

STRUCTURE OF THE CONCEPT OF PERSONALITY ORIENTED PHYSICAL EDUCATION UNIVERSITY STUDENTS

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Annotation. The features of the structure of the concept of personality-oriented physical education students is shown. The study involved 560 students. The features section of the concept, including the guidelines of the administration and public organizations of the university is found out. It is describe the programs and technology of physical culture development of the individual student. Structure of the concept of personality-oriented physical education provides a holistic, systematic approach to solving problems of physical education and foundation of a healthy way of life of students. The features of the application of technology in a healthy lifestyle during the personal-oriented physical education are found out. The features of the organization and management of forms the concept and program of individually oriented physical education.

Keywords: concept, programs, personality-oriented, physical education, student.

Introduction

The prospect of students' physical education improvement is determined by personality-oriented approach to human [2,3]. The conception of personality-oriented physical education of Donetsk National university students (DonNU) has been developed in compliance with the Law of Ukraine "On higher education" [Law of Ukraine "On higher education". – Governmental publication.- Bulletin of Verkhovna Rada of Ukraine – K., 2002], with the Law of Ukraine "On physical culture and sports" [Law of Ukraine "On physical culture and sports".- Governmental publication.- Bulletin of Verkhovna Rada of Ukraine – K., 1994], considering positive international experience [5-11] and in compliance with "Conceptual foundations of development strategy of Donetsk national University for 2012-2014".

The developed conception and the programs of its realization determine the purpose, tasks, principles and main mechanisms of university's policy in personality oriented physical education of students and propaganda of healthy life style (HLS) among them for the period up to 2014 [1].

The work has been fulfilled as per plan of scientific & research works of Donetsk national University.

Purpose, tasks of the work, material and methods

The purpose of the research: development of structure of conception of personality oriented students' physical education (on example of Donetsk national University).

The methods and organization of the research. The research was carried out on the base of literature sources' studying, analysis and synthesis of the obtained information with application of pedagogical projecting method.

Results of the researches

In the course of development of conception of students' personality oriented physical education we used the following below notions.

Healthy life style (HLS) – an important category of notion "way of life", including favorable conditions of human life activity, the level of his culture and hygiene habits, which permit to preserve and improve health, prevent from possible health abnormalities and maintain optimal quality of life.

Human health – the state of complete physical, mental and social welfare with full adapting to environment conditions and personality's re-production ability, but not only the absence of diseases and physical disorders.

Personality-oriented physical education is a complex, comprehensive influence on a personality by means of physical culture, when, alongside with solution of other tasks, the development of physical culture values and health, formation of personality-significant motives, skills and knowledge, first experience in safety use of physical culture and health improving means are of first priority.

Health improvement – increasing of human functional reserves and adapting abilities, prevention of diseases and improvement of life quality of persons, who are weakened by unfavorable environmental influence or difficult working conditions or having functional, pre – disease health disorders.

Prevention from diseases – is a system of medical and not medical measures, oriented on prevention, reduction of health abnormalities risks, prevention from (retardation) abnormalities progressing, reduction of their unfavorable consequences.

Health strengthening is the process, which permits people to control and care of their health, to preserve and even improve it.

Physical education (non-professional physical education) – is an integration of physical training and physical education, physical development and preservation of physical health, which ensure high level of the trainees physical culture.

The urgency of the developed conception.

The importance of conception's creation is determined by the following: insufficient understanding of re-construction of higher educational physical education system and improvement of pedagogical process of students'

HLS formation by different social and governmental institutions; imperfectness of existing legal and normative base, regulating physical education process; insufficient financing of higher school, including provision of students' physical education proper conditions; insufficient students' responsibility for their own health and the health of young family, which can not be created under traditional, body-oriented physical education in schools and high school; low motivation level of universities' management and pedagogues to physical health improvement measures. This is also insufficient efficiency of health preservation and health formation directions in educational process of university; insufficient and weak efficiency of HLS propaganda and prevention from diseases with quite significant scope of information about risky forms of behavior in mass media (danger of AIDS and etc.); absence of efficient scientifically grounded educational programs of HLS formation in university conditions; lack of methodic materials for students independent physical trainings; absence of system of physical culture teachers' advanced training directed on personality-oriented students' physical education.

In the complex of preventive measure the first place in the conception is taken by facilitating of healthy life style, which implies execution of gradual physical trainings, correct, reasonable eating, conditioning to cold, regular full fledged rest, observation of hygiene rules, giving up harmful habits, student's culture of labor, his mental activity, required rest and sleeping.

All mentioned above shall be ensured in the process of personality-oriented students' physical education and become an important part of students' and graduates' life activity. The main purpose of improved physical education with personality-oriented character is exactly the aid for students to correct their life tasks and aims, to form significant motives, sufficient for them to spend their time for health improvement; teacher, on his own example including, shall convince them of HLS advantages.

Thus, the final purpose of physical education process's improvement, in the base of personality oriented physical education system, is formation of students' deliberate activity, promoting achievement and preservation of healthy state.

The tasks of healthy life style formation at DonNU.

1. Creation of health preservation environment (infrastructure) by fulfillment of decisions of Ministry of education & science, youth and sports of Ukraine, with participation of regional and university administration, social organisms and students government.

2. Monitoring and evaluation of activity, directed to formation of HLS in DonNU education system.

3. Revelation and reduction of influence of conditions, factors and harmful habits, which prevent from perfection of HLS and can cause different diseases.

4. Increase of material and informational resources, which can ensure formation of students' healthy life style.

5. Increase of social-environmental resources, including development of infrastructure of social-psychological support in organization of leisure, physical – health improving and physical culture activity, cultural and creative activity, healthy eating, etc.

6. Activation of personal resources by means of more efficient students' informing on problems of health formation and health preservation, including propaganda of knowledge, skills and abilities.

7. Development of different forms of social and medical control over students' health in order to prevent from self-destructing behavior (contagion, smoking, drinking drugs).

The main directions of university administration and social organisms in formation of healthy life style are as follows:

1. Provision of conditions for implementation of integral, complex, continuous system of DonNU students' HLS formation, which shall be based on mutual for all participants principles of health formation and health preservation.

2. Improvement of already existing in DonNU, as well as in any other university, infrastructure and traditions of healthy life style formation with determination of tasks, principles of interaction and responsibility of every participant of HLS formation programs.

3. Determination of scientific principles for revelation of factors, which increase the quality of creation and efficiency of functioning of DonNU students' physical education system.

4. Ensuring of application of methodological principles (designing, programming and planning) for development and realization of complex approach to solution of students' HLS formation problem.

Realization of conception of students' personality-oriented physical education is carried out at DonNU on the base of observation of the following *principles*.

1. Principle of system requires health formation and health preservation activity on all levels of system's process, which has clear purpose, flexible mobile structure of organization, demanded for its achievement, components of which are interconnected; feedback mechanism (monitoring), which permits to correct and specify the tactics of solution of current tasks.

2. The principle of strategic integrity requires availability of health preservation and health formation activity's strategy, including main directions and selected for their provision measures.

3. The principle of many aspects is based on understanding of HLS as the process, which is connected with many sides of life and with using of different health forming directions of human activity.

4. The principle of situational adequacy requires correspondence of content and organization of activity on formation of healthy life style, of economical and cultural-social situation in DonNU.

5. The principle of dynamics implies mobility and flexibility of links between the components of health preservation system, which would ensure the possibility of its development, considering already achieved results.

6. The principle of efficient application of participants' resources implies realization of health preservation activity tasks not only by means of creation of new structures and mechanisms but also at the account of more complete utilization of existing in DonNU organizational, material, informational, methodic and staff resources.

7. The principle of legitimacy determines the compliance of any health preservation activity forms with Ukrainian legislation, their approval by pedagogic and students' staff of DonNU.

The technologies of formation of personality's physical culture.

Among the most important technologies we can mark out the following:

1. Social, which are oriented, mainly, on provision of conditions for formation of DonNU students' healthy life style, as well as on creation of value key points and normative imaginations about HLS. These technologies have information-educational, social-supporting, organization-leisure and sports orientations.

2. Pedagogical technologies are oriented on informing, giving skills and habits of healthy life style by means of universal, innovative, interactive technologies' application. Pedagogical technologies are the basis for development of teaching programs, ensuring purposeful systemic influence on different groups in students collective. In this context, perfection of teachers advanced training for realization of personality-oriented physical education becomes of special importance.

3. Psychological technologies ensure personal development, formation of value and motivations to mastering HLS system. The purpose of psychological component of health formation activity is development of certain personal and social competences, which would facilitate achievement and maintenance of healthy state. These technologies are realized both in the frames of academic activity at classes and in the period of individual consultations in the process of personality-oriented physical education.

4. Physical culture, sports and physical-health improving technologies are oriented also on development of efficient preventing strategies. Their application results in creation of steady prevention system from acute and chronic somatic, infection, nervous-psycho and dental pathologies, as well as from other socially significant disorder, such as smoking, drinking using of heavy and light drugs, AIDS, tuberculosis and so on. These technologies make up the system of development of targeted prevention and treatment aid programs for DonNU students.

The peculiarities of HLS technologies' application in the course of personality-oriented physical education.

HLS technologies' are dynamic and change depending on age, social status, peculiarities of academic and free time of students.

1. Academic time. This is lectures, seminars, practical and laboratory classes all kinds of practices, the period of exams and different forms of physical culture and sports trainings. All they require high mental and emotional tension, concentration and organization of additional independent work. Here, high workability and sound health, creating conditions for intensive use of different skills for HLS provision are important; without them formation of specialist and professional is impossible.

2. Extra curriculum, but engaged time. In extra curriculum time main HLS orientation is on restoration and rehabilitation of students. Main component of extra curriculum engagement is sleeping, eating, personal hygiene, domestic activity, education of children, care of relatives, time and energy spent for getting to university and back home, work for replenishment of finances, preparation for academic classes. At this time life activity of DonNU students is rather various, that is why rehabilitation- health improving, creative-transformational and developing maintaining HLS structural components are rather important. Engaged time is devoted to fulfillment of inevitable and urgent works, which require minimal necessary terms to free as much as possible of not engaged extra curriculum time.

3. Free time. This is a period of creative life activity, including self-education, which is not connected with fulfillment of direct duties. It is usually spent for education and attending of cultural establishments, physical culture measures and active rest, spending of time with friends and relatives. Thus, free time is a period of self-creating and self-perfection.

The results, which are expected from realization of conception.

1. Introduction of health formation technologies of personality-oriented physical education in education system of DonNU students.

2. Increase of value level of health in hierarchic structure of DonNU students' values.

3. Formation of stable psychological motivation for observation of HLS.

4. Reduction of quantity of students, who smoke, drink, take drugs and other psycho-active substances.

5. Increase of social-communicative possibilities, competence and efficiency of DonNU students' activity.

6. Improvement of indicators of mental/moral and psychological, social and physical health of university's students.

Evaluation of efficiency of HLS formation process in the course of personality-oriented physical education of DonNU students.

Efficiency is an integral characteristic of results of physical education perfection on the base of personality-oriented approach, which facilitates propaganda of HLS. Total evaluation of efficiency is composed of evaluation of HLS formation process's organization as a final result and of indicators, which characterize psycho-physical state of DonNU students. In the course of evaluation of HLS formation process we find the extent of its compliance with main principles of theory of organization, which were formulated by A. Fyol: the principle of division of labor, integrity of

purpose and management, correlation of centralization and de-centralization, power and responsibility, principle of chain (efficient vertical and horizontal links).

With evaluating of the health formation process's results we fixed the changes in social-psychological competences, normative ideas of DonNU students. Besides, it is increase of informational level in HLS problems and factors, which prevent from its formation, as well as actual behavior changes in direction of motion activity's intensification. It is also evaluation of actual changes in social medium, manifestation and development of new socially-supported health formation technologies in DonNU.

Evaluation shall be based on simple in practical application methods (expert evaluations, questionings). Estimation of efficiency has internal and external components. Internal estimation is carried out by directly participants of orientation modernization and content of physical education process. For external estimation experts – leading scientists and practitioners in the field of students' physical education of Ukraine and CIS shall be invited.

The following indicators of DonNU students' health were analyzed: results of students' medical examination for the period from 2008 to 2013; dynamics of time, assigned for physical culture classes; increase of quantity of participants of educational cultural and sports measures; indicators of physical development and functional state of organism.

Main mechanisms and realization forms of personality-oriented students' physical education and HLS. For realization of HLS formation concept on the base of personality-oriented DonNU students' physical education the following programs were selected, for provision of necessary conditions.

1. Strengthening of psychological health. It is connected with the development of students' psychological aid and support, including development and implementation of psycho-preventive technologies (informational, trainings and consultations). They are oriented on development of person's mental resources and behavioral strategies, which promote psycho-social adapting, effective overcoming of stress loads and crisis situations, motivation to change of life style and value key points.

2. Strengthening of physical health. It is based on preservation and development of physical welfare resources and creation of conditions, required for this. Also it is based on systemic utilization of health formation technologies, concerning provision of conditions, required for students' personal hygiene; organization of reasonable eating, prevention from socially significant and infectious diseases; planning of family and care of reproduction health; dynamic control over state of health and its correction, including increase of efficiency of medical aid to DonNU students; development of health improving and rehabilitation systems; propaganda of healthy life style.

3. Strengthening of social health. It is ensured with development of students' social aid; creation of groups, supporting initiatives and mutual aid; adjustment of regular material donations' system for those, who especially need it; systemic work for increase of residential conditions' at hostels quality; development of system of special encouragement for continuous realization of HLS principles; ensuring of systemic participation in sports, health improving and leisure measures.

4. Strengthening of moral-mental health. It stipulates conducting of cultural –educational measures, including aesthetic development of students; measures on formation of value-sense component of world outlook; education of sense of duty, patriotism and other moral and ethic qualities of DonNU students.

The content of implementation projects of personality-oriented students' physical education and the mechanisms of HLS formation concept's realization in them.

Realization of concept of personality-oriented DonNU students' physical education, having its final target formation of graduates' HLS practical skills, implies creation and realization, improvement of structure and content optimization of different university projects, including those, which are enumerated below.

1. Educational projects. They are realized as a result of preparation and distribution of materials, promoting intensive mastering HLS.

Mechanism "educational projects" is to be realized in the following forms. Mainly interactive forms of teaching are used (problematic lectures on different aspects of independent physical culture and health improving trainings and self-control over own psycho-physical state, discussions and trainings on mastering of healthy life style and prospects of critical life activity in modern world without formation of HLS, "brain storm", connected with development of individual physical-health improving programs).

The necessary organizational innovations – is preparation of teachers for implementation of personality-oriented students' physical education, preparation and publication of manual "Personality-oriented physical education of universities' students" (Donetsk 2013).

2. Psychological-preventive projects are to be realized by facilitating of formation of independent, responsible, resistant to stresses, active personality of a university student, who could be able to successfully overcome all difficulties, which appear on life way, who could be ready to active and creative development.

Mechanism "Psychological-preventive projects" is used in the following forms: development and implementation of psychological-preventive programs and trainings by psychologists of DonNU, which would be directed on mastering of HLS and prevention from smoking, drinking, taking drugs and other psycho-active substances; psychological consulting on the problems of psycho-social adapting, overcoming of emotional stress and crisis states, motivated consulting on behavioral changes in direction of health improvement.

3. Scientific-research projects, which are to be realized by means of fulfillment of planned and initiated scientific research works of professors and students, which are devoted to the problems of physical education improvement and HLS in university system of Ukraine.

Mechanism “Scientific-research projects” shall be used in the following forms: participation of DonNU scientists in scientific conferences on the problems of physical education’s modernization and HLS, including on the base of personality-oriented approach; publishing of methodological literature; implementation of scientifically grounded offers in educational process of DonNU and other universities of Ukraine and CIS.

The necessary organizational innovations - separation of scientific researches on the problems of physical education’s modernization and HLS out into independent first-priority section of DonNU scientific researches, with specifying the scope of required financing for conducting of scientific conferences and participating in same conferences of other universities.

4. Sports-health improving projects. They are to be realized as a result of expansion of list and increase of accessibility of different sports, physical culture and health improving measure for DonNU students.

Mechanism “Sports-health improving projects” is used in the following forms: students encouragement for physical culture and sports training, ensuring of possibility for students to regularly attend available at DonNU gyms and sport rooms at hostels, to participate in different university competitions; it is development and realization of individual programs of rehabilitation, physical culture and re-creational classes, supports of high level sports development among students.

The necessary organizational innovations. They are: separation of sports-health improving projects out into first priority branch of cultural work at DonNU, with specifying of necessary financing scope.

As a result of implementation of the enumerated projects, monitoring of changes of situation in DonNU, concerning transition to personality-oriented physical education, shall be carried out by analyzing of observation results, students’ questioning and passing by them the proper control norm in physical education.

Organization and control over the selected forms of concept’s realization and programs of personality-oriented students’ physical education.

For successful realization of the concept it is recommended for DonNU administration to establish coordination council “Health of our students”, in the structure of which there must be sections on the following directions: educational; psychological-preventive; scientific and research; sports-health improving projects.

Coordination council carries out its activity to support the creation of:

- “Health room” at department of physical education and sports for consulting of students on preservation and improvement of health, preparation of recommendations on creation of individual health improving and recreational programs, including perfection of motion activity, eating, day schedule, domestic conditions, overcoming of stress situations;

- “Health schools” at department of physical education and sports with functions of development, specifying and realization of strategy as well as the most important university measures on HLS propaganda among students. The starting point of “School” activity is analysis of annual 1st year students’ medical examination, results of observations, questioning and passing control tests, approved by department of physical education and sports of DonNU, by students.

Realization of main content of personality-oriented students’ physical education programs is carried out by structural departments of DonNU in compliance with plans of current work. Information about fulfillment of the program is heard at Academic Senate of university. Control over execution of the programs, developed in compliance with “Conceptual principles of development strategy of Donetsk national university for 2012-2014” is imposed on vice-chancellors.

The expected social effect of realization of the concept and implementation programs of personality-oriented physical education and HLS propaganda is as follows: creation of data base of students’ health state by the results of first year students’ medical examinations in 2008-2013; increase of quantity of students, participating in different forms of classes, envisaged by mechanisms of concept’s and programs of personality-oriented DonNU students physical education’s realization and HLS propaganda; increasing of quantity of students, involved in careful attitude to psycho-physical state, that manifests itself in increasing of HLS elements in life activity; prevention of students from pre-diseased state, cold and infectious diseases; formation of active, in physical culture sense, personality as an important result of students’ physical education.

Summary

1. The developed concept and programs of personality-oriented physical education are based on innovative approaches to perfection of students’ physical education.

2. The structure of the concept of personality-oriented physical education ensures integral, systemic approach to solution of physical education problems and formation of students’ HLS principles.

3. The complex of formed university’s programs creates conditions, which are sufficient for realization of the concept of personality-oriented students’ physical education in context of their involving in HLS.

The prospect of further researches is determined by the necessity of practical check of the developed concept and the programs of its realization in conditions of forming pedagogical experiment.

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