefore carrying out the research with introduction of

organizationally-pedagogical conditions of teaching the subject of physical education will give opportunities of application of the latest approaches to the content of classes taking into account need of students for mastering practical knowledge. Increase in the level of interest of those, who are engaged in physical exercises, occur not only during studies, but also after hours [3, 28].

The tutor work of the teacher, collaborative developments of allocation of free time for physical culture classes, the information orientation on awareness of the importance of physical education in everyday life, drawing up the personal plan of the student, the choice of the partner or group, for sports activities or physical exercises which are interesting at the initial stage of knowledge, are means which necessary to consider at creation of physical education classes [5, 36].

The pedagogical skill of the teacher consists in ability to organize activity of students on systematic sports activities and abilities to operate this activity. The scientific and practical task defines effectiveness of factors which influence interest of students in physical education classes and perception of innovations of content of education and forms of study [8, 18].

Experience of features of formation of curricula of vocational training of experts of physical education of the European countries, pedagogical designing and design, sports and health-improving process of students in conditions of modernization of the system of physical education in Ukraine is considered in the scientific works of A.M. Goshko, G.P. Griban, E.N. Prystupa, O.S. Skory, O.V. Tymoshenko [20, 23].

Problematic issues of visit of obligatory physical education classes were investigated and lit in the works of O.Yu. Azhyppo, N.V. Kryvoruchko, planning of independent classes taking into account interests and needs of students in the works of V.Ya. Kovalchuk, Ye.O. Kotov, A.V. Tsos [1, 25].

Several options of the organization of physical education in institution of higher education exist at the present stage by the researches of O.M. Olkhovy, Yu.M. Petrenko, V.A. Temchenko, A.N. Timchenko. The first – is the traditional organization of physical education where teachers provide classes of the implanted all-developing contents. The second – the transitional model: from traditional physical education to sports-focused physical education. Groups of generally accepted physical education and sports-focused groups of physical education of different types of sport and motor activity function in this model [17].

The educational process in higher institutions of education is considered by Ya. Bolyubash as the system of the organizational and didactic actions, directed to implementation of the contents of education which answer the certain educational-qualification level of purposeful activity of the chair of physical education [2].

T.Yu. Krutsevich defines physical education as the pedagogical process therefore to it inherent the main pedagogical signs: leading role of the teacher, organized and its planned nature, realization of the methodical principles and other pedagogical provisions [14]. S. Gorodinsky focuses attention on importance of involvement of students to sports activity for the purpose of ensuring their physical development [7].

The works of M. Dutchak are devoted to studying of the problem of formation of the valuable relation to physical culture, development of the methodological principles of the organization of physical education in educational institutions of all types [10]. S. Yermakov considers that the main motive of interest of students in mastering individual programs of physical education is development of physical qualities which will allow them to perform the task in future professional activity successfully [11].

Teachers use motivated tastes to physical culture classes as the maintenance of variable modules which choose on the "old" system at discretion in quality. Theoretical foundation of pedagogical conditions of formation of the positive relation of students to systematic sports activities in higher educational institutions is presented in the works of S. Putrov [21]. Thus, experience of the previous researchers allows applying new forms of the direction of teaching the subject of physical education taking into account opportunities of institution of higher education, carrying out scientific researches and use of their results.

Material and methods

Participants

146 students of institutions of higher education of Kharkiv at the age of 17-18 years participated in the research. Students, who took part in the experimental work, formed 2 groups – experimental (EG – 68 persons) and control (CG – 78 persons).

Organization of the research

Experimental work provided realization of three interconnected stages: stated, forming and control. Clarification of the initial level of formation of need for physical education, character of interest in physical education, formation of morally strong-willed qualities of the student, value of efficiency of use of sports base was the purpose of the stated stage.

Such *methods of the research* were used in the work: analysis and generalization of scientifically-methodical literature, pedagogical testing, questioning for determination of motivation to sports and health-improving activity of students (I.A. Fesiyenko) which is adapted to conditions of our experiment.

Physical education classes at students of the control group were given with use of the traditional program, which is directed to general physical fitness (track and field athletics, gymnastics, sports, general physical training, fitness) [30]. It was offered to students of the experimental group to define sport according to

state of health and physical training taking into account existence of material and technical resources. The working program of the concrete sport provided profound studying of the subject matter physical education with application of independent work. The consecutive introduction of the working program of the discipline "Physical education" of students of experimental group.

1 stage (autumn semester) 1st substantial module 18 hours from them – the theoretical course 4 hours (safety measures, history of sports, advantages of sport, relatively physical activity and physical load). Control of the 1st substantial module 4 hours.

2 stage (autumn semester) 2nd substantial module 18 hours. The traditional form of study - obtaining by students necessary knowledge, skills in application of means of physical culture, mastering the system of practical skills of doing main types of physical exercises, acquaintance with the main basic elements of sports. Control of the 2nd substantial modules – 4 hours.

3 stage (spring semester) 3rd substantial module 22 hours, 4th substantial module 22 hours. Differential study of the chosen sport according to the program:

- studying of elements of sport; features of technique and method of study;
- mastering technique of performance of elements of sport;
- improvement of technique of sport; bases of sports training.

Control of the 3rd substantial modules – 2 hours. Control of the 4th substantial modules – 4 hours.

For the purpose of objectification of the obtained data, all results of measurements gave in to mathematical processing with definition of the following statistics which have the widest appendix:

- 1) arithmetic average value;
- 2) mean square deviation;
- 3) error of representativeness of arithmetic average;
- 4) reliability of difference between average sizes (by the criterion of Student).

Calculations were carried out by means of package of the statistical programs Statistika 5.11, Excel.

The inspection of normality of distribution of data in the studied groups by means of the criterion of Kolmogorov-Smirnov was carried out before use of the t-test. The reliability was considered as essential at five-percent significance value ($p < 0,05$), 1% - significance values ($p < 0,01$) and 0,1% - significance values ($p < 0,001$).

Statistical analysis

Calculations of results were carried out by means of package of the statistical programs Statistika 5.11, Excel. The inspection of the t-test of normality of distribution of data in the studied groups is carried out by means of the criterion of Kolmogorov-Smirnov. The compared analysis is presented in table 1.

Results of the research

Students of non-sporting higher educational institutions of Kharkiv participated in our research on introduction of organizationally-pedagogical conditions for the purpose of improvement of motor activity.

The technique, which is developed and adapted according to the research purpose, is used in the experiment. The appeal to this technique predetermined by the fact that it allows to find dynamics of changes which characterize not only interest of students in systematic sports activities, but also the accompanying mental and moral changes of the identity of the student. So, it is established that students in the majority have no interest in sports activities including organizations of physical self-education.

Results concerning formation of motivational-personal component of preparedness of students for physical culture classes are presented in table 1.

Table 1. Motivational-personal component of preparedness of students for physical culture classes before and after introduction of organizationally-pedagogical actions %

Criteria, indicators (nature of identification) of preparedness of students for physical culture classes	Groups	Before experiment	After experiment	Reliability assessment t; p
		$\bar{x}_1 \pm m_1$	$\bar{x}_2 \pm m_2$	
Motivational:				
1. Formation of need for physical education	completely created			
	EG (n=68)	8,2±1,24	15,6±1,18	t=4,32; p<0,001
	CG (n=78)	9,6±0,62	11,2±0,85	t=1,52; p>0,05
		t=1,01; p>0,05	t=3,03; p<0,01	
	partially created			
	EG (n=68)	24,5±2,41	32,4±2,75	t=2,16; p<0,05
CG (n=78)	21,8±3,19	25,8±1,84	t=1,09; p>0,05	
uncreated				
EG (n=68)	67,3±4,53	52,0±3,28	t=2,74; p<0,01	
CG (n=78)	68,6±5,72	63,0±4,26	t=0,79; p>0,05	
		t=0,18; p>0,05	t=2,05; p<0,05	
2. Character of interest in physical education	resistant			
	EG (n=68)	9,9±1,08	14,2±0,91	t=3,05; p<0,01
	CG (n=78)	11,5±1,09	11,8±0,74	t=0,23; p>0,05
		t=1,04; p>0,05	t=2,05; p<0,05	

situational	EG (n=68)	19,4±1,52	29,4±2,61	t=3,31; p<0,001
	CG (n=78)	18,6±2,46	21,4±2,91	t=0,74; p>0,05
absent	EG (n=68)	70,7±3,83	69,4±3,68	t=0,28; p>0,05
	CG (n=78)	69,9±5,74	66,8±5,12	t=0,40; p>0,05
Efficiency of use of modern sports base				
surely	EG (n=68)	17,0±2,16	56,3±6,94	t=5,41; p<0,001
	CG (n=78)	18,4±2,24	18,0±1,97	t=0,13; p>0,05
desirable	EG (n=68)	68,2±6,95	32,0±4,71	t=4,31; p<0,001
	CG (n=78)	63,6±5,43	61,1±5,09	t=0,34; p>0,05
absent	EG (n=68)	14,8±1,91	11,7±1,64	t=1,23; p>0,05
	CG (n=78)	18,0±2,31	20,1±2,67	t=0,60; p>0,05
		t=1,07; p>0,05	t=2,68; p<0,01	

Students, in whom the high level of formation of its component of preparedness for physical culture classes to the introduction in higher educational institution was found, played physical culture and sport that provided formation of their requirement of preparedness for the subsequent physical education classes. The task for the teacher was to approach individually to each student, considering the different level of physical fitness, with appropriate programs of study of concrete sport in the experimental group.

The motivational aspect of formation of need for physical education (requirement is completely created) improved considerably in the experimental group from 8,2 to 15,6% ($t=4,32$; $p<0,001$), it increased insignificantly from 9,6 to 11,2% ($t=1,52$; $p>0,05$) at that time in the control group (fig. 1).

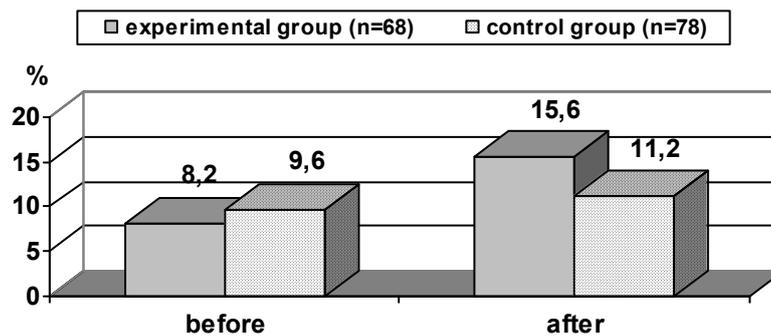


Fig. 1 Indicators of formation of need for physical education of students before and after introduction of organizationally-pedagogical actions

The partially created need for the experimental group made 32,4%, reliable above, than at the beginning of the researches ($t=2,16$; $p<0,05$) and more than in the control group on 6,6% ($t=1,99$; $p<0,05$) at the end of the research. At the same time motivational need for physical education classes was uncreated and made 68,6% in most of students at the end of the experiment in the control group that it is significantly more than in the experimental group ($t=2,74$; $p<0,01$) (tab. 1). The marked confirms more effective carrying out academic classes in the experimental group. The motivational aspect concerning formation of strong interest in physical education classes is carried out. The growth of resistant index from 9,9 to 14,2% ($t=3,05$; $p<0,01$) in the experimental group testifies to directivity of pedagogical actions on determination of priority of preparedness of the student for physical culture classes (fig. 2).

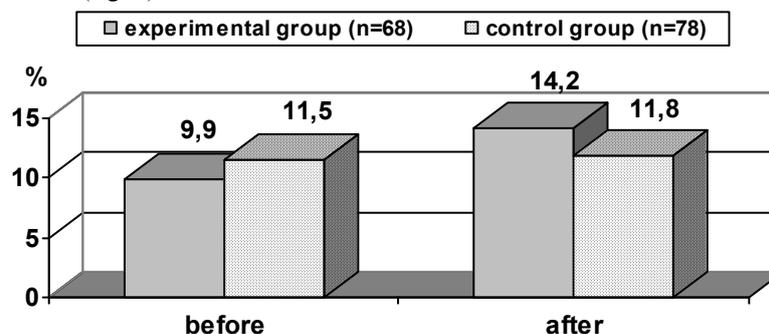


Fig. 2 Indicators of strong interest in physical education of students before and after implementation of organizationally-pedagogical actions

The situational character of interest of classes in the experimental group was 29,4%, in the control group – 19,4% ($t=3,31$; $p<0,01$), the absent interest according to 69,9%, 66,8% ($t=0,40$; $p>0,05$) (tab. 1). Relatively mandatory factor concerning efficiency of use of sporting basis of educational institution of its influence on formation of interest in physical culture classes at students of the control group during the research did not change significantly ($t=0,13$; $p>0,05$). However students of the experimental group during the researches claim that the sports base of educational institution plays the primary role in sports activities ($t=5,41$; $p<0,001$) (fig. 3).

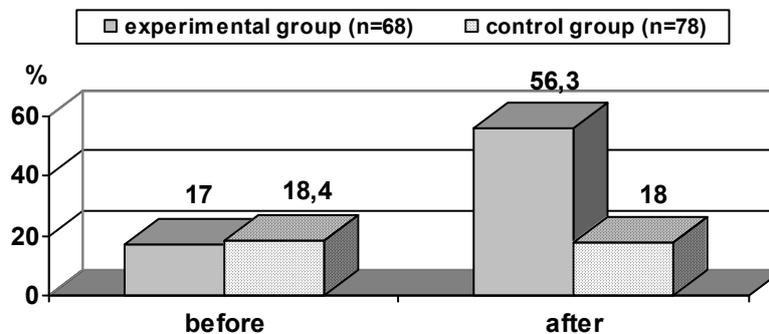


Fig. 3 Indicators efficiency of use of modern sports base of students before and after introduction of organizationally-pedagogical actions

They don't determine need of modern sports base for physical education classes of 20,1% of students of the control group while the experimental group only 11,7% ($t=2,68$; $p<0,01$).

Thus, professional competence of the teacher in combination with use of modern material and technical resources of institution of higher education, fully capable to satisfy needs of students for systematic sports activities.

Introduction of organizationally-pedagogical actions by teachers of the chair of physical education was considered by individual needs and inclinations of students. The pedagogical skill of teachers allowed carrying out the work on identification and profound studying of motives, purposes, tasks of students with determination of priority in formation of installation on classes as physical culture. Awareness of the importance of physical education by students and need of sports allowed solving a number of individual tasks during study according to the program of the subject physical education.

Discussion

According to the explained paradigm with use of techniques of data collection and processing at the operational level the final purpose of the research was to define efficiency of factors which influence increase in interest of student's youth to physical education classes. The efficiency of approach to implementation of the training program of physical education, which is focused on choice by the student of kind of sport according to the state of health and physical fitness, is proved.

Results of the research lead up efficiency of implementation in the educational process of personal-focused component of motivator that was reflected in visit of classes by students, formation of strong interest in physical education.

The scientific researches of A.M. Goshko, G.P. Griban, Ye.N. Prystupa, O.S. Skory, O.V. Tymoshenko of features of formation of curricula of vocational training of experts of physical education in the conditions of upgrade of system of physical education in Ukraine implemented in the experiment as step-by-step formation of the relation of students to the subject physical education taking into account personal-focused approach to a choice of motor activity.

It was clarified during the research that the transition model is offered: from traditional physical education to sports-focused physical education by the researches of O.M. Olkhovy, Yu.M. Petrenko, V.A. Temchenko, A.N. Timchenko has incomplete determinacy in formation of priority to sport. Groups of the standard physical education and sports-focused groups of physical education of different types of sport function in this model.

In our opinion, the reasons which constrain up-dating of processes of study, attractiveness to the subject "physical education", are such:

- 1) intensive involvement of students (mentally, physical, psychological overload). Uncreated motives and requirements of purposeful and regular physical activity;
- 2) low professionally-pedagogical level of teachers, who do not see the physical potential of students, are not able to organize activities of students according to new standards of the modern higher school.
- 3) insufficient material and technical support that influences efficiency of use of the modern sports base;

4) insufficient financing of physical culture and sport.

Results of the experiment are specified that the free choice of students of the program of the discipline of physical education resolve problematic issues of visits of mandatory classes on physical culture which were researched in the works of O.Yu. Azhyppo, N.V. Kryvoruchko. Independent classes taking into account interests and needs of students that were researched by V.Ya. Kovalchuk, Ye.O. Kotov, A.V. Tsos are worked and implemented by teachers on new contents in educational process according to the free choice of students of sport.

The training program is made according to sport showed that the experimental group improved motivational-personal component of preparedness of students for physical culture classes. Data of the experiment on the carried-out analysis demonstrate that the strategy is chosen correctly: the experimental group in results of motivational aspect of formation of need for physical education (requirement is completely created) considerably differ from results of the control group (see fig. 1).

By results of the conducted research, it is possible to claim that interest of students in physical culture and sport classes depends on the organization of statement of educational process of physical education. The formation of morally strong-willed qualities depends on awareness of each student and determination of motives of self-improvement for improvement of health and sports improvement.

Thanks

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Conclusions

1. It is found that the most significant index of formation of interest of students in motor activity is effective use of the modern sports base of educational institution.

2. Application of the right choice of sports activities, directs the student to formation of interest of students in motor activity and systematic sports [27, 35]. The efficiency of mastering physical exercises, increases in level of physical development, physical training, state of health of students depends on directivity of the training program and pedagogical skill of the teacher of physical education.

3. Increase in efficiency of physical culture and sport classes in the conditions of the specific institution of higher education requires use of different forms of the organization of students in the course of sports activities. Motivational-personal component of preparedness of students for physical culture classes plays the primary value in formation of strong interest in systematic sports activities and sport, development of motive qualities. The defining factor in interest of the student in sports activities is the formation of need for physical education [26, 34].

Thus, it is set that directivity of the teacher of physical education allows finding personal needs and inclinations of the student. The study of motives, purposes, determination of tasks on formation of installation on physical culture classes gives the grounds for correction of educational process of physical education.

The next researches are planned to be directed to development of a new concept of physical education that, considerably, creates the premise for implementation of authoring programs. Generalization and detailing of programs of a special directivity with right provision to a choice of the student will promote mastering the subject matter physical education in school and after hours.

Conflict of interests

The authors declare that there is no conflict of interests.

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