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THE STRUCTURE OF PROFESSIONAL COMPETENCE OF THE FUTURE EXPERTS IN FITNESS AND RECREATION, WHICH IS FORMED WITH THE USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES.

The article focuses on the fact that modern social, socio-economic and informational-technological changes impose new requirements for the training of the future of a new generation of specialists, which requires the creation and application of new educational systems, changes in the educational process, forms, methods and means of training. Indicated on the primary role in teaching - educational process of higher educational institutions of the application of information and communication technologies, which are considered as a collection of various technological tools and resources used to ensure communication and process creation, dissemination, storage and management of information.

Relying on the qualifications of professionals in the field of physical culture and sports, education and qualification characteristics of specialists training on fitness and recreation in the area of knowledge "Physical education, sport and health", the author defines the structural components of professional competence of the future expert in fitness and recreation, which is formed using information and communication technologies, and which include: motivational, cognitive, activity and personality.

Thus, updating content of training is an urgent problem that requires a new scheme of training of future specialists, including the formation of their professional competence, ability to work in a dynamic environment of modern computer technologies and actively use them in their professional activities.

Prospects for further research to identify and find the theoretical substantiation of pedagogical conditions of formation of professional competence of the future experts in fitness and recreation with the use of information and communication technologies.

Key words: *structure, formation, professional competence, future specialists in fitness and recreation, information and communication technologies.*

Слобожанінов П.А. Структура професійної компетентності майбутніх фахівців з фітнесу та рекреації, яка формується із застосуванням інформаційно-комунікаційних технологій

У статті акцентується увага на тому, що сучасні суспільні, соціально-економічні та інформаційно-технологічні зміни висувають нові вимоги до професійної підготовки майбутніх фахівців нової генерації, що потребує створення й застосування нових освітніх систем, зміни освітнього процесу, форм, методів і засобів навчання. Вказано на пріоритетну роль у навчально-виховному процесі вищих навчальних закладів застосування інформаційно-комунікаційні технологій, які розглядаються як сукупність різноманітних технологічних інструментів і ресурсів, що використовуються для забезпечення процесу комунікації та створення, поширення, збереження та управління інформацією. Спираючись на кваліфікаційні характеристики професій у сфері фізичної культури та спорту, освітньо-кваліфікаційну характеристику підготовки фахівців з фітнесу та рекреації у галузі знань «Фізичне виховання, спорт і здоров'я людини», автором визначено структурні складові професійної компетентності майбутнього фахівця з фітнесу та рекреації, яка формується із застосуванням інформаційно-комунікаційних технологій, і до яких віднесено: мотиваційну, когнітивну, діяльнiсну та особистісну.

Ключові слова: *структура, формування, професійна компетентність, майбутні фахівці з фітнесу та рекреації, інформаційно-комунікаційні технології.*

Аннотация. Слобожанинов П. А. Структура профессиональной компетентности будущих специалистов по фитнесу и рекреации, которая формируется с применением информационно-коммуникационных технологий. *В статье акцентируется внимание на том, что современные общественные, социально-экономические и информационно-технологические изменения предъявляют новые требования к профессиональной подготовке будущих специалистов нового поколения, что требует создания и применения новых образовательных систем, изменения образовательного процесса, форм, методов и средств обучения. Указано на приоритетную роль в учебно-воспитательном процессе высших учебных заведений применения информационно-коммуникационных технологий, которые рассматриваются как совокупность различных технологических инструментов и ресурсов, используемых для обеспечения процесса коммуникации и создания, распространения, хранения и управления информацией. Опираясь на квалификационные характеристики профессий в сфере физической культуры и спорта, образовательно-квалификационную характеристику подготовки специалистов по фитнесу и рекреации в области знаний «Физическое воспитание, спорт и здоровье человека», автором определены структурные составляющие профессиональной компетентности будущего специалиста по фитнесу и рекреации, которая формируется с применением информационно-коммуникационных технологий, и к которым отнесены: мотивационную, когнитивную, деятельностьную и личностную.*

Ключевые слова: *структура, формирование, профессиональная компетентность, будущие специалисты по фитнесу и рекреации, информационно-коммуникационные технологии.*

Problem analysis of recent research and publications. *The process of integration of higher education of Ukraine into the European and world educational space highlights the need to find new and better approaches to training future experts in fitness and*

recreation. Taking into account the requirements of the labor market is becoming particularly urgent problem of formation of professional competence of the future experts in fitness and recreation with the use of means of information and communication technologies.

We devoted a lot of theoretical and experimental studies of domestic and foreign teachers, psychologists, didactics, methodologists and computer technology specialists (V. Yu. Bykov, M.I. Zhaldak, H.O. Kozlakova, A.P. Kudin, V.U. Lapyev, V.L. Matrosov, N.V. Morze, I.V. Robert, S.A. Smyrnov, O.M. Spirin) problems of implementation and effective use of information and communication technologies in education.

Despite the steps taken in the direction of expanding the use of information technology education, the problem of training of modern experts in fitness and recreation remains unresolved.

Formulation of research objectives.

The aim of the article is to characterize the structure of professional competence of the future experts in fitness and recreation, which is formed with the use of information and communication technologies.

The presentation of the main research material.

The professional competence of the person is a complex entity, whose main elements, according to K. D. Volkov, are as follows: professional knowledge - logical system information regarding the surrounding and the inner world of man, recorded in his mind; professional skills - mental education, which are as a person mastering the methods and techniques of professional activity; skills - the action generated in the course of repetition of certain operations and brought to automatism; professional positions - aggregate existing installations and orientations, attitudes and evaluation of internal and ambient experience, reality and prospects, as well as the perspectives that determine the nature of professional activity and professional behavior; individual psychological characteristics of a specialist - a combination of different structural and functional components of the psyche, which define the personality, style of professional activity, behavior, and find themselves in the professional qualities of the person; internal pathogens that cause the need for a specialist in a constant self-development, creativity and self-improvement [1, p. 33].

R. Maier in his monograph «Knowledge management systems: Information and communication technologies for knowledge management» reviewed and summed up the experience of the application of information and communication in the field of educational services technology [5, p. 269]. R. Maier proposed concept, the organizational structure and the theoretical foundations of information and communication technologies in education management.

M.I. Zhaldak focuses on "the improvement and development of modern information and communication technologies (ICT) as a set of methods, tools and techniques used for collecting, organizing, storing, processing, transmission, presentation of all kinds of messages and data, significantly affect the nature of the production, research , education, culture, family life, social relationships and structures "[2, p. 3].

We are particularly impressed with the thought of the scientist.

By means of these technologies involve computers, the Internet, radio and television, as well as telephone. M.L. Ryabchykov and D.V. Borysenko indicate that "in general the use of electronic aids, multimedia courses, simulators, electronic reference books, modeling capabilities and design laboratory and practical works, video lectures, webinars are constantly striving to organize the learning process, but the presence of only a partial development of listed funds informatisation is not possible to cover the whole organization of the educational process and to have a "fragmentary" episodic character" [3,p. 152].

On the Internet, there are information (text, graphics, audio-visual) material, network encyclopedia, digital libraries, virtual tours, online media, online catalogs, online shopping, etc. P. V. Sysoyev, he said [4, c. 123].

Modern information and communication technologies create conditions for the organization of synchronous (chat, a Skype technology) and asynchronous (e-mail, web forum, blog) communication between Internet users. This didactic property can be used in the implementation of telecommunication projects between students of domestic higher educational institutions, as well as foreign students.

The use in the educational process of training of Internet resources of various functional types will form the skills of the future experts in fitness and recreation to work with different types of Internet sources in order to obtain the necessary information.

We have defined the structural components of professional competence of the future expert in fitness and recreation, which is formed with the use of information and communication technologies: motivational, cognitive, activity and personality, as well as their characteristics (Fig 1.).

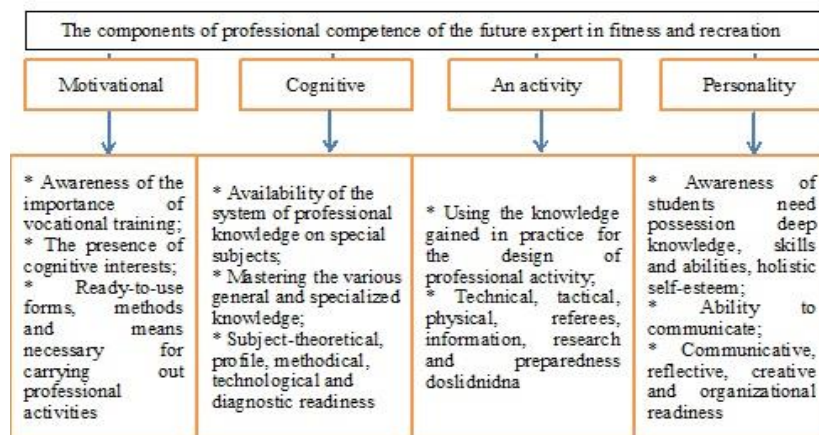


Fig. 1. The structural components of the professional competence of the future expert in fitness and recreation, which is formed with the use of information and communication technologies

Professional competence in the general scientific understanding - is the willingness expert on fitness and recreation to fulfill their professional duties, the activities in the field of their profession.

Professional competence - is the degree of formation of the system of knowledge, skills, abilities, personality initiatives specialist in fitness and recreation, necessary for the effective implementation of specific activities.

Professional competence includes a set of key common and proper professional competences, providing adaptation to the profession and its successful implementation.

Allocate the following competencies of fitness and recreation: pedagogical (objective, didactic, methodical), psychological and communicative, managerial, projective and reflective.

We believe that their list could be extended, however, appropriate to focus on those that constitute the substantive basis of professional competence of the expert in fitness and recreation.

he pedagogical competence of the expert in fitness and recreation: Subject competence - to receive information, analyze, synthesize, and use it for training; apply learning material sufficient reasonable and consistent basis;

didactic competence - define the objectives of the lesson; build a learning process alive, emotionally, it's interesting; select the content and appropriate equipment for carrying out of studies; to present course material is available, clearly, eloquently and convincingly; to develop educational materials for the training session;

methodical competence - awareness of the presence of problems in the field of education innovation, using different educational technologies and teaching aids, means of organizing the work of students in the class.

Psychological and communicative competence - the ability to: stimulate the cognitive interests of students in the classroom; exercise motivation of each training session; students form a positive attitude to learning; update the knowledge and experience of students; to perceive and understand the students; create a positive psychological climate in the class.

Managerial competence - the ability to plan, organize and control the educational process and their own professional activity in order to achieve predictable results - specify learning objectives for the discipline and training; assess the level of knowledge; use different types and methods of control; manage the work of students in the classroom; to organize independent work of students; to determine the educational objectives of the subject.

Projective competence - the ability to foresee the consequences of professional and personal activities; predict the results of the educational process; develop training plans and programs for the discipline; develop lesson plans; design and operation of the educational process of students in the class; design and predict their own educational activities in accordance with the subject.

Reflective competence – the ability to analyze the results of its operations and focus its efforts on its transformation, improvement, etc. We carried out a survey of 36 students at the National Pedagogical Dragomanov. University.

On the survey question "Do you own method of cardio improving orientation programs (the cyclical nature of the exercise, classic aerobics) and their conduct?" 11.59% of the respondents answered that they own the technique improving orientation (the cyclical nature of the exercise, classic aerobics) and of 40.58% of the students surveyed have partially 36.24% of the respondents do not have a general, and 11.59% of the respondents did not find the answer to the question (Fig. 2).

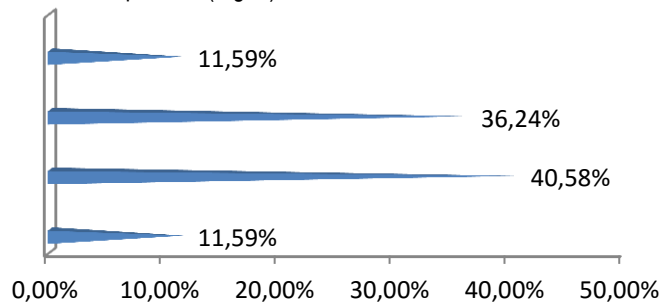


Fig. 2. Distribution of the students' answers to possess cardio method of constructing programs improving orientation (the cyclical nature of the exercise, classic aerobics) and holding (%)

Analysis of the responses to the question: "Do you own a method of constructing training programs on step-platforms for functional fitness?" He gave the following figures: 15.94% of the students surveyed own method of constructing training programs on a step-platforms for functional fitness, 31.89% of the future experts - have a part, 39.13% of respondents owned and 13.04% of the students surveyed were undecided (Fig. 3).

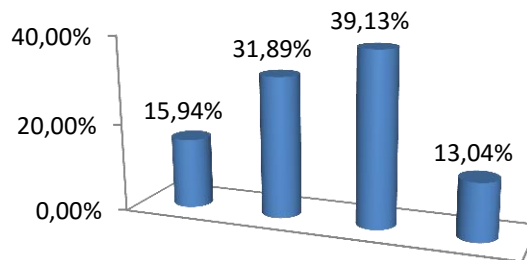


Fig. 3. Distribution of student responses to own method of constructing training programs on a step-platforms for functional fitness (%)

Thus, updating content of training is an urgent issue. We need a new scheme of training of future specialists - the formation of their professional competence, ability to work in a dynamic environment of modern computer technologies and actively use them in their professional activities.

For structural components of professional competence of the future experts in fitness and recreation with the use of information and communication technologies, include: motivational, cognitive, activity and personality.

It is indicated that the components of the professional competence of the future experts in fitness and recreation are closely interrelated, interdependent, and each productive only when other components are formed of professional competence.

The study does not cover all aspects related to the use of ICT tools for the formation of professional competence of the future experts of fitness and recreation.

Prospects for further research to identify and find the theoretical substantiation of pedagogical conditions of formation of professional competence of the future experts in fitness and recreation with the use of information and communication technologies.

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СУЧАСНІ ПІДХОДИ ДО ЗАСТОСУВАННЯ ФІЗИЧНОЇ РЕАБІЛІТАЦІЇ ЧОЛОВІКІВ 65-75 РОКІВ З ГІПЕРТОНІЧНОЮ ХВОРОБОЮ ІІ СТУПЕНЯ НА САНАТОРНОМУ ЕТАПІ

У статті зазначено, що фізична реабілітація чоловіків 65-75 років з гіпертонічною хворобою ІІ ступеня на санаторному етапі спрямована на нормалізацію процесів збудження і гальмування в центральній нервовій системі, моторно-судинних рефлексів і судинного тону, покращення кровообігу та зменшення артеріального тиску, поліпшення психоемоційного стану, стимуляцію нейрогуморальних регуляторних механізмів і відновлення нормальних судинних реакцій на м'язову роботу, підвищення фізичної працездатності.

Ключові слова: фізична реабілітація, чоловіки 65-75 років, хворі з гіпертонічною хворобою ІІ ступеня, санаторний етап.

А. Г. Соснов, А. А. Філоненко *Современные подходы к применению физической реабилитации мужчин 65-75 лет с гипертонической болезнью II степени на санаторном этапе.*

В статье отмечено, что физическая реабилитация мужчин 65-75 лет с гипертонической болезнью II степени на санаторном этапе направлена на нормализацию процессов возбуждения и торможения в центральной нервной системе, проворно-сосудистых рефлексов и сосудистого тонуса, улучшения кровообращения и уменьшения артериального давления, улучшения психоэмоционального состояния, стимуляцию нейрогуморальных регуляторных механизмов и возобновление нормальных сосудистых реакции на мышечную работу, повышение физической работоспособности.

Ключевые слова: физическая реабилитация, мужчины 65-75 лет, больные с гипертонической болезнью II степени, санаторный этап.

A. Sosnov, O. Filonenko *Modern approaches to the use of physical rehabilitation of men 65-75 years old with hypertension second degree at a sanatorium stage.*

The increase in diseases of the cardiovascular system of a mature-aged and elderly people over the last decade increased significantly. This requires finding additional means and methods of physical rehabilitation, which increase the efficiency of the recovery process. Medication cannot restore the body's ability to perform work and self-service. A hypertension is one of the most widespread chronic diseases of organs of circulation of blood, which increase the risk of development of cardiovascular complications and death rate. Annually in the world 3 million deaths registers oneself from a hypertension, diseases and complications associated with her. With age, there is a significant increase in both the population of medium-level of blood pressure, especially systolic, and the increase in the prevalence and incidence of hypertension.