

zapytany, czy czuł się zadowolony z takiego obrotu sprawy, kontynuowania gry, serii zastrzyków, odpowiedział: „nie całkiem. Miałem nadzieję, że wszystko dobrze się skończy, choć w głębi duszy wiedziałem, że nie. I tak naprawdę czułem, że zawodnik potrzebuje odpoczynku. Prosić o odpoczynek to naprawdę dużo jeśli chodzi o piłkę. Uczciwie mówiąc, on rzeczywiście potrzebuje długiego odpoczynku, który teraz może wynieść około dwóch do trzech miesięcy, do momentu zakończenia tego sezonu”. Zatem, nawet w sytuacjach, które przynajmniej w kontekście futbolu, mogą być uważane za wzory „dobrej praktyki” – w takim sensie, że lekarze współpracują z menedżerami, których postrzegają za „rozsądnych” i gdzie nie są pod silną i bezpośrednią presją ze strony menedżerów – jawi się jasne poczucie potrzeby osiągnięcia medycznych kompromisów, których tak naprawdę chcieliby uniknąć.

Niestety, istnieją takie sytuacje w których menadżerowie wymagają większego, bezpośredniego zaangażowania w opanowaniu urazu. W takich sytuacjach kliniczna autonomia lekarzy i fizjoterapeutów może być znacznie bardziej zagrożona.

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SECONDARY SCHOOL SPORT IN UKRAINE

Турчик І., Голубев О. Шкільний спорт в Україні. У статті розкривається значення та особливості функціонування шкільного спорту в Україні. Питання є актуальним, адже на думку багатьох фахівців шкільний спорт займає важливе значення у системах освіти країн світу. Відомо, що Україна є найбільшою країною Європи, яка є членом ООН та перебуває на шляху входження в Євросоюз. Фізичне виховання дітей і підлітків в загальноосвітній школі в Україні викликає значну турботу у суспільстві у зв'язку з низькою ефективністю даного процесу у вирішенні завдань формування здорового способу життя підростаючого покоління, збільшення фізичного й спортивного потенціалу школярів, встановлення необхідних життєво важливих умінь й навичок. Джерельною базою дослідження охоплено законодавчі та нормативні акти, урядові постанови та розпорядження з питань освіти, фізичного виховання та спорту навчальних закладів України. Їх аналіз дозволяє стверджувати, що незважаючи на значну кількість прийнятих державних документів в Україні, у яких підкреслюється необхідність покращення стану здоров'я учнів через ширше залучення учнів до фізкультурно-оздоровчих заходів, зокрема і до занять шкільним спортом часто все це залишається лише декларацією. Проведений аналіз статистичних даних останніх років доводить, що має місце тенденція, яка характеризує стійку динаміку стосовно погіршення рівня здоров'я та фізичної підготовленості підростаючого покоління. Кількість осіб, які є залучені до систематичних занять спортом в Україні є низькою. Підкреслено, що у той же час різноманітність офіційних змагань у яких мають можливість брати участь школярі України є достатньою. Програма змагань передбачає виступи в обов'язкових та необов'язкових видах, як юнаків так і дівчат. До обов'язкових видів програми відносять: легку атлетику, «старт надій», футбол «шкіряний м'яч». Видами програми за вибором є: баскетбол, волейбол, гандбол, легкоатлетичне багатоборство, настільний теніс та шахи. Наймасовішими та найважливішими змаганнями, що проводяться серед школярів України є вправління з футболу.

Ключові слова: Україна, шкільний спорт, змагання, учні, програма.

Secondary school sport in Ukraine. Iryna Turchyk, Oleksandr Golubev. The given article dwells on significance and peculiarities of today's school sport in Ukraine. Specially organized competitions among school teams are held in accordance with the annual calendar plan issued by the Committee for Physical education and Sports under the Ministry of Education and Science of Ukraine. They are held on all levels from local to all-Ukrainian and are the most important and mass official sports competitions in which Ukrainian schoolchildren can participate. The competitions programme implicates participation of both girls and boys in compulsory and optional events. To the compulsory programme events belong track-and-field athletics, «Starts of Hope», «Leather Ball» football. The optional programme events are basketball, volleyball, handball, track-and-field all rounds, table tennis and chess. Football competitions are the most numerous.

Key words: school sport, Ukraine, competitions, programme, participate, pupil.

School sport takes an important place in the educational systems in most countries of the world Bailey (2009) [1]; Crum (1999) [2]; Hardman (2000,2005 [3, 4]; Sozanski (2010) [5]; Mechikoff and Estes (2002) [6]; Balsewich (1996) [7]; Lubysheva (2010) [8]; Stoljarov (2008) [9]. Article One of the *International Charter of Physical Education and Sport*, adopted by the UNESCO in 1978, declares that the practice of physical education and sport is a fundamental right for all and forms an essential element of the education system. In chapter 2 urges governments of the countries-participants to favour develop school physical education as well as spreading sport among children and youth [10]. It is well-known that Ukraine is the largest country in Europe, a member of the UNO and is currently on its way to the European Union. The standard of Physical Education in secondary schools in Ukraine creates big concern in the society because so

far it fails to efficiently solve the task of formation of healthy life style of the growing generation, enlarge physical and sporting potential of the school children, acquire the vital abilities and skills (Dutchak, 2009 [11] Krucsevych (2012) [12], Shyyan (2010) [13]). Therefore, **the purpose of the** given article is to study the essence and peculiarities of functioning of the school sport in Ukraine. The **source for research** comprises legal and law-enforcement acts, governmental resolutions and directives on issues of education, physical education and sport in the educational establishments of Ukraine. **Today**, one of the constituents of the crisis situation regarding Ukrainians health is limited moving activity. Only 13% of Ukrainians possess the necessary physically stipulated level of moving activity, whereas in the countries of EU it reaches 40-50% and in Japan 70-80% (The concept of the All-state purposeful social program «Healthy Nation», 2008) [14].

The research carried out in 2010 within the frameworks of the International project «Health Behaviour of School-aged Children» (HBSC) has shown that only 22% of all school students aged 11-17 are engaged in physical exercise on the daily basis (28% - boys; 16 - girls)[15]. The expected result specified in the National social development programme of physical culture and sports for 2013-2017 (2013), is engagement of up to 20 % of children and young people aged from 6 to 23 years in youth sports schools. At the same time we must note that school sport in Ukraine does not equate with sport schools with the latter being extra-school educational institutions specializing in sports [16]. There have been no profound studies on the subject which would reveal the real number of students involved in regular exercise in school sports in Ukraine. Thus, the analysis of the conducted research testifies to insufficient number of Ukrainian children involved in systematic physical education and school sport in particular. However, the need of physical exercise, including sports is highlighted in many governmental documents.

The national doctrine of development of physical culture and sport in Ukraine (2002) states that the purpose and objectives of physical culture and sports in Ukraine are as follows [17]:

- creation of conditions for optimal motor activity of each person throughout their lives, achievement of a sufficient level of physical and functional fitness, promotion of social, biological and mental well-being, improving health, disease prevention and physical rehabilitation;

- involvement of talented individuals to youth and reserve sports, creating conditions to maximally realize their potential/abilities in the sport of high performance, meet the entertainment needs of the population, form the citizens ' sense of pride for their country, increase the state's authority in the global sports movement.

Thus, the importance of physical culture and morale supporting activity in schools is also emphasized in the National Strategy of Education Development in Ukraine for the period up to 2021. Among the objectives listed in the document are: - promoting a healthy lifestyle as part of the education, preservation and strengthening of health of children and young people, providing them with a balanced diet, medical examination; - updating methodology of physical education of children and youth with immediate valeological support the whole process of education and upbringing of children with various physical and educational opportunities; - expanding school-age students' motor activities to the lessons of physical culture, morale supporting, mass sports and recreation activities in extra-curricular hours; - improving physical culture and morale supporting activity in educational institutions (encreasing the number of clubs, sports and hobby groups with a compulsory human resource, financial and logistical support of their activities) etc.

In order to implement the set tasks in educational institutions of Ukraine the government has initiated the creation of a network of sports clubs (General Social program of development of physical culture and sports 2013-2017) [18]. According to the standard charter of a sports club of students sports Union of secondary and vocational educational institutions (2002), the main objectives of the club are: [19]

- to encourage spiritual and physical development of youth, instilling a sense of citizenship;
- to promote sports movement in the educational institution and the place of residence of the youth;
- to form an all-round personality of a student by means of physical culture and sports;
- to create conditions to meet the needs of each member of the club in strengthening health, physical and spiritual development;
- to cultivate appropriate motivational and behavioral characteristics in students and raise their awareness of the importance of a healthy lifestyle;
- use of physical culture and sports for professional and applied training of students;
- organization and holding of mass physical culture and sports events, provision of services in the sphere of physical culture and sports; creation of groups and teams in different sports;
- introduction of effective forms and methods of sports activities and kinds of sports, taking into account regional peculiarities, traditions, economic factors, education and free time of students;
- involvement of students and teachers in sports and systematic physical exercise both organized and individual;
- sports improvement work, training and participation of university, college and school teams in different competitions;
- strengthening, expansion and development of sports facilities.

It should be noted that due to the current difficult financial situation in the country the number of clubs is relatively small and therefore school teachers of physical culture of each specific school shoulder personal responsibility for attracting school students to sports activities and competitions.

However, according to the annual schedule of sports events of Committee for physical education and sports Ministry of education and science of Ukraine, there are special competitions held for students between the secondary school teams [19]. They are held at all levels beginning from district (city) to All-Ukrainian and are the most widespread and important official sports competitions available for students. Their main purpose is promotion of physical culture among youth, as an integral part of the common human culture, healthy lifestyle; identification of the status of physical education and extracurricular activities in secondary schools; selection of athletes in teams; selection of talented children to study at schools specializing in physical education. The competition programme includes performances in compulsory and optional forms????, both for boys and girls. Compulsory programmes include athletics – "Starts of Hopes" and football – "Leather Ball". In optional categories, teams are free to compete in as many sports as they desire (minimum three) regardless of gender. Kinds of sports to choose from are: basketball, volleyball, handball, athletic triathlon, table tennis

and chess. Athletics competitions are held among the students of the 11th grade (16-17 years). The team can include younger students. The competition program includes: (Tabl.1).

Table 1

The program of competitions in athletics	
Kinds of Sport	
Boys	Girls
100 m. race	100 m. race
200 m. race	200 m. race
400 m. race	400 m. race
800 m. race	800 m. race
1500 m. race	1500 m. race
3000 m. race	3000 m. race
5 km. racewalking.	3 km. racewalking.
High jump	High jump
Long jump	Long jump
5 kg. shot put	3kg. shot put
150 g. ball throwing	150 g. ball throwing

Each competitor has the right to participate in only one type of programme. Maximum two competitors are allowed to participate in each type of programme. The results shown by the best two participants enter Team Championship placing (total points score) both for boys and girls. "Starts of hopes". Competitions are held among the students of the 7th grade (12 years old). A team consists of twenty students (at least eight of the same gender). The program includes: (Table 2)

Table 2

The program "Starts hopes"	
Kinds of Sport	
Boys	Girls
60 m. race	60 m. race
1000 m. race	800 m. race
Long Jump	Long Jump
Push-ups	Lying - to sitting position (one minute)
150 g. ball throwing	150 g. ball throwing
50 m. swimming	50 m. swimming

A class-winner in each type of programme is determined by the sum of eighteen best results. A place is determined by the sum of places earned by the class in categories. Combined track and field events. Individual and team competitions are held among students in 9-10th grade (14-15 years old). Team members are the students from the same school. Two teams can take part from one district/area (separately for boys and girls). A team consists of four athletes. The program includes: (Table 3).

Table 3

Combined track and field events	
Kinds of sport	
Boys	Girls
60 m. race	60m. race
1000 m. race	1000m. race
Long jump	Long jump
Ball throwing	Ball throwing

The best three results separately for boys and girls enter Team Championship placing. A place is determined by the number of total points.

Table tennis. Participants are 11th grade students (aged 16-17 years old and younger). A team consists of three boys and two girls. A match consists of the best of five games separately for girls and boys.

Chess participants are 11th grade students (aged 16-17 years old and younger). The team consists of two boys and one girl. The contest system is determined jointly.

Handball, volleyball, basketball tournaments are held among 11th grade students of Ukraine. However, a team is allowed to have younger students. A handball team consists of eleven boys and eleven girls respectively. Volleyball and basketball teams have ten players of different sexes. A handball match consists of two periods of 20 minutes for girls and two periods of 25 minutes for boys. Volleyball matches are best of 5 sets, basketball matches are four quarters to 10 minutes of pure time.

Naturally, the largest-scaled competition among schoolchildren is the "Leather ball" Football Club tournament. In accordance with the regulations their main purpose is to increase popularity of youth football in the country, to organize recreational and educational work in secondary schools, to promote healthy lifestyle among children and adolescents, to encourage them to play regular football, to select gifted players and just to promote and develop football. The "Leather Ball" competition of young footballers is held in four age groups (students aged 11, 12, 13 and 14 years old). The tournament is open to secondary schools teams: both boys and girls are eligible to play.

At the first stage of the competition – school championship – participants are teams of adjacent classes from the same secondary schools in their respective age groups. If in a rural school has only one class, then they compete among teams of six neighboring schools on a territorial basis. School teams of the respective age group or combined teams of six neighbouring rural schools that do not have adjacent classes take part in the second stage.

Starting from the third stage: - teams are formed from the students of the respective age groups of the secondary school-winner of the second stage, which is allowed to add not more than four players from schools participating in the second phase of the district or city (city district) competitions; - teams are formed from the students of the six neighboring rural schools in one district where there are no adjacent classes who won the second stage.

Teams and players who did not participate in the first two stages of the tournament are not allowed to compete in the third and subsequent stages. The team is allowed to have 17 players. Starting from the third stage only these players can play for the team. Starting from the third stage, the teams participating in the competition can choose 14 players from the initial seventeen, a representative and the coach. The teams are allowed to substitute any of the 14 players (out of initial seventeen) only upon getting through to the next stage of the competition. A team is allowed to include younger players. If a secondary school has more than six or more adjacent classes, it is not allowed to attract players from other schools to participate in the third and subsequent stages. In the category for 14-year-old school students, players who are registered for the Youth Football League of Ukraine are not allowed to take part. All stages of the competition for the prizes of the "Leather ball" include compulsory competitions on the technical elements of the game of football.

CONCLUSION. Despite a significant number of adopted governmental documents in Ukraine, which emphasize the need to improve the health of students through a wide involvement in the sports and recreational activities, including school sports very often all of this exists on the level of/remains only a declaration. The analysis of statistical data in recent years confirms that there is a tendency that characterizes the steady dynamics for deterioration of level of health and physical fitness of the younger generation. The number of students involved in systematic exercise is low. At the same time, there is a sufficient variety of official competitions in Ukraine, in which students have the opportunity to participate. The competition programme includes performances in compulsory and optional kinds of sport both for boys and girls. Compulsory sports include: athletics, "Starts of Hopes" and "Leather Ball" football competitions. Optional sports to choose from are: basketball, volleyball, handball, athletics triathlon, table tennis and chess. The most widespread and the most important competition is football.

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ESTIMATION OF THE STATE OF CARDIOVASCULAR SYSTEM IN YOUTHS IN DEPENDENCE ON SOMATOTYPE

Fil V.M., Matroshylin O.G., Voloshyn O.R. Estimation of the state of cardiovascular system in youths in dependence on somatotype. This article presents data on the structural features of bonds constitutional body with functional indicators of central and peripheral hemodynamics of patients 17 - 19 years old with different types of constitution aimed at forecasting of playing certain sports,