

EDUCATIONAL AND SOCIAL PRIORITIES OF IMPROVING THE SYSTEM OF PHYSICAL EDUCATION STUDENTS

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Annotation. Purpose - pedagogical and sociological research priorities in the system of physical education of students. The study involved more than 800 students. Described educational and social priorities of improving the system of physical education students, the basic ideas and principles of conservation and health by means of physical culture. The necessity of the restructuring and improvement of the physical education of youth in accordance with the level of social demands. It was found that the problem of physical culture as a social phenomenon is closely linked to the problem of formation of physical culture of the individual. In turn, the problem of identity formation in physical education is a challenge to improve the foundations of physical education among young people and students. Confirmed the hypothesis on the need for adjustment and improvement of the physical education of youth.

Keywords: educational, social, priorities, physical education, student motivation, physical culture.

Introduction

It is well known that the most important factor of health improvement, workability's increasing and creative longevity's prolongation is physical culture and sports. Evaluating health improving significance of physical culture, it is necessary also to mark its general cultural importance and multi-functional character, which put it in the rank of socially useful information, in which students' social activity and creativity are formed. The data of researches permit to affirm that skills of social and professional activity, obtained owing to physical culture trainings, are successfully extrapolated to other kinds of activity. Physical culture permits to present some aspect of human self in specific forms and directions, creates conditions of social activity [5].

Physical culture facilitates manifestation of the best features of human personality. By the power of its influence on a person physical culture takes one of main places in cultural life of society. However, in spite of its tremendous educational importance, the problem of its implementation in everyday life has been still remained unsolved [5].

The trend of health worsening of our country's population appeared long ago. Researches, which were fulfilled in different regions of our country, found out constant reduction of health level, low level of physical development, and preparedness of youth, insufficient knowledge of young generation and their parents about effectiveness of strengthening and maintaining of their health.

Considering up-to-date life realities, worsening of youth health requires implementation of modern methods and approaches. Pre-conditions for solution of this problems are reflected in the works by pedagogues (T. Boytchenko, G. Goloborodko, O. Dubogay, T. Krutsevych, S. Kyrlyenko, V. Orzhekhovska, S. Svyrydenko, M. Solopchuk), medical scientists (M. Amosov, G. Apanasenko, V. Voytenko, N. Kyseliova, N. Borysenko) et al. As per the data of sociological studies, [<http://dsmsu.gov.ua/index/ua/material/9520>; <http://dsmsu.gov.ua/index/ua/material/7106>;

http://www.rusnauka.com/10_ENXXIV_2007/Pedagogica/21528.doc.htm], our country is on the sixth place among other countries of the world by span of life, after Libya and Kenya. At present, in Ukraine strong neurotization of children and youth is observed. Chronic deficit of children's motion activity impedes their normal physical development, threatens their health. Scientists witness (V.I. Dubrovskiy, V.I. Krutsevych, N.Yu. Kuts et al.) that children with low motion activity have high level of morbidity owing to reduction of general immunity, that, in its turn, results in premature aging of human organism, early losing of workability.

The health of population, especially of children and youth, worsens catastrophically quickly, as well as their physical preparedness. The quantity of disabled people is increasing (even as per incomplete data they are more than 4 million people in our country) and they face acute problem of social adapting and rehabilitation (National doctrine of development of education: approved by Order of President of Ukraine No. 347, dt. April 17th, 2002//Education.- 2002. – No.26.- C.2-4; Decision of Cabinet Council of Ukraine No.1697, dt. September 15th, 1999 “On approval of national program of patriotic education of population, formation of healthy life style, development of mentality and strengthening of society's moral principles”).

So, starting from 9-10 forms, the quantity of pupils, who want to practice physical culture, is decreasing. On the one hand it is explained by increasing variety of senior pupils' interests, on the other hand – by increasing, after puberty period, of impeding influence of inner organism's balance, which is manifested in reducing of demand in motion activity. It manifests especially brightly among girls. Analogous situation is observed among students, that is witnessed by scientific works of recent years

[2, 3, http://www.rusnauka.com/10_ENXXIV_2007/Pedagogica/21528.doc.htm].

Analysis of students' and youth's questioning results permitted to find out the most important factors, which influence negatively on health:

- Girls opinion: ecology, stresses, heredity and smoking;
- Boys' opinion: ecology, heredity, stresses, drugs;

- Parents' opinion: ecology, drugs, low quality of medical assistance.

By the results of questioning, respondents' answers concern, mainly, external factors, environment, i.e., both youth and parents do not take responsibility for health preservation and own life style [1].

The work has been fulfilled as per plan of scientific & research works of Rivno state humanitarian university.

Purpose, tasks of the work, material and methods

The purpose and the tasks of the work are study of pedagogical and social priorities in system of students' physical education.

The methods and organization of the research. For solution of our tasks we used the following methods: analysis of literature sources, questioning. More than 800 of first year students of Rivno state humanitarian university, Rivno institute of Slavonic studies, Rivno national university of water industry and nature management took part in the research.

Results of the research

Physical culture is a kind of culture and includes the same processes that culture but rather specifically. That is why physical culture is one of the basic kinds of young generation's culture, it is one of the most important methods of formation of human (students') general cultural level, ensures high level of life activity. The level of youth's physical culture is determined, first of all, by special knowledge in this field, by conscious demand in using physical exercises and other kinds of motion activity for health improvement and comprehensive self perfection. All these is directly intrinsic to sphere of physical culture, which on previous historical stage was formed by government on pragmatic positions of perfection of psycho-biological nature of individual and in development of its main directions and organizational forms it "subordinated" to solution of tasks of purely state system of education. Developing in the frames of such system, physical culture lost social-cultural functions and was understood by human mind as identical to the process of physical education. Such transformation of culture into "pedagogical element" reflected also in peculiarities of physical culture development as social phenomenon, which was developed in paradigm "not physical culture for a person, but a person for physical culture" and became by definition subjectiveless.

Available, in connection with this, practical alienation of physical culture from a person, from his individual motives and demands, from active attitude to his physical nature, from possibilities to fully master and further to uses its essence, conditioned passive attitude of society to physical culture as phenomenon of culture [6, 7]. Crises in state system of physical education, intrinsic to present period, and relative not readiness of physical culture itself to develop out of this system, turned into a number of negative consequences for the society, which reflected in excluding of this phenomenon from life activity of modern person. To these consequences, though they are of temporary, transitive character, we can relate the following:

- reduction of interest in physical exercises, especially in traditional forms; demands, motives and value orientations of a person's transformation of own physical nature are considered insufficiently;

- insufficient readiness of a person to organize independent forms of physical activity, to actively and purposefully solve the tasks of cultural transformation of own physical nature, to strengthen his health and increase creative longevity;

- incompliance of physical culture instructors' competence with up-to-date requirements, which is manifested in their insufficient professional level, in inability to master new content and forms of trainings, new, modern technologies, which require new approaches to systems, methods and forms of educational process's organization;

- desolation and ruining of sports sites and stadiums owing to functional not readiness of their personnel to organize and cultivate non traditional kinds of physical activity, to implement in human life style new forms of physical culture measures, which have becoming wide spread in world society [5, 8,10].

The content of trainings, their educational potential, forms of organization do not satisfy individual and collective wishes of students, do not promote development of motivation-demand sphere, do not appropriately influence on personality and social-professional readiness. There is no logical transition of physical education process into physical self education and self perfection, without which it is impossible to speak seriously about effectiveness of educational process. Transformation of obtained at classes knowledge, skills and physical level in general cultural development of student, his healthy life style and etc. is not ensured.

The researches, which were carried out by us, showed, that at schools and HEEs physical culture classes are oriented mainly on development of body, on physical development but not on perception and understanding of physical culture values. Attention, first of all, is paid not to knowledge but to external, specific indicators instead of formation of culture, of mastering knowledge.

At higher educational establishments there is a contradiction in technology of physical education process, which is oriented, on the one hand on execution of certain normative and on the other – on mastering by students certain level of physical culture knowledge and skills about lows, means and methods of own development and health strengthening. Orientation on certain indicators of motion activity, on increasing of trainings' motor density does not permit to solve educational tasks in their process. That is why they are not distinguished by sufficient general cultural and educational level in the field of physical culture [8, 9].

The basis of this contradiction lies in the nature of human essence, as far as from the very beginning in a person there is no demand in fulfilling of somebody's volitional instructions, he has quite an opposite demand in resisting to any pressure. That is why it is impossible to breed demand in physical perfection by command methods is practically impossible. Effect of command-drill methods, which are dominating at physical culture trainings, is quite

opposite. It manifests as defective transformation of demand-motivation sphere of students. Most of students avoid not only independent physical exercises trainings but also miss academic classes in physical culture, wish to leave trainings as early as possible, do not take part in competitions, show no interest in physical culture literature.

P.F. Lesgaft wrote that pedagogues "...do not suspect about physical culture health improvement..., in the best case they speak about development of body". That is why prestige of physical culture drops, possibility of its understanding as a value reduces; it impedes formation of active attitude of youth to own physical development.

With normative approach to building of educational process purely external processes instead of young people became the center of attention. It results in forced adjustment of personality to some, come from "superiors", normative, which evidently contradict to idea of freedom of personality and humanistic principles of human development and education.

Results of such researches witness that system of youth's physical development does not correspond to up-to-date requirements and level of development of new forms and methods of students' physical education. Recognizing to large extent criticism of RLD* complex and especially organization of its norms' fulfillment, we can help agreeing with decision about full refusal of unified system of testing of physical development level. Because testing system fulfills several functions. I.e., besides evaluation of physical level, adequacy and accessibility of tests and exercises, it plays important role in motivation for systematic physical culture and sports trainings, is a stimuli for physical self perfection [3, 6].

Unfortunately, at the present time, in Ukraine there is no unified testing system of pupils' and students' physical level. Coming from own experience and possibilities, instructors of educational establishments solve themselves the problems of tests' selection and it results in appearing of many testing systems, in absence of unified requirements to youth's physical level and makes impossible comparison of human physical levels in different periods of time, of youth from different educational establishments, colleges and so on. Finally, all these result in the absence of control of Ukraine population's physical development level (Decision of Cabinet Council of Ukraine No.1697, dt. September 15th, 1999 "On approval of National program of population's patriotic education, formation of healthy life style, development of mentality and strengthening of moral principles of society"). Such situation brings to certain idea that demand in unified system of testing of physical level can not be reduced primitive problem of evaluation and comparing of results. We mean that it is necessary to change the practice of training and evaluation of physical education of all rising generation of the country (Order of President of Ukraine about approval of Target complex program "Physical education – the health of nation"//Bulletin of Verkhovna Rada = 1998.-No.18.- Pg.37).

In the contest of the above said it can be understood that the problem of physical culture as social phenomenon is integrally connected with the problem of formation of personality's physical culture. In its turn, the problem of personality's formation in the sphere of physical culture is a problem of perfection of physical education principles among rising generation and students. And, as far as up to the present time, even when now we have a number of scientific-pedagogical works on this problem, it has been remaining impossible to carry out transition to the process of objective personality's physical culture development without their permission, we should like to mark out the following:

- every day pedagogic practice is carried out without scientifically grounded setting for active mastering of physical culture values by students, which, actually, are changed by settings for perfection of human physical status;
- in scientific-methodic approaches there constantly present dilemma in determination of functional orientation of physical education: priority of biological or social student's development, accent to training of motion exercises or breeding of physical abilities, formation of demand in sports training or in independent training of physical culture forms;
- educational programs are characterized with discreteness and fragmentation, absence of wholeness in stage-by-stage mastering them in different age periods, that is explained by insufficient understanding of the fact that physical culture as an aspect of culture is an integral formation, which does not permit formation of partially cultural or partially not cultural student;
- not worked out age approach to mastering of physical culture values, which is, first of all, oriented on passport age, partially on biological, but in any way on social age of a person;
- strict adjustment of pedagogue and instructor especially on learning activity of student leaves out of attention students' own individual value orientations and settings in physical culture, which, in addition, have age specificity.

Analysis of reasons, which bring to these mistaken ideas, shows at the absence of teachers' modern thinking, which, in conditions of changes in higher education, is extremely required for self-perfection.

The absence of vision of complex physical education influence on student personality's development is a severe disadvantage of teachers' professional thinking (Order of President of Ukraine about approval of Target complex program "Physical education – the health of nation"//Bulletin of Verkhovna Rada = 1998.-No.18.- Pg.37).

Summary

The carried out by us research proved our hypothesis about necessity in re construction and improvement of system of youth's physical education.

In students' physical education there appeared a problem situation, which means its effectiveness's non compliance with the level of social demands. One of the reasons of this is insufficient level of individualization

methodic of independent trainings – the basis of organizational-methodic form of independent physical extra curriculum trainings.

That is why main directions of reconstruction of students' physical education at higher educational establishments of Ukraine stipulate further increasing of importance and scope of students' independent forms of work for further prospects of their studying and implementation among students of Ukrainian higher educational establishments.

- RLD- "Ready for Labor and Defense" system of mass physical culture preparation, which existed in the USSR (*note of translator*).

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