

STUDENTS' ATTITUDE TO THE POSSIBILITY OF APPLYING MODERN INFORMATION AND COMMUNICATION TECHNOLOGIES IN THE EDUCATIONAL PROCESS IN PHYSICAL EDUCATION

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Annotation. *Purpose:* to analyze the problem of the formation of students' attitudes toward physical education classes and the application of information and communication technologies in physical education in higher education institutions. *Material:* in the survey participated 245 students. *Results:* it was found that according to students in physical education classes with the use of modern technologies are more efficient than traditional occupations (52%) are more emotional nature, help to improve mood (28%), helps to provide students the latest up to date information relative health (26 %) contribute to increased power consumption of an organism (8%). *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: students, questionnaires, information, communication, education, culture, health.

Introduction

In modern conditions of human professional, communicative and educational functioning, special significance is acquired by physical functioning [1, 2, 6, 7, 9, 24, 27]. Physical (motion) fitness, as a result of physical functioning, is an important component of health, while its improvement is one of main tasks of physical education in HEE [3, 4, 5, 8, 11, 17, 19, 21].

At present time experimental data [19, 21, 22, 26, 28] convincingly prove that regular motion functioning and good physical fitness permit to reduce risk of ischemia, hypertension, obesity and diabetes of 2nd type as well as to improve emotional health and lower risk of osteoporosis. As far as the enumerated factors are main reasons of morbidity and mortality in modern society motion functioning and physical fitness can greatly influence on health of population.

Results of scientific researches [7, 8, 9, 11, 12] prove that system formation factor of healthy life style is health related motion functioning. That is why involving of students in regular physical trainings and motivation of rising generation for recreational-health related motion functioning and healthy life style has become especially urgent. Solution of this problem means that formation of habit to regular motion functioning of children, teenagers and young people is the main strategy of chronic diseases' prophylaxis in mature age.

Alongside with it a number of authors [13, 14, 18, 20, 23, 26], who study level of students' functional fitness and physical condition, note steady trend to increasing of quantity of students – members of special health groups.

Analysis of great number of researches in the field of health permitted to state that in system of higher education very little attention is paid to formation of students' theoretical principles and practical skills of health preservation during studying [15, 26, 27, 28]. Besides, researchers [16, 17, 21] note that among reasons of irresponsible youth's attitude to health the following can be marked out: unawareness of peculiarities of own physical condition, absence of systemic, targeted educational work in this direction. Thus, the problem of health preservation by youth, especially by students during studying at HEE has not been theoretically studied and experimentally grounded yet.

An important feature of modern society and, consequently, students' life is saturation with information. Twenty first century is called century of informatics [21]. And really scientific-technical progress has made significant jump to computerizing of all spheres of life. Such shifts are double sided concerning changes in life [2, 8, 11, 19, 25].

First, it is increasing of communicative opportunities with the help of interactive computer technologies that is accompanied by sharp development of quantity and quality of information in all spheres of life. Secondly, reducing of time, shared for physical trainings and, accordingly, decreasing of functional abilities and physical fitness of great part of population, in particular students. Solution of these problems is connected, first of all, with increasing of reasonable students' attitude to own health. Great role in this aspect is played by informational technologies, which complexly influence on different sides of perception and help to form views, mentality and even demands. It is widely applied in advertising industry, which play great role in formation of people's mentality [15].

It should be noted that applying informational technologies advertising industry often popularizes products, which negatively influences on health (beer, cigarettes, unhealthy food etc.). With it practically no attention is paid to propaganda of healthy life style by mass media with the help of informational interactive technologies [15]. In this connection it is logically to assume that application of interactive technologies for formation of healthy life style is rather promising and is a powerful mean of positive influence on mentality. First of all it concerns students, who pay much time with computer, in Internet.

It is probably that if students, using modern interactive technologies and Internet, will receive information about healthy life style, their mentality will positively change to formation of healthy life style. Just owing to this fact creation of video films, sites, video-clips, internet-blogs, elucidating negative for health factors and forming demand in healthy life style, is an important task of modern life. Solution of this task is closely connected with revelation of students' attitude to traditional physical trainings and to application of modern communicative informational technologies in educational process.

The research was carried out in compliance with 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 in compliance with scientific work, financed from state budget of Ministry of education and science for 2013-2014 "Theoretical-methodic principles of application of informational, pedagogic and medical biological 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 to analyze the problem of formation of students' attitude to physical trainings and application of informational-communicative technologies in physical education at higher educational establishments.

The methods of the researches: analysis of scientific, academic-methodic and historical literature, questioning.

Application of sociological methods of research (questioning) was conditioned by the fact that the subject of our researches was health as biological and social function of a human being. These methods permit to determine subjective evaluation (self-evaluation) of health, physical condition. Studying of students' medical-sociological health was fulfilled with the help of questioning. For this purpose, after consultation with specialists-sociologists we worked out questionnaires, the answers to whose questions permitted to obtain information about different aspects of modern students' life, their motion functioning, their dependence on smoking and alcohol, their self-evaluation of own health, information about influence of informational-communicative technologies on students' social sphere.

245 students of Kharkov national pedagogic university, named after G.M. Skovoroda took part in the research.

Results of the research

Results of questioning showed that students estimate their health rather as good, than bad – 50%; as good – 42%; rather bad than good – 8%.

Most of students – 80% have good health; 6% are in preparatory health group and 14% are in special health group.

Positive attitude to physical education was marked by 54% of students; 28% marked rather good; 18% have negative attitude.

Students with negative attitude to physical trainings explain it by time deficit (10%), uninteresting content of classes (10%); by bad self-feeling after classes (4%); by too big quantity of people in gym (4%).

It was found that 50% of students easier communicate with instructor of the same sex and 50% have opposite position.

For 52% of the questioned students it is easier to communicate with aged instructors; 52% do not think that it is more difficult to communicate with instructors - professors or assistant professors; 70% of students think that the more professional instructor is the more he is open for interaction with students.

Concerning relations between students and instructors of physical education respondents marked the following: most of teachers are not sensitive to students' problem (52%), relations between students and teachers are built on mutual respect and understanding (62%); no cooperation of students and teachers (62%); most of teachers ignore students' problems (64%); in students-teachers' collective relations are friendly and warm (56%); most of teachers practice distant style of communication with students (50%); most of teachers cooperate with students (50%).

For respondents the most attractive forms of physical culture classes are: compulsory trainings under control of instructor (36%); optional (in circles) trainings - (36%); independent trainings - (24%); 10% think that physical education at HEE is not required.

Respondents think that first of all quality of physical trainings depends on students and their health (80%), then – on qualification of instructor (52%), on material base and equipment of educational establishment (50%), on content of education (26%), on level of educational process (10%), on connection of theory and practice (10%).

It was also found that 84% of students were satisfied with qualification of "physical education" instructors; 76% were not satisfied with sport premises, 62% were not satisfied with material base, 86% of students were satisfied with relations between students and instructors, 66% were satisfied with level of educational work, 6% of respondents were satisfied with students' cultural level, 62% were satisfied with content of information saturation of educational establishment, 78% were satisfied with health related work of physical education instructors, 84% were satisfied with cultural level of physical education instructors.

Problems in physical education, which trouble students are the following: progress (60%), eating/hygiene (48%), instructors' exactingness (40%), quality of training in physical education (38%), behavior at physical culture trainings (32%), relations with physical education instructors (28%), relations with group-mates (18%).

Own health is appraised as good by 112 of the questioned students (56%); 56 of the questioned (28%) – as satisfactory; 32 students (16%) estimate their health as excellent.

For 80 students (40%) level of motion functioning per week is 6 and more hours; for 68 students (34%) – 4-5 hours per week; for 44 students (22%) – 2-3 hours; for 8 students (4%) – less than two hours a week.

The purpose of students' attendance of physical culture trainings were: health improvement (66 %); 32 % - for correction of constitution; 30 % for passing test; 12 % like physical loads; 2% think that physical trainings are not necessary. 42 % of students consider 2 trainings a week the most purposeful; 28 % - 1 training a week; 22 % prefer 2-3 trainings a week; 8% think that they should be conducted every day.

Questioning also permitted to determine that 50% of students would have liked to independently choose academic material for physical culture lessons; 10% of students would have not liked it; 10% of students did not give certain answer.

With choosing of physical education means, 44% of students preferred those that were of developing and teaching character; 42% chose classes, which develop not only physical abilities, but psycho-physical and cognitive as well; 18% preferred classes of extreme character; 8% - traditional trainings; 4% could not answer this question.

It was also found that 44% of students did not like physical trainings because of condition of material base; 34% - because of absence of hygienic measures after trainings; 18% because classes were not pleasant for them.

Besides, 54% of the questioned preferred such kinds of trainings as trainings on stimulators; 28 % desired to practice swimming; 26% preferred track and fields; 22% - pilates; 16% - wanted outdoor games.

For improvement of own appearance 76% of students would have liked trainings on stimulators; 28% - swimming; 26% - pilates; 16% - walking, cross country run; 10% - outdoor games.

In students' opinion the most optimal health related means were: track and fields, therapeutic gymnastics (66 %); swimming (34 %); outdoor games (14 %); 12 % could not answer.

The most effective means for correcting of constitution, in students' opinion, were: stimulators (72%), pilates and dancing forms of aerobic (30%); swimming (24 %); health related walking and run (14 %); outdoor games (8%).

In students' opinion physical trainings with the help of modern technologies have the following advantages in comparison with traditional trainings: high interest of students and high attendance (52 %); more emotional character, improvement of mood (28%); provisioning of students with the most modern information about health (26%); increasing of organism's energy consumption (8%).

Students think that physical education classes with the help of modern technologies are more interesting and emotional than traditional forms (62%); 24% think that such trainings develop not only physical but psycho-physical and cognitive abilities as well; 14 % think that such classes facilitate consolidation of students' collective.

From physical trainings with the help of modern technologies students expect: improvement of health - 54 %, correction of constitution - (32 %); accumulation of motion experience - (16%); increasing of workability - (14%); progress of psycho-physiological abilities - (12 %), increasing of interest to academic physical culture trainings (10%); nothing is expected (4%).

Questioning also showed that 74% of students practice physical training independently in free time.

Questioning concerning application of informational technologies by students showed the following: 61% pf students that they work in internet more than 3 years; 33 % work in internet from 1 year to 3 years; 4 % - - from 3 months to 1 year; 2% use internet less than 2 months.

The most popular blog-platform for students is portal "In contact" (55 %), then goes Twitter (24 %), LiveJournal (20.4 %), Classmates (14 %), Facebook (14 %), Blogger (6 %), and 2% of the questioned students do not attend any blog-platforms (social nets). For 63% of students blog about physical education could be a source of information. Reading of blogs enriches world vision for 73.4% of the questioned students; 59.1 % of the questioned trust information about health related technologies, placed in blogs; blog-sphere is a mean of mass media for 80% of the questioned students. Students prefer the following topics of blogs: entertainment - 77,5%, creativity - 71,4 %, communicating - 67,3 %, news of country, city and etc. - 65,3 %, sports - 63,2%, humor - 61,2 %, technologies - 47 %, domestic problems - 42,8 %. For 38% of the questioned physical education blogs are frequent in internet, 32,6 % - attend them rarely, 14,2 % of students would have liked to meet in internet more frequently; 14,2 % of students do not pay attention at information of such kind. 51 % of the questioned think that internet facilitates more active mastering of physical culture and moral standards and values of Ukrainian people in health protection.

Conclusions:

1. It has been determined that in students' opinion physical education with the help of modern informational technologies are more effective in comparison with traditional trainings (52 %); they are more emotional, facilitate rising of mood (28%); provide students with latest modern information about health (26%), facilitates increasing of organism's energy consumption (8%).

2. It has been found that, in students opinion, physical education with the help of modern informational technologies are more emotional and interesting in comparison with traditional trainings (62%); 24% of students think that such training develop not only physical abilities but also psycho-physiological and cognitive abilities; 14 % of students think that such trainings facilitate consolidation of students' collective.

3. We have showed the necessity of development and application of informational communicative technologies and non-traditional forms of physical education for increasing of physical education's effectiveness at higher educational establishments.

In future we plan improvement of heal related technologies' perfection for development of students' motion abilities.

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