

AUTHOR'S INTERNET BLOG AS INFORMATION AND COMMUNICATION TECHNOLOGIES IN THE EDUCATIONAL SPACE WITHIN THE PHYSICAL EDUCATION STUDENTS

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Annotation. *Purpose:* to develop a web blog to attract students to physical culture and reveal their attitudes toward physical education. *Material:* in the survey participated 800 students from different cities of Ukraine, Russia and Belarus. *Results:* Internet blog created on the server "Vkontakte" as a social group called "Sport and motivation. It's nothing personal." With the help of questionnaires using internet blog revealed that of all the attractive aspects of physical fitness and physical development of students give greater preference beautiful physique. In the second place they have is health, then - endurance, agility, strength, speed, flexibility. Girls prefer a beautiful body, flexibility, plasticity, the boys prefer strength, endurance, agility and quickness. *Conclusion:* the need for the development and application of information and communication technologies and non-traditional forms of physical education to improve the effectiveness of the educational process in physical education in higher education institutions.

Keywords: physical education, physical abilities, fitness, internet blog, information technology, questioning.

Introduction

One of main purposes of modern education is formation of personality's readiness to life activity in information society, an integral component of which is rapid information-communicative technologies' (ICT) progressing and penetration in all spheres of human activity [2, 8, 11, 19, 25]. Just ICT give to a person opportunity to control information, to receive access to it and use it, to propagate knowledge in all spheres of human activity. In modern information society ability of a pedagogue to solve wide circle of professional, cognitive, leisure, domestic and other tasks with the help of PC, communicative technologies, including radio, TV, mobile phones and Internet, plays special role [15, 21].

Innovative orientation of teacher's activity is a mean of renewal of educational policy. Innovations are characteristic for any professional functioning of a human being, that is why, they, naturally, become an object of studying, analysis and implementation. Innovations do not appear by themselves; they are results of advanced informational-education experience of separate pedagogues and their collectives.

In the process of transition to information society people shall be able to perceive large scopes of information, to be skillful in modern means and methods of its processing, to have certain level of knowledge in manipulation of information, to be experienced in modern technical means [16, 17, 21].

Information technology in physical education is a combination of means and methods of gathering, processing and transmitting of data (primary information) in order to receive information of new quality about formation of healthy life style, about development of motion abilities and sport fitness [2, 7, 8, 11, 12, 19, 25].

In the field of education information technologies are regarded as a mean, which supplements traditional methodic of education and permits to adapt educational systems to different demands of society.

Application of information technologies in educational process of higher educational establishment permits to use in pedagogic practice psychological pedagogic works, which, also permit to intensify educational process, to realize ideas of developing teaching. Potentials of information technologies as a tool of human activity and principally new mean of education resulted in appearance of new methods and organization forms of teaching and in quicker their implementation in educational process.

In this connection there appeared a demand in active mastering and implementation of computer technologies in process of physical education [15, 22, 26, 27, 28], as far as computerizing of educational activity is an objective necessity, which requires promptness, initiative and creativity that is especially important for formation of healthy life style [3, 4, 5, 8, 11, 17, 19, 21].

The present research has been carried out as per combined plan of scientific & research work for 2011-2015 by topic 2.4 «Theoretical-methodic principles of individualization in physical education and sports» (state registration No. 0112U002001) and according to scientific work, fulfilled by state budget of Ministry of education and science for 2013-2014 «Theoretical-methodic principles of application of information, pedagogic and medical-biologic technologies for formation of healthy life style» (state registration No. 0113U002003).

Purpose, tasks of the work, material and methods

The purpose of the work is characteristic of internet technologies as effective means of students' involving in physical culture and sports' trainings.

The methods of the research are the following: analysis of literature data, questioning with the help of author's internet blog.

In the course of the research we worked out internet blog for attracting of students to physical culture trainings and carried out questioning of 800 students about their attitude to physical culture.

Results of the research

We created internet blog on server "In contact" in the form of social group, named "Sports and motivation". It included about 800 visitors, with continuously rising followers' quantity. In our blog we located photos, practical recommendations on diets, information on healthy life style, music for trainings, some fitness methodic; topics for on-line discussions are open.

The blog was devoted to certain topic of physical perfection. It permits to organize design-research functioning of students with the help of accessible for their age web-services.

Such technology, in our opinion, is rather convenient not only for studying of a discipline but for remote work with students as well.

We also used such potentials of social nets in work with groups, supervised by us. In the group students exchange information, place schedules of trainings, photos, help each other in solution of any problems.

We provide the group with information about current progress, which parents also can read, any advertisements, orders and so on. Thus, we have opportunity to work with group in extra-curriculum time.

Results of students' questioning with the help of author's internet blog.

In the course of pedagogic experiment for revelation of influence of different works on formation of profound and steady interest to physical culture and sports we considered, first of all, basic components of appearance of the so called "Internal motivation" as well as developed some new forms and methods of this interest's perfection (<http://vk.com/club13486191>).

From all attractive sides of physical fitness and physical condition, students prefer most of all handsome constitution. The second place is taken by dexterity, strength, quickness, flexibility. From all sides of physical condition and physical fitness the side, which is of highest vital importance, is preferred. Handsome constitution is one of sides of human beauty. Health is required for being of full fledged member of society. From physical qualities students (see table 1) student value most of all endurance as quality, which permits to be workable in different kinds of activity. Alongside with it, evaluation of sides of physical condition and physical fitness by girls and by boys differs. If girls (see table 2) oftener mention handsome figure, flexibility, then boys value strength, endurance, dexterity and quickness (see table 1).

Table 1

Boys' attitude to different sides of physical condition and physical fitness (students of different years of study)

Sides of physical condition	Quantity of positive answers (% from total q-ty)					
	applicants	1 year	2 year	3 year	4 year	5 year
1 health	46.8	82.2	56.7	72.4	73.2	76.8
2 Handsome figure	32.1	58.7	67.7	68.9	69.7	61.2
3 Ability to move beautifully	22.3	33.3	25.8	35.8	14.9	18.4
4 strength	70.02	72.4	74.6	74.9	76.8	74.8
5 endurance	41.3	61.4	58.8	71.2	75.4	77.9
6 quickness	42.6	53.4	46.7	44.9	51.1	50.2
7 dexterity	58.6	68.9	53.4	56.8	57.2	55.4
8 flexibility	15.7	52.2	16.4	23.1	29.8	21.2

Table 2

Girls' attitude to different sides of physical condition and physical fitness (students of different years of study)

Sides of physical condition	Quantity of positive answers (% from total q-ty)					
	applicants	1 year	2 year	3 year	4 year	5 year
1 health	50.21	78.5	75.4	69,8	67.5	62.3
2 Handsome figure	60.2	65.4	80.1	80,2	80.01	79.9
3 Ability to move beautifully	30.4	38.5	20.6	20,9	23.8	20.1
4 strength	13.2	28.7	16.4	11,5	10.3	19.6
5 endurance	20.3	51.7	28.5	45,6	43.2	44.5
6 quickness	14.9	36.7	17.5	28,4	15.3	12.7
7 dexterity	35.6	53.4	41.7	43,2	49.8	39.4
8 flexibility	70.12	49.8	48.9	50,1	50	49.9

Such are students' value orientations on different sides of physical condition and physical fitness. These evaluations are reflections of existing in society demands, norms and views and can be regarded as result of physical education [1, 2, 6, 7, 9, 24, 27].

Conclusions:

1. We have created internet blog on server "In contact" in the form of social group, named "Sports and motivation". It includes 800 persons, with continuously increasing quantity of followers. In this blog there are placed photos, practical recommendations on diets, information of healthy life-style, music for trainings. In blog we elucidate some fitness methodic, opened on-line discussions.

2. With the help of questioning, carried out in our internet blog, we found that from all attractive physical condition and physical fitness's sides, students prefer most of all handsome constitution. The second place is taken by health. Then endurance, dexterity, strength, quickness and flexibility go. From physical qualities students (see table 1) value most of all endurance as quality, permitting to be workable in different conditions and activity. Alongside with it evaluation of physical condition and physical fitness's sides by girls and boys is different. Girls mention oftener (see table 2) handsome figure, flexibility, plasticity, while boys prefer strength, endurance, dexterity and quickness.

The further researches imply studying of effectiveness of information-communicative technologies in students' physical education.

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