

PHYSICAL IMPROVEMENT OF STUDENTS DURING INTERACTIVE PHYSICAL AND AESTHETIC EDUCATION

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Annotation. Defined theoretical and methodological foundations of physical improvement of students in the interaction of physical and aesthetic education. The interrelation of physical and aesthetic education in accordance with the basic components of physical perfection is conducted. From the standpoint of beauty and culture movements highlighted the following components: physical fitness, health and harmonious physical development. It is found that a person is a certain organic and indissoluble unity of his spiritual and aesthetic, bodily aesthetics and foreign artistic and expressive nature. It is determined that the functional sides of beauty movements form the basis for the development of aesthetic taste. They are a source of aesthetic satisfaction, enjoyment and understanding of beauty in physical exercises and movements of the human body.

Keywords: physical, aesthetic, education, culture, motions, health.

Introduction

In modern conditions of higher educational system's reforming the problems of students' physical education's upgrading on the base of appealing to personality of future specialist, development of his physical culture, formation of motivation to regular physical training, in which great attention is paid to physical perfection, are of the first priority. Analysis of students' physical education at higher educational establishments showed that within organizational process of academic classes there formed groups of gymnastics, aerobics, volleyball, basketball, football, considering students' interest in personal physical perfection, with leading principle or orientation on satisfaction of personal demands in health, strength, dexterity and beauty in their unity, which expresses high morality of desires, activity and actions. As it was noted by doctor of pedagogical sciences, professor of Moscow academy of physical culture, M.M. Bogen [roman.by>r-72469.html] this principle implies existence of individual image of physical perfection, which appears as a subject of satisfaction of personal demand in physical perfection, as a motive for person's physical culture activity. Individuality of physical perfection image determines differences in its realization in specific activity: of disabled man, of healthy person, of qualified sportsman. Individual images of physical perfection, with all their differences, shall have something in common, some invariant properties, which would permit to include them into conception "ideal".

As it is known, in 20th century physical perfection was a component of conceptions, which characterized different sides of effect of physical education influence and was interpreted as historically conditioned ideal of physical development and physical preparedness of a person, optimally complying with requirements of life [1, c.9-10]. In different historical epochs conception "physical culture" had different sense and depended on the character of socio-cultural relations, on demands of society in certain type of social ideal. At the same time, this concept always expressed definite ideas about body beauty, plastic freedom, personal health, level of physical abilities' development. In this connection the questions of students' physical education in the process of interaction of physical and aesthetic education are urgent and it complies with fulfilling of complex scientific project of Ministry of education and science, youth and sports of Ukraine "Theoretical and methodological principles of formation of children's and youth's personal physical culture and the base of their health".

The work has been fulfilled as per plan of scientific & research works of Lugansk national university, named after Taras Shevchenko.

Purpose, tasks of the work, material and methods

The purpose of the research is determination of theoretical and methodological principles of students' physical perfection in the process of interaction of physical and aesthetic education.

Drawing analogy with this question in combination with induction shall be started with study and theoretical generalization of interconnections of physical and aesthetic education in respect to main components of physical perfection.

Results of the researches

As per the data of researches the most important indicators of a person's health, in the opinion of A.M. Maksimenko, [2] are sound health, ensuring person's painless and quick adapting to different, unfavorable inclusive, life, labor and domestic conditions, abilities; high general physical workability, permitting to achieve significant special workability; proportional constitution, correct posture, comprehensive and balanced physical qualities, excluding one-sided person's development; rational technique of main vitally important movements; ability to quickly master new motion actions; physical culture knowledge, i.e. having special knowledge and skills to use own body and physical abilities in life, labor and sports.

The research resulted in the fact that in the process of interaction of physical and aesthetic education the students' accents of physical perfection shift to formation of culture and beauty of movements, aesthetic forms of external, body beauty, increasing of emotional level of physical trainings in general.

In the process of physical perfection key position is taken by physical preparation of students, where dominating place is held by development of physical qualities: strength, quickness, dexterity, endurance, flexibility; all these qualities are reconditions to aesthetic mastering of reality and to large extent characterize person's readiness for life, for practical activity in compliance with "the laws of beauty". On the other hand, high level of physical development creates precondition for easy and gracious movements that permits to speak, in general, about culture of movements as qualitative, aesthetic side of physical exercises. As it is noted by V.N. Zavadich [3, p.29] culture of movements implies not only harmonically developed physical abilities, but health and body beauty, good posture and graciousness of movements, correct, harmonic constitution as well.

Let us analyze the other side of person's physical perfection – sound health and its preservation for many years. The view of a number of well-known scientists can serve as initial precondition for solution of this problem. N.G. Chernyshevskiy, U. Hogart, G.P. Shevchenko, V.Yu. Ziambetov, P.M. Jenlink [10], N. Maivorsdotter, S. Lundvall [11], S. Stewart [12] et al. pointed that really beautiful in a person is impossible without health and harmonic development of organism, because health is always valuable in the eyes of a man and human body is the best beauty in the world.

Various exercises, used in physical training, can cause different emotional feelings, which are connected with sensing of external beauty of a trainee, sensing of beauty of movements with musical accompaniment as well as feeling of "muscular joy" in the process of training, entertaining of own sound constitution, confident movements. This fact also permits to regard physical training as a substantial condition of aesthetic education. Therefore, perfection of person's physical nature facilitates formation of aesthetic taste, serves as a source of aesthetic entertainment and satisfaction, creates conditions for sensing, feeling and understanding beautiful in physical exercises, appreciate beauty of human body movements. A.A. Frenkin noted that beautifully built person causes admiration by his appearance. He excites, inspires, makes bright aesthetic impression [4, p. 73].

As far as in the process of aesthetic education physical education is oriented, first of all, on perfection of human shape, let us regard formation of body beauty, beauty of movements, considering that, in aesthetic aspect, beauty characterizes only external side of phenomena. External beauty embraces all that characterize forms and types of constitution as well as manifestation of human self in motion activity. Well known scientist I.D. Bekh defined that human body, its state and the level of its development, character of functioning, dynamics of changes, accordance or unbalanced interconnection with social life are indicators of health. In this context interconnection between definition of health as a value, as normative-orientation characteristic of human life and positive value of human body both on verbal-evaluating level and on practical-behavioral level [5, p.218-219], is obvious that creates preconditions for uniting of "person as a body" with "spiritual person".

Person as a body is sensed through harmonic development of forms and functions, state of sports form. Nowadays, athletic body with perfectly developed muscles, good coordination, good behavior, sensitivity, quickness and workability is an ideal of human body. Demonstrations of such wonderful possibilities, both by men and by women, can be seen at competitions in body-building, fitness. It should be noted that human body is a carrier of beauty, while athletic body reflects ideal of constitution.

As confirmation of our words we should like to add that ideal of body beauty, culture of movements is manifested best of all by sportsmen, actors of ballet. Systematic trainings made them muscular, slender. External attractiveness, in opinion of V.L. Utkin, is combined with high objective indicators of motion abilities (endurance, strength, quickness, dexterity, flexibility). That is why motion activity of masters of sports and ballet is appealed always when it is necessary to reveal standards of body beauty and culture of movement. Beauty of movements witnesses about psychic and physical health as well as about high qualification in sports and labor activity.

Therefore, manifestation of beauty of strength, beauty of dexterity, beauty of endurance thorough body and in body influences positively on mental person, on its emotions, feelings, motives. This is the way, how interaction of physical and aesthetic manifests, how physical phenomenon transforms into object of aesthetic feeling. Completeness of all these sides' manifestation is obviously presented in correct posture, which creates favorable conditions for health and life activity of organism. Correct posture makes visible many sided beauty of physically developed person. In this context the task of high school teacher is to bring to students, in the process of physical education, aesthetic significance of form's beauty, of constitution, correct posture, harmonic muscular development and development of motion abilities. Combination of these indicators can show the level of physical development, the extent of his harmonicity, everything that is included in conception of physical perfection, all, without what human body cannot be beautiful to every trainee.

With it the "secret of beauty" is concealed, mainly, in movements, which reveal ability of every student to master his (her) physical abilities and possibilities, to make them controlled. V.V. Grinevskiy wrote about coincidence of purposefulness and aesthetic character of movements "Beauty in movement is a function. Ugly movements, unpleasantly influencing on our consciousness, turn out to be, in many cases, excessive and unreasonable. Instinct of beauty obviously control us in our choice of the most correct and useful movements of body. The tasks of movements' aesthetics and dynamics rather coincide" [7, p.92].

The criteria of movements' beauty are their reasonable character, purposefulness – provision of high final result: quickness, distant action, height and etc. P.F. Lesgaft explained that beautiful movements permit to consciously fulfill maximal physical work or act in fine way and energetically with the least consumption of forces and in the minimal possible period of time [8 p. 295].

Dynamic and easiness of various movements to large extent express aesthetic faces of harmonically organized life and show the extent of movements culture's development, which is naturally connected with beauty of physical exercises. Therefore, the beauty of physical exercises, their culture are characterized by qualitative indicators of physical exercises, videlicet: accuracy, easiness, freedom, accordance, smoothness, fineness, rhythm.

Let us regard to what extent harmonic accordance of body beauty and beauty of movements is significant. In the opinion of Yu.A. Kompaniyets [9], the harmony of body must give birth to harmony of every movement. Simple run is accessible for everybody as well as accelerate one's movement, playing with speed. But quick running is an art, which requires understanding of perfection, its criteria, its harmony. And if a person does it beautifully (i.e. if he achieved purposeful and economic movements) he gifts to spectators aesthetic entertainment, feeling muscular joy.. Not only harmonic combination of body beauty, positions, gestures, beauty of movements determine physical beauty of a person. To the same extent beauty depends on internal state of a person, on exaltation of interests, level of activity in realization of demand in body health and beauty, on high workability.

Summary

We can conclude that from aesthetic point of view human being is definite natural and integral combination of mental-aesthetic, body-aesthetic and external artistically-expressive essence, integrity, which is the most fully realized as a result of comprehensive development of student's personality. B

In the process of formation of external physical beauty there is some influence on internal, mental world of a person. In the process of physical trainings, students entertain with game structure, training process, quickness, power and strength, which are manifested in general exercises, with aerobics, run, jumps. All enumerated components belong to functional sides of beauty.

Exercises, characterizing mechanical side of movements, as a rule have clearly expressed aesthetic imprint. Owing to them coordination abilities of the trainees become sensible and visible, the richness of their motion experience, ability to apply strength in relatively ease form is manifested. Besides, these sides create conditions for expressing of appropriate emotions, mobilization of imagination, joyful sensing of environment. Exactly functional sides of movements' beauty create the base for development of aesthetic taste, serve as a source of aesthetic satisfaction, entertainment and understanding of beauty in physical exercises and movements of human body.

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